



	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suflur Dioxide	Lupin	Moluscs	Fish	
<b>Appetisers</b>															
Olives															
Pitta & Hummus	x			x			x	x		x					
Fresh Bread	x										x				
Halloumi Fries with Chilli Honey						x									
Garlic Bread	x					x									
Garlic Bread + Cheese	x					x									
Garlic Bread + Tomato	x					x									
Ego Sharing Board	x		x			x			x	x	x		x	x	
<b>Starters</b>															
Soup	x				x	x		x							
Salmon Fishcake	x		x			x			x		x			x	
Chorizo & Halloumi Skewers						x					x				
Goats Cheese	x		x			x			x		x				
Gambas Al Pil Pil	x	x													
Calamari	x		x			x			x		x		x		
Pate	x					x			x		x				
Chargrilled Chicken & Lamb Souvlaki	x					x			x		x				
Camembert	x		x			x					x				
King Prawn Cocktail	x	x	x		x	x		x	x		x				
Garlic Mushrooms with parsley cream	x					x									
<b>Pasta/ Risotto</b>															
Prawn Linguine	x	x				x					x				
Carbonara	x		x			x									
Paella Mixta		x				x					x		x		
Paella Chicken & Chorizo											x				
Paella Veg											x				
<b>Pizza</b>															
Margherita	x					x									
Chargrilled Chicken Pesto	x					x	x								
Goats Cheese & Caramelised Onion	x					x					x				
Pepperoni Piccante	x				x	x			x						
Create own with King prawns	x	x				x									
Create own with black olives	x					x									
Create own with chorizo	x					x									
Create own with pancetta	x					x									
Create own with Mushrooms	x					x									
Create own with Roquito peppers	x					x									
Create own with artichokes	x					x									
<b>Main Courses</b>															
Chicken Supreme with truffle gnocchi	x		x			x					x				
Duo of Pork			x			x			x		x				
Minted Lamb Rump						x					x				
Lemon Milanese	x		x			x					x				
Sea Bass with chorizo						x					x			x	
Cod Supreme						x					x			x	
Moroccan Lamb	x					x	x				x				
Moroccan Falafel	x					x	x				x				
Courgette sweetcorn fritters				x			x	x		x					
Greek Salad						x					x				
Steak Frites (with onion rings)	x										x				
Prawn Skewers		x													
Garlic Butter						x									
Roasted Garlic & Shallot sauce						x									
Peppercorn Sauce						x									
<b>Kebabs</b>															
Mixed	x					x			x		x				
Piri Chicken	x					x					x				
Piri Chicken & Chorizo	x					x					x				
Halloumi	x					x					x				
Belly Pork (thurs)	x					x					x				
Moroccan Lamb (thurs)	x					x			x		x				
<b>Sides</b>															
Fries															
Truffle & Grana Padano fries			x			x									
Sweet potato fries															
Dauphinoise			x			x					x				
Parmentier Potatoes						x					x				
Halloumi Fries with Chilli Honey						x									
Green Beans with salsa verde						x									
Tenderstem Broccoli						x	x								
Roasted Med Veg						x	x								
Rocket & Grana Padano Salad			x			x					x				
Greek Salad						x					x				
Cauliflower Cheese	x		x			x									
<b>Desserts</b>															
Tiramisu Torte	x		x		x	x					x				
Rhubarb Crumble with custard	x					x					x				
Rhubarb Crumble with ice cream	x		x			x					x				
Apple & Cinnamon Pie with custard	x					x					x				
Apple & Cinnamon Pie with ice cream	x		x			x					x				
Chocolate Salted Caramel Tart	x		x		x	x									
Sticky Toffee	x		x			x									
Brownie			x		x	x									
Sundae	x		x		x	x									
White chocolate & raspberry Eton Mess			x		x	x									
Frangipane Tart	x		x			x	x								
Lemon Tart	x		x			x									
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x			x									
Mini Sticky Toffee	x		x			x									
Mini Brownie			x		x	x									
Mini Mess			x		x	x									
Mini Ice Cream			x			x									
Soya Milk					x										
Oat Milk															
Almond Milk							x								
Skimmed/Semi-skimmed Milk						x									
<b>Vegan Menu</b>															
Garlic Bread + Vegan Cheese	x														
Med Veg Linguine	x										x				
Pitta & Hummus	x			x			x	x		x					
Margherita Pizza	x														
Med Veg Pizza	x										x				
Moroccan Falafel	x						x			x	x				
Courgette sweetcorn fritters	x			x			x	x		x					
Frangipane Tart	x						x								
Vegan Vanilla Ice Cream					x										
Vegan Chocolate Ice Cream					x										



	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Supplur Dioxide	Lupin	Moluscs	Fish
<b>Lunch Menus</b>														
Steak Pie with Chips	x		x			x					x			
Steak Pie with Mash	x		x			x					x			
Chicken Supreme						x			x		x			
Fish & Chips Beer Batter	x		x						x		x			x
Steak Sandwich	x		x		x	x			x		x			
Fishcakes	x		x			x			x		x			x
Mini Lemon Milanese	x		x			x					x			
Chicken Wrap	x					x			x	x	x			
Lamb kofte Wrap	x					x			x	x	x			
Falafel Wrap	x									x	x			
<b>Sunday Roast</b>														
Trio of Roasts (Chicken/Beef/Pork)	x		x			x		x	x		x			
Roast Beef	x		x			x		x	x		x			
Roast Pork Fillet	x		x			x		x			x			
Roast Chicken	x		x			x		x			x			
Roast Lamb	x		x			x		x			x			
Nut Roast	x		x			x	x	x			x			
Stuffing	x										x			
Pigs in Blankets	x				x			x	x		x			
Cauliflower Cheese	x		x			x								
<b>Junior/Little Ego</b>														
Chicken Goujons	x		x			x					x			
Fish Goujons	x		x			x					x			x
Bolognese Pasta	x													
Pasta with Butter	x					x								
Pasta with Carbonara	x		x			x								
Seabass						x					x			x
Chicken Breast						x					x			
Rump Steak						x					x			
Fishcake	x		x			x			x		x			x
Hummus with pitta	x									x				
Sundae			x		x	x								
Brownie			x		x	x								
Sticky Toffee	x		x			x								
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x			x								
Blood Orange/Raspberry Sorbet														
<b>Afternoon Tea</b>														
Prawn Marie Rose Sandwich	x	x	x		x	x		x	x		x			
Chicken & Rocket Sandwich	x		x		x	x			x		x			
Camembert with tomato chilli marmalade	x		x			x					x			
Falafel with red pepper tapenade											x			
Mini fishcake with tartare	x		x			x			x		x			x
Roasted Med veg & Pesto sandwich	x		x		x	x	x				x			
Hummus & Carrot salad Sandwich	x				x	x				x	x			
Cheddar & Caramelised Onion Sandwich	x				x	x					x			
Fruit scone with clotted cream & strawberry jam	x		x			x								
Frangipane Tart	x						x							
Lemon Tart	x		x			x								
Brownie			x		x	x								
<b>NCGI Menu</b>														
Olives														
Crudites & Hummus				x			x	x		x				
Halloumi Fries with Chilli honey						x								
Ego Sharing Board						x				x	x			
<b>Starters</b>														
Soup					x	x		x						
Goats Cheese						x			x		x			
Gambas Al Pil Pil		x												
King Prawn Cocktail		x	x					x	x		x			
Garlic Mushrooms with parsley cream						x								
<b>Pasta/ Risotto</b>														
Prawn Fusilli		x				x					x			
Fusilli Carbonara			x			x								
Paella Mixta		x				x							x	
Paella Chicken & Chorizo														
Paella Veg														
<b>Main Courses</b>														
Duo of Pork			x			x			x		x			
Minted Lamb Rump						x					x			
Lemon Milanese			x			x					x			
Sea Bass with chorizo						x					x			x
Cod Supreme						x					x			x
Moroccan Lamb						x	x				x			
Moroccan Falafel						x	x				x			
Courgette sweetcorn fritters				x			x	x		x				
Greek Salad						x					x			
Steak Frites (without onion rings)											x			
Prawn Skewers		x												
Garlic Butter						x								
Roasted Garlic & Shallot sauce						x								
Peppercorn Sauce						x								
<b>Kebabs</b>														
Mixed						x			x		x			
Piri Chicken						x					x			
Piri Chicken & Chorizo						x					x			
Halloumi						x					x			
Belly Pork (thurs)						x					x			
Moroccan Lamb (thurs)						x			x		x			
<b>Sides</b>														
Fries														
Truffle & Grana Padano fries			x			x								
Sweet potato fries														
Parmentier Potatoes						x					x			
Halloumi Fries with Chilli Honey						x								
Green Beans with salsa verde						x								
Tenderstem Broccoli						x	x							
Roasted Med Veg						x	x							
Rocket & Grana Padano Salad			x			x					x			
Greek Salad						x					x			
<b>Desserts</b>														
Brownie			x		x	x								
White chocolate & raspberry Eton Mess			x		x	x								
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x			x								
Mini Brownie			x		x	x								
Mini Mess			x			x								
Mini Ice Cream			x			x								
Soya Milk					x									
Oat Milk														
Almond Milk							x							
Skimmed/Semi-skimmed Milk						x								