

# The Woodlands

## LUNCH MENU

### Starters

<b>SOUP OF THE DAY</b> <i>(gfa) (v)</i>	£5.25
<b>CHICKEN LIVER PATE</b> <i>served with red onion chutney &amp; oatcakes (gfa)</i>	£5.75
<b>BREADED HALLOUMI</b> <i>served with garlic dip (v)</i>	£5.75
<b>PANKO BREADED KING PRAWNS</b> <i>served with a sweet chilli dip</i>	£6.75
<b>DUET OF SMOKED SALMON &amp; SALMON MOUSSE</b> <i>with cucumber chutney &amp; melba toast (gfa)</i>	£6.75
<b>QUINOA HOUMOUS</b> <i>with pimento stuffed olives &amp; sour dough pitta (vg)</i>	£5.75

### Burgers

*all served with chips and salad*

<b>STICKY BBQ BEEF AND MOZZARELLA</b> <i>(gfa)</i>	£10.50
<b>CRISPY CHICKEN, BACON, SWEET CHILLI AND MOZZARELLA</b>	£10.50
<b>THAI INFUSED CRISPY VEGETABLE BURGER, VEGAN CHEDDAR &amp; SWEET CHILLI</b> <i>(vg)</i>	£10.50

### Main Courses

<b>BATTERED/BREADED HADDOCK</b> <i>with chips &amp; peas</i>	£10.75
<b>BREADED SCAMPI</b> <i>with chips &amp; peas</i>	£10.50
<b>MACARONI CHEESE</b> <i>with chips or garlic bread (v)</i>	£8.50
<b>STEAK CASSEROLE &amp; FLAKY PASTRY</b> <i>served with peas and chips, mash or new potato (gfa)</i>	£10.75
<b>CHICKEN BALTI</b> <i>served with rice and naan</i>	£10.50
<b>VEGETABLE ROGAN JOSH</b> <i>served with rice and sour dough pitta (vg) (gfa)</i>	£9.75
<b>FILLET OF SALMON</b> <i>served with new potatoes, green beans &amp; a white wine &amp; chive cream sauce (gf)</i>	£12.95
<b>CHICKEN, CHORIZO &amp; MUSHROOM PENNE PASTA</b> <i>with garlic and herb cream sauce</i>	£10.75
<b>FILLET OF SEABASS</b> <i>served with balsamic roasted vegetables &amp; dauphinoise potato (gf)</i>	£11.00
<b>CHICKEN ESCALOPE</b> <i>with haggis, bacon, broccoli, potato gratin &amp; onion gravy (gfa)</i>	£11.95
<b>SIRLOIN STEAK</b> <i>served with flat mushrooms, beer battered onion rings &amp; chips</i>	£22.50

<b>STEAK SAUCES</b> <b>£2.00</b> <i>peppercorn, garlic butter or onion gravy</i>
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Please let our staff know if you have a food allergy or intolerance to certain foods.

Chips are gluten free however may contain traces of gluten due to cross contamination during the cooking process and may not be suitable for those with a high sensitivity to gluten.

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### Salads

<b>FLAKED POACHED SALMON</b> <i>with tomato, pepper &amp; lime chutney (gf)</i>	<b>£11.00</b>
<b>CRISPY CHICKEN &amp; BACON CAESAR STYLE SALAD</b> <i>(gfa)</i>	<b>£10.50</b>
<b>CAJUN MUSHROOM &amp; VEGAN CHEDDAR</b> <i>with caramelised red onion chutney (gf) (vg)</i>	<b>£10.00</b>

### Sandwiches

Served on white or brown bread. (Gluten free brioche style buns also available).

<b>SANDWICH WITH CHIPS OR SALAD</b>	<b>£6.50</b>
<b>SOUP &amp; SANDWICH</b>	<b>£8.50</b>
<b>SOUP, SANDWICH &amp; CHIPS</b>	<b>£10.00</b>

#### FILLINGS:

Egg & chive mayonnaise (gf)  
Tuna & sweetcorn mayonnaise (gf)  
Smoked salmon pate & cucumber (gf)  
Cheese, tomato, lettuce & salad cream (gf)  
Ham, cheese & red onion chutney (gf)  
Quinoa houmous, lettuce & tomato (gf)

### Sides

<b>CHIPS/CAJUN CHIPS</b>	<b>£3.50</b>
<b>GARLIC BREAD</b>	<b>£3.50</b>
<b>GARLIC BREAD &amp; MOZZARELLA</b>	<b>£4.00</b>
<b>MAC 'N' CHEESE BITES</b>	<b>£4.00</b>
<b>BEER BATTERED ONION RINGS</b>	<b>£4.00</b>
<b>BALSAMIC GARDEN SALAD</b> <i>(vg) (gf)</i>	<b>£4.50</b>

### Sweet Treats

<b>TIFFIN, MILLIONAIRE SHORTCAKE, PEPPERMINT SLICE</b> <i>(v)</i>	<b>£2.50</b>
<b>2 PIECES OF SHORTBREAD</b> <i>(v)</i>	<b>£1.25</b>
<b>DARK CHOCOLATE BROWNIE</b> <i>(vg) (gf)</i>	<b>£2.75</b>
<b>APPLE AND ELDERFLOWER SLICE</b> <i>(vg) (gf)</i>	<b>£2.75</b>
<b>PLAIN OR FRUIT SCONE</b> <i>with strawberry jam and butter (v)</i>	<b>£2.50</b>

Selection of teas and coffees available from £2.35  
Redwood card holders receive 10% discount on all items