




REFRESH

RESTAURANT

Weekly Menu

Autumn Menu 22nd September

We are a Coeliac UK accredited venue. If you require a gluten-free dish, please speak to a member of staff, who will be more than happy to prepare one for you. 

All Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup of the day Sweet potato & Cumin Freshly baked bread</p>	<p>Soup of the day Cream of Tomato Freshly Baked Bread</p>	<p>Soup of the day Country Mushroom Freshly baked bread</p>	<p>Soup of the day Broad Bean & Mint Freshly baked bread</p>	
<p>Dish of the Day Italian Beef Bolognese With Peppers & Mushrooms & optional Parmesan</p>	<p>Dish of the Day Charred Tandoori Chicken with yoghurt & spices served with Pilau Rice</p>	<p>Dish of the day Sweet Chili Pork & Bok Choi with Fragrant rice</p>	<p>Dish of the day Lamb Kofte in a Spiced tomato sauce served in a wrap with salad & tzatziki</p>	<p>Dish of the day Freshly Breaded Pollock Fillet with Tartar sauce & Lemon wedge</p>
<p>Vegetarian Option Roasted Vegetable Frittata with Chargrilled Artichokes</p>	<p>Vegetarian Option Polenta Verdi topped with Chestnut Mushrooms & Basil</p>	<p>Vegetarian Option Oriental vegetables with black bean Sauce</p>	<p>Vegetarian Option Home Made Falafel Wrap with salad & Homemade Hummus</p>	<p>Vegetarian Option Quorn sausages with Root Vegetable Mash</p>
<p>Special of the Day Ham Salad sandwich</p>	<p>Special of the Day Cherry Tomato & Balsamic Tart (no Cheese)</p>	<p>Special of the Day Tuna & Cucumber ciabatta Quiche Lorraine</p>	<p>Special of the Day Ham & Cheese Ciabatta</p>	<p>Special of the Day Smoked Salmon & Asparagus Tart</p>
<p>Today's Vegetables Jacket Potatoes Steamed Green Beans Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Today's Vegetables Jacket Potatoes Medley of Vegetables Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Today's Vegetables Jacket Potatoes Sweetcorn & peas Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Today's Vegetables Jacket Potatoes Steamed Carrots Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Today's Vegetables Jacket Potatoes Savoy Cabbage Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>
<p>Dessert Millionaires Shortbread Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Apples & Pears Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Chocolate Chip Cookies Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Carrot Cake & cream Cheese Frosting Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Yoghurt Bar with toppings Fresh fruit salad</p>