

FRIDAY'S

W8 MEAL DEALS ~ COOKED DAILY

Winter root vegetable soup **VG**
Small Take away - £3.00 Eat in- £3.60

Buttered cod with chips
Served with mushy peas and tartar sauce
Take away - £6.50 Eat in- £7.80

Moroccan lemon chicken with green olives
Served with rice, mash potato or steamed vegetables
Take away - £8.50 Eat in- £10.20

Aubergine Parmegiana **V**
Served with green mixed salad
Take away - £6.50 Eat in- £7.80

Poached salmon fillets with tomato & cucumber relish **DF GF**
served with a choice of two sides or salads
Take away - £8.50 Eat in- £10.20

Jerk chicken breast **DF GF**
served with a choice of two sides or salads
Take away - £8.50 Eat in- £10.20

Cajun salmon fillet **DF GF**
served with a choice of two sides or salads
Take away - £8.50 Eat in- £10.20

Mackerel fillet with tomato salsa **DF**
served with a choice of two sides or salads
Take away - £8.50 Eat in- £10.20

W8'S HOMEMADE SPECIALS

Poached salmon fillet with tomato & cucumber relish GF DF

Mackrel fillet with tomato salsa DF GF

Jerk chicken breast DF GF

Cajun salmon fillet DF GF

Take away - £8.50 Eat in - £10.20

All above served with a choice of two sides of mash, rice, pasta, salads or steamed vegetables

Bacon with red caramelise onion, broccoli & cheddar cheese quiche

Roasted vegetables & goats cheese quiche V

Take away - £6.80 Eat in- £8.15

SALAD BAR

Large Salad

Take away - £5.75

Eat in - £6.90

Regular Salad

Take away - £4.20

Eat in - £5.05

Grilled broccoli with chilli & garlic dressing GF VG

Steamed seasonal vegetables VG GF

Curly kale with chilli and garlic GF VG

Roasted roots vegetables with pecans VG

Baby potatoes with leeks, onion and herbs VG

Beetroots, lentils, cherry tomato with rocket VG

Roasted chickpeas, aubergine and smoked paprika salad VG