

HIGH TABLE MENU WEEK ENDING 4th MAY 2025



WK18 (NMV3 WK1)

MONDAY 28 th April	TUESDAY 29 th April	WEDNESDAY 30 th April	THURSDAY 1 st May	FRIDAY 2 nd May	SATURDAY 3 rd May	SUNDAY 4 th May
LUNCH (V) Courgette & Leek - Fresh Cromer Crab - Oriental Rice & Prawn Salad - Hoisin Salmon Salad - Goats Cheese & Vegetable Quiche Pan-fried New Potato Peas Spiced Baked Carrots - (V) Vegetable Quiche - Lemon & Blueberry Tray Bake DINNER Chicken & Herb Terrine Piccalilli, Micro Leaf Salad or (V) Asparagus & Grilled Halloumi Salad - Pan-fried Sea Bream Tarragon Sauce Tomato Risotto Roasted Butternut Squash Broccoli - (V) Tomato & BBQ Tempeh - Chocolate Tart Vanilla Cream, Salted Caramel Sauce	LUNCH (V) Soup of the Day - Roasted Cod with Zingy Beetroot - Broad Bean & Chickpea Salad - Mixed Pepper Slaw - Pan-fried Butterfly Chicken Breast with Red Pesto & Mascarpone Sauce Fusilli Pasta Pan-fried Courgettes Green Beans - (V) Chickpea & Spinach Spring Vegetable Spanish Stew - Apple Crumble & Custard DINNER (v) Roasted Red Pepper, Butternut Squash & Paprika Soup - Roast Duck Breast Red Wine Sauce Dauphinoise Potato Pan-fried Wild Mushrooms Green Beans - (V) Courgette & Garlic Mushroom Wellington - Seasonal Fruit Pavlova	LUNCH (V) Roasted Red Pepper, Butternut Squash & Paprika Soup or Ardennes Pâté with Pear Chutney - Saffron Cauliflower Salad - Smoked Beetroot Salad - Thai Cod & Prawn Fish Cakes Pan-fried New Potatoes Spring Onions Broccoli Roasted Hand Cut Mixed Peppers - (V) Stuffed Red Pepper with Halloumi, Couscous & Tomato Sauce - Pineapple Poke Cake DINNER Smoked Pancetta, Mushroom & Emmental Tart or (V) Spinach, Mushroom & Emmental Tart - Pan-fried Cod Creamy Wild Garlic Butter Sauce Sweet Potato Mash Wilted Spinach Vine Cherry Tomatoes - (V) Stuffed & Roasted Red Peppers - Honey Panna Cotta with Poshed Rhubarb & Palmier Biscuits - Welsh Rarebit	LUNCH (V) Soup of the Day - Roasted Fennel & Feta with Pomegranates - Mango slaw - Quinoa Salad - Braised Beef Ravioli Red Pesto Creamy Sauce Tomato Focaccia Roasted Butternut squash Chunky Roast Red Onion - (V) Pumpkin & Ricotta Ravioli - Cappuccino Cheesecake DINNER Tomato & Basil Pesto with Mozzarella Bruschetta & Rocket & Olive Dressing - Pan-fried Chicken Wrapped in Parma Ham Crème Fraiche, Mushroom & Tarragon Sauce Wild Rice Green Beans - (V) Asparagus Roulade - French Apple Tart & Vanilla Ice Cream	LUNCH (V) Spiced Green Pea & Coconut Soup - Smoked Salmon & Red Onion Salsa - Tart Apple & Celeriac Salad - Tomato Orzo Pasta with Roasted Peppers - Scampi Chips Peas Tartare Sauce - (V) Battered Vegetable Sausage - Portuguese Egg Custard Tart DINNER (V) Three Bean Minestrone Soup - Lamb Noisette Rosti Potatoes Roasted Carrot Puree Tenderstem Broccoli - (V) Stuffed Aubergine Wild Mushrooms - Chocolate & Passion Fruit Mousse	LUNCH (V) Three Bean Minestrone Soup - Selection of Cold Meats & Fish or Fajita Spiced Chicken Strips Curly Fries Pan-fried Sliced Peppers & Onions Warm Wraps Sweetcorn Tomato Salsa - (V) Red Pepper, Spinach & Pesto Tagliatelle - Fresh Fruit Salad DINNER (V) Anglesey Eggs - Lemon Sole Caper Butter Sauce Buttered New Potatoes Pan-fried Asparagus Crushed Minted Peas - (V) Baked Gnocchi with Red Onions, Tomatoes & Mushrooms - Lemon Tart	LUNCH (V) Creamy Sweetcorn Soup - Selection of Cold Meats & Fish or Pork Fricassee Braised Vegetable Rice Garlic Bread - (V) Spinach & Mushroom Fricassee - Creme Caramel DINNER (v) Spring Vegetable Soup - Roast Beef Roast Potatoes Yorkshire Pudding Cauliflower Cheese Green Beans - (V) Curry Parsnip & Butternut Squash Wellington - Fruit Crumble & Custard

PLEASE GIVE ADVANCED NOTICE OF SPECIAL DIETARY NEEDS WHEN BOOKING IN FOR DINNER

ALLERGIES NOTICE Some of our menu items may contain ingredients that are listed in the European Directives 2003/89/EC and 2006/142/EC and subsequent Food Information for Consumers Regulation (EU) No. 1169/201. They are: Eggs, Milk, Fish, Crustaceans, Molluscs, Tree Nuts, Sesame Seeds, Cereals containing Gluten, Soya, Celery & Celeriac, Mustard, Lupin, Sulphur Dioxide & Sulphites. There is also a small risk that tiny traces of these allergens may be found in other dishes produced on these premises, and that we understand the dangers to those with severe allergies.