

# WEDNESDAY'S

## W8 MEAL DEALS ~ COOKED DAILY

Broccoli and spinach soup **VG GF**

Small Take away - £2.75    Eat in- £3.30

One pot chicken

served with steamed vegetables

Take away - £8.25    Eat in- £9.80

Slow cooked duck leg with orange served with potato gratin and braised cabbage

served with mash, rice or steamed vegetables

Take away - £10.50    Eat in- £12.60

Gnocchi bake with tomato pesto and roast vegetables **V**

served with mixed green salad

Take away - £6.25    Eat in- £7.50

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

served with a choice of two sides or salads

Take away - £8.25    Eat in- £9.80

Teriyaki chicken breast **DF**

served with a choice of two sides or salads

Take away - £8.25    Eat in- £9.80

Smoked paprika salmon fillet **DF**

served with a choice of two sides or salads

Take away - £8.25    Eat in- £9.80

# W8'S

## HOMEMADE SPECIALS

Poached salmon fillet with tomato & cucumber relish GF DF

Smoked paprika salmon fillet GF DF

Sea bass with tomato salsa GF DF

Teriyaki chicken breast DF

Take away - £8.25 Eat in- £9.80

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

Baked ham with cheddar cheese quiche

Roasted sweet potato, red onion & cheddar cheese quiche V

Take away - £6.80 Eat in- £8.15

# SALAD BAR

Large Salad

Take away - £5.50

Eat in - £6.60

Regular Salad

Take away - £3.95

Eat in - £4.80

Grilled broccoli with chilli & garlic dressing GF VG

Roast sweet potatoes with honey & fresh herbs dressing V  
GF

Steamed seasonal vegetables VG GF

Portobello mushroom with green beans, chilli and truffle oil  
VG

Avocado salad VG GF

Asian black rice salad V

Roast beetroot with lentils salad V

Roasted aubergine salad with fresh herbs VG GF