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Meat main course	Halal chicken sausage  Cereals containing gluten  Sulphur dioxide (a food additive and preservative) Cumberland pork sausage  Cereals containing gluten  Sulphur dioxide (a food additive and preservative)	Spicy halal lamb kofta and mint wrap or Halal chicken wraps or flatbreads  Cereals containing gluten	Halal chicken leg or Halal beef Roast Gammon	Halal Jerk chicken  Mustard  Soybeans Salmon pesto  Fish  Cereals containing gluten  Milk  Nuts	Battered fish  Fish  Eggs  Cereals containing gluten Beef burger, chicken burger
Vegetarian Main Course	Linda McCartney vegetable sausages  Cereals containing gluten  Milk	Roasted vegetable and Piri Piri Quorn wrap  Cereals containing gluten  Eggs	Asparagus and pea summer tart  Cereals containing gluten  Eggs  Milk	Paneer, spinach and potato curry  Cereals containing gluten  Milk	Vegetable 1/4lb burger  Cereals containing gluten  Soybeans
vegetables	Green spring cabbage and carrots	sweet corn	Broccoli and Mixed vegetables	Vegetable rice and green beans	Baked beans
Jacket/pasta/noodle/Panini/pizza bar Coleslaw  Eggs Baked beans Cheese /Tuna mayonnaise  Mustard  Eggs	Jacket potato bar Coleslaw Baked beans Cheese /Tuna mayonnaise Take away pasta pots	Jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise Take away rice pots	jacket potato bar Coleslaw Baked beans Cheese /Tuna mayonnaise Take away pasta pots	Jacket potato bar Coleslaw Baked beans Cheese /Tuna mayonnaise Take away noodle pots	Jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise
Accompaniments (included with Mains)	Mashed potatoes Green spring cabbage carrots	Herby roasted potato wedges Chef's salad, garlic bread coleslaw  Eggs  Mustard	Roast potatoes mashed potatoes Gravy Chef's salad coleslaw  Eggs	Rice and peas Chef's salad coleslaw  Eggs  Mustard	Chunky chips Baked beans Chef's salad Coleslaw  Eggs  Mustard

Pasta pots Cereals containing gluten Eggs Mustard	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad
Hot Puds! CUSTARD Eggs	Canadian date cake and custard Cereals containing gluten Eggs Milk	Courgette and lime sponge Cereals containing gluten Eggs Milk	Red velvet cake Cereals containing gluten Milk Eggs	Chocolate mousse Milk	Raspberry or Strawberry frozen yoghurt Milk
Cold Puds!	Fresh fruit/pots ,melon slices Yoghurt Milk Cereals containing gluten	Fresh fruit/pots Yoghurt Milk Chelsea buns Cereals containing gluten	Fresh fruit/pots Yoghurt Milk , melon slices banana toffee muffins Cereals containing gluten	Fresh fruit/pots Yoghurt Milk Meringue nests with seasonal fruit Milk	Fresh fruit/pots Yoghurt Milk

NB. All of our foods are prepared in an environment where nuts and other food allergens are present. If you have any special dietary requirements, please speak to our Executive Chef who will be happy to find something suitable. The symbols to look out for on the menus are,

- Celery (and celeriac)
- Milk
- Cereals containing gluten
- Eggs
- Molluscs (e.g. clams, mussels, whelks, oysters, snails, squid)
- Lupin (lupin flowers and their seeds)
- Mustard
- Nuts
- Soybeans
- Sulphur dioxide (a food additive and preservative)
- Fish
- Sesame
- Crustaceans, (e.g. prawns, crabs, lobster, crayfish)
- Peanuts

