

THURSDAY'S

W8 MEAL DEALS ~ COOKED DAILY

Mushroom ravioli with rocket & Parmesan **V**
served with green salad
Take away - £6.50 Eat in- £7.80

Pork meatballs
served with rice, mash, pasta or steamed vegetables
Take away - £7.65 Eat in- £9.20

Grilled tuna steak with tomato salsa **DF**
Served with two side mash, rice, salads or steamed vegetables
Take away- £12.50 Eat in - £15.00

Nasi Goreng with chicken and prawns

Roasted chicken leg with Harrisa spices

Mixed herbs chicken breast **DF**

Grilled beetroot salmon fillet with honey and mustard dressing **DF**

Poached salmon fillet with tomato and cucumber relish
DF GF

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

Take away - £8.50 Eat in- £10.20

W8'S HOMEMADE SPECIALS

Poached salmon fillet with tomato & cucumber relish **GF DF**

Grilled beetroot salmon fillet with honey and mustard dressing **DF**

Grilled tuna steak with tomato salsa **DF**

Mixed herbs chicken breast **DF**

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

Poached salmon with cheddar cheese quiche

Roasted vegetables quiche with goat's cheese **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

Sweet potato rings with rosemary dressing VG GF

Raw cauliflower Tabbouleh salad VG

Lentils salad with roasted vegetables and fresh herbs
VG

Crunchy slaw salad VG

Spring greens salad V

Avocado salad VG GF