Fresh is best: the freshest ingredients, quick to cook, great to taste...: new Summer deals / Rocket.

Contributors

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fresh is best!

the freshest ingredients, quick to cook, great to taste...





Funky Salsa Glazed Chicken





Sensational flavours. You bash the chicken, mix your own marinade: chilli, coriander and garlic, coat the chicken and pan fry. Stir crème fraîche into beans and new potatoes. Hot and sticky just like it should be!

a new menu for 9 - 13 June







for 2 person

Fresh Pesto Chicken with Rocket and Parmesan Gnocchi

Poach chicken with a squeeze of fresh lemon juice. Mix your own fresh pesto with crispy, parmesan coated gnocchi and wild rocket.





for 1 person



for 2

Spiced Vegetable and Chickpea Tagine with Date Cous Cous

A Moroccan inspired dish. Pan fry selection of vegetables with Harissa paste. Serve with person | coriander and date cous cous.





for 1 person



for 2 person

Thai Style Fish with Sticky Coconut Rice

A new style of cooking, try this lighter meal... it is delicately steamed fillets of hoki with pak choi, lemongrass, chilli and ginger. Served with a sticky coconut and lime rice.





for 1 person



for 2 person

Fresh Minted Lamb with Sugarsnap Peas and Mustard Potatoes

To dress the lamb, make your own mint sauce with a twist of fresh lime juice. Served with steamed carrots and sugarsnaps, along with mustardy new potatoes.



dinner for two £13.50

Rump Steak with Parsley, Garlic and Lemon Juice with Butternut Squash

Try this Italian inspired recipe making your own gremolata dressing which is a combination of garlic, parsley, lemon zest and olive oil. Spoon over pan fried rump steak. Served with delicious butternut squash.

the perfect rocket meal now available with our selection of desserts and wine

Desserts - a bit of rocket indulgence!



Mixed Berry Cheesecake

A rich creamy berry flavoured cheesecake, dispersed with seasonal berry compôte.



Rich Chocolate Mousse with Crushed Amaretti Biscuits

Moist chocolate sponge base soaked in an amaretto syrup with a layer of amaretti biscuits covered with a thick layer of chocolate ganache.



New summer wines to whet your appetite!

75cl bottle

Basa, Verdejo, Viura and Sauvignon Blanc Spain

£5.90

La Tour du Prevot, Viognier and Marsanne France

£6.50

Colombard, Vin de Pays Cotes de Gascogne France

£5.90

Touraine Sauvignon, 'Les Collines' Jacky Marteau £6.80 France

Vina Paraiso, Tempranillo Argentina

£5.90

Rosso de Salento 'Alberello', Felline Italy

£7.50



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Weekdays till late, weekends at selected sites.

