



# REFRESH

## RESTAURANT

Weekly Menu

### Autumn Menu 29<sup>th</sup> 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><b>Soup of the day</b> Broad Bean &amp; Mint Freshly baked bread</p>	<p><b>Soup of the day</b> Tomato &amp; Red Pepper Freshly Baked Bread</p>	<p><b>Soup of the day</b> Carrot &amp; Cumin Freshly baked bread</p>	<p><b>Soup of the day</b> Tomato &amp; Red Pepper Freshly Baked Bread</p>	
<p><b>Dish of the Day</b> Spiced Lamb Kheema with Raita &amp; Mango Chutney</p>	<p><b>Dish of the Day</b> Beef Cottage Pie With Root Vegetables &amp; creamy Mash</p>	<p><b>Dish of the day</b> All in One Roast Chicken with Lemon &amp; Oregano roast Potatoes</p>	<p><b>Dish of the Day</b> Chicken &amp; Vegetable Lasagna With Mushrooms &amp; Peppers</p>	<p><b>Dish of the day</b> Thai Salmon Parcels with Oriental Vegetable</p>
<p><b>Vegetarian Option</b> Vegetarian Bolognese with tricolor Pasta</p>	<p><b>Vegetarian Option</b> Butternut Squash Shepherdess Pie topped with Creamed Potato</p>	<p><b>Vegetarian Option</b> Cheesy Vegetable Wellington</p>	<p><b>Vegetarian Option</b> Alloo Gobi Curry with steamed Rice &amp; Raita</p>	<p><b>Special of the Day</b> Quorn Hot dog topped with Onions &amp; American Style Cheese Sauce <b>or</b> Jumbo Pork Hot Dogs topped with Onions &amp; American Style Cheese Sauce</p>
<p><b>Special of the Day</b> Tuna Ciabatta Feta cheese &amp; Olive Quiche</p>	<p><b>Special of the Day</b> Cheese &amp; salad Sandwich Smoked Salmon &amp; Leek Tart</p>	<p><b>Special of the Day</b> BLT Wholemeal Bagel</p>	<p><b>Special of the Day</b> 3 Cheese &amp; sundried Tomato tart</p>	
<p><b>Today's Vegetables</b> Jacket Potatoes Steamed Green Beans Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p><b>Today's Vegetables</b> Jacket Potatoes Mixed Vegetables with Cauliflower Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p><b>Today's Vegetables</b> Jacket Potatoes Savoy Cabbage Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p><b>Today's Vegetables</b> Jacket Potatoes Steamed Green Beans Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>	<p><b>Today's Vegetables</b> Jacket Potatoes Garden peas Baked Beans Vegetarian Salad bar with Selection of assorted seeds</p>
<p><b>Dessert</b> Mixed Melon Pots Fresh fruit salad or low fat Yoghurt</p>	<p><b>Dessert</b> Jam &amp; coconut sponge &amp; Custard Fresh fruit salad or low fat Yoghurt</p>	<p><b>Dessert</b> Rosy Apple Crumble &amp; Custard Fresh fruit salad or low fat Yoghurt</p>	<p><b>Dessert</b> Coffee Crème Sponge with Crème Fraiche Fresh fruit salad or low fat Yoghurt</p>	<p><b>Dessert</b> Greek Yoghurt with Honey Fresh fruit salad</p>