




REFRESH

RESTAURANT

Weekly Menu

Autumn Menu 7th 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 Tomato & lentil Freshly Baked Bread</p>	<p>Soup of the Day Country Mushroom Freshly Baked Bread</p>	<p>Soup of the Day Vegetable Soup Freshly Baked Bread</p>	<p>Soup of the Day Cream of Watercress Freshly Baked Bread</p>	<p>No Soup Today</p>
<p>Dish of the Day Chicken Spinach & Pepper Bake with Fresh Basil</p>	<p>Dish of the Day Mildly Spiced Mexican Beef & Beans with brown rice</p>	<p>Dish of the Day Traditional Keftedes Meatballs with Fresh Oregano in a Rich tomato sauce with Couscous</p>	<p>Dish of the day Tender Black Bean Chicken & oriental Vegetables</p>	<p>Dish of the Day Freshly Breaded Pollock Fillet with Lemon & tartar Sauce</p>
<p>Vegetarian Option Roasted Vegetable Stuffed Peppers Topped with Goats Cheese</p>	<p>Vegetarian Option Mushroom Stroganoff with Paprika</p>	<p>Vegetarian Option Homemade Falafel with Greek salad & Tzatziki</p>	<p>Vegetarian Option Diced Quorn with ginger & Oriental Vegetables</p>	<p>Vegetarian Option Crispy Crumb Vegie Burger With salad & relish</p>
<p>Special of the Day Tuna Salad Sandwich Parmesan & asparagus Quiche</p>	<p>Special of the Day Ham & Salad Sandwich</p>	<p>Special of the Day Vegetarian Pastitsio with Spinach</p>	<p>Special of the Day Chicken & Pesto Bagel</p>	<p>Special of the Day Poached Salmon & Broccoli Tart (No egg)</p>
<p>Today's Vegetables Jacket Potatoes Diced Carrots Baked Beans</p>	<p>Today's Vegetables Jacket Potatoes Sweet corn & Peas Baked Beans</p>	<p>Today's Vegetables Jacket potatoes Steamed Green Beans Baked Beans</p>	<p>Today's Vegetables Jacket Potatoes Medley of Mixed Vegetables Baked Beans</p>	<p>Today's Vegetables Chunky Chips Mushy or Garden peas Baked Beans</p>
<p>Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Vegetarian Salad bar with Selection of assorted seeds</p>	<p>Vegetarian Salad bar with Selection of assorted seeds</p>
<p>Dessert Oatie Apple Crumble & Custard Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Apples & satumas Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Greek Honey cake with Vanilla crème fraiche Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Choc Sponge & Choc Sauce Fresh fruit salad or low fat Yoghurt</p>	<p>Dessert Fruity Jelly Pots or Watermelon Fresh fruit salad or low fat Yoghurt</p>