

## ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choose 1 Main + 2 Sides + 1 Sauce or Dip</b>					
	<b>CARIBBEAN</b>	<b>MEXICAN</b>	<b>ORIGINALS</b>	<b>ASIAN</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose 1	Caribbean spiced vegetable stew	Chicken fajita burrito cone	Roast pork bap	Sweet & sour chicken	Freshly battered hoki <b>OR</b> Oven baked battercrisp cod fillet Fish fingers
<b>or 1 Veggie</b>	Reggae reggae three bean chilli	Vegetable chilli burrito cone	Vegetarian lentil sausage roll	Chinese stir fried quorn & vegetables	Deep pan margherita pizza
<b>SIDES</b> Choose 2	Traditional jamaican rice & peas	Spicy roasted sweetcorn	Roast potatoes & dipping gravy	Plain boiled white & brown rice	Oven baked chips
	Spicy roasted sweetcorn	Mixed salad	Savoy cabbage	Stir fried chinese leaf & bok choi	Garden peas & carrots
	Reggae-reggae coleslaw	Coleslaw	Mixed salad	Sweetcorn	Mixed salad
<b>SAUCES &amp; DIPS</b> Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Reggae-reggae mayonnaise	Guacamole	Gravy	Sweet chilli dipping sauce	Tomato ketchup
	BBQ dipping sauce	Sour cream	Apple sauce	Dark soy sauce	Tartare sauce

## ACT 2

<b>Salad Pick 'n' Mix</b>					
Choose a range of mains, toppings, sauces, dressings and bread					
<b>SALAD MAIN</b>	House salad	Mixed salad	House salad	Green salad	House salad
	Red cabbage coleslaw salad	Coleslaw	Tomato, red onion & carrot salad	Tomato, onion & basil salad	Coleslaw
	Simple sweetcorn salad	Simple sweetcorn salad	Red cabbage coleslaw salad	Korean green bean salad	Simple grated carrot salad
	Mixed bean salad	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Asian coleslaw salad	New potato salad
<b>TOPPING</b>	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
<b>SAUCE</b>	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
<b>DRESSING</b>	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
<b>BREAD</b>	A selection of freshly baked bread available daily				

### Why not add a dessert to your meal?

<b>DESSERT</b>	Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
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