

Adastral Park Weekly Restaurant Menu

Week Commencing
22nd May 2017

MONDAY

Mains

American Theme

Ribs Served with Chips £4.58

Omelette From £2.00

- Crisp Chips £1.45
- Gravy 10p
- Baked Beans 75p
- Garden Peas 89p
- Simple Green Salad 78p
- Coleslaw 78p

Fruity Waffle & Greek Yoghurt £1.04

Bacon & Avocado Chicken Burger on Brioche Bun £4.50

Melting Mushroom Swiss Burger £4.18

Southern Fried Quorn Burger £3.65

Battered Fish Burger £2.45

- Freshly Made Onion Rings 89p
- Corn on the Cob 89p
- Barbequed Baked Beans 89p
- Freshly Made Coleslaw 78p
- Sweet Potato Chips £1.45
- Simple Green Salad 78p

Turkey Jambalya with Sour Cream Served with Spicy Rice £4.32

- Corn on the Cob 89p
- Simple Green Salad 78p

Pizza Bar from £3.13

- Pizza Crust Herb & Garlic Flat Bread 60p
- Pizza Topping 55p
- Tomato, Red Onion & Herb Bruschetta £1.04
- Chicken Wings £2.00
- Mixed Olives 78p
- Simple Green Salad 78p

TUESDAY

Mains

Greek Theme

Spinach & Ricotta Filo Pie Served with Kale with Lemon & Garlic & Gravy £3.48

Kleftiko Pork Served with Fresh Buttered Leeks & Gravy £3.55

Kefalonia Wrap Served with Plain Nachos £3.86

- Curly Kale with Lemon & Garlic £1.04
- Fresh Buttered Leeks 89p
- Greek Salad £1.57
- Crisp Chips £1.45

Lamb Moussaka Served with Greek Salad £3.92

Quorn Moussaka Served with Greek Salad £4.72

Roasted Chicken Breast Served on a Bed of Roasted Vegetables & Potatoes in Pesto £4.50

Pork Goulash Served with Mash £3.24

Vegetable Goulash Served with Mash £3.74

- Mediterranean Roasted Vegetables £1.05
- Greek Salad £1.57

Chicken Stir Fry £3.39

Vegetable & Black Bean Stir Fry £4.18

- Vegetable Pancake Roll 78p
- Prawn Crackers 37p
- Greek Salad £1.57

Pizza Bar from £3.13

- Pizza Crust Herb & Garlic Flat Bread 60p
- Pizza Topping 55p
- Tomato, Red Onion & Herb Bruschetta £1.04
- Chicken Wings £2.00
- Mixed Olives 78p
- Greek Salad £1.57

WEDNESDAY

Mains

British Theme

Vegetable Kiev Served with Chips & Rocket, Spinach & Parmesan Salad £3.75

Chicken Kiev Served with Chips & Rocket, Spinach & Parmesan Salad £4.95

Omelette From £2.00

- Garden Peas 89p
- Classic Greek Salad £1.46
- Rocket, Spinach & Parmesan Salad 89p
- Crisp Chips £1.45
- Baked Beans 75p
- Gravy 10p

Roast Pork Shoulder £4.71

Roast Chicken £5.85

Nut Roast with Cranberry Sauce £5.02

All Roast Dinners Served with Roast Potatoes, Gravy, Stuffing, Yorkshire Pudding & Choice of Carrots or Roast Parsnips

- Cauliflower Cheese 89p
- Apple Sauce 26p
- Bread Sauce 26p
- Carrots 89p
- Parsnips 89p
- Mash Potato 89p

Strawberries & Clotted Cream £3.50

Noshi Beef Noodle Salad £4.96

Noshi Chicken Noodle Salad £3.65

- Vegetable Pancake Roll 78p

Pizza Bar from £3.13

- Pizza Crust Herb & Garlic Flat Bread 60p
- Pizza Topping 55p
- Tomato, Red Onion & Herb Bruschetta £1.04
- Chicken Wings £2.00
- Mixed Olives 78p
- Rocket, Spinach & Parmesan Salad 89p

THURSDAY

Mains

Around the World

Romana Stromboli £4.00

Zucca e Ricotta Calzone £2.65

Di Campania Calzone £3.15

- Mixed Olives 78p
- Fresh Dough Balls 45p
- Flavoured Oils 10p
- Side Salad 78p

Chicken Lasagne Served with Side Salad £2.87

Beef Lasagne Served with Side Salad £3.13

Wild Mushroom Lasagne Served with Side Salad £4.17

Spinach & Ricotta Cannelloni Served with Side Salad £3.39

- Mixed Olives 78p
- Fresh Garlic Flat Bread 60p

Sweet Potato & Lentil Curry Served with Pilau Rice, Naan Bread & Mango Chutney £4.60

Nelalese Chicken Korma Served with Pilau Rice, Naan Bread & Mango Chutney £4.08

Lamb Shoulder Rogan Josh Served with Pilau Rice, Naan Bread & Mango Chutney £5.80

- Paneer Pakora £1.25
- Sabji Dahl 52p
- Cucumber Raita 26p
- Poppadum 50p
- Bombay Potatoes 89p
- Vegetable Samosa 99p
- Garlic & Coriander Naan Bread 84p

Chicken & Seafood Paella £3.39

Quorn Paella £2.98

- Side Salad 78p
- Focaccia Bread 73p

FRIDAY

Mains

Chip Shop

Meal Deal - Gammon Steak Served with Fried Egg, Chips & Peas £3.60

Gammon Steak with Fried Egg £2.45

Proper Cornish Vegetable Pasty £2.35

Proper Cornish Traditional Steak Pasty £2.30

Omelette From £2.00

- Crisp Chips £1.45
- Curly Fries £1.45
- Gravy 10p
- Garden Peas 89p
- Baked Beans 75p

Meal Deal - Battered Pollock, Chips, Peas & Lemon Wedge £4.50

Breaded Scampi with Lemon with Chips £4.58

2 Battered Sausages, Chips & Beans £4.18

Smoked Haddock & Onion Fishcake with Chips & Peas £4.44

- Crisp Chips £1.45
- Curly Fries £1.45
- Garden/ Mushy Peas 89p
- Baked Beans 75p
- Pickled Onion 68p
- Gherkin 52p
- Homemade Tartare Sauce 26p

Supreme of Salmon with Spinach, Bacon & Bolliti Bean Salad £4.18

Citrus Crusted Mackerel with Potato & Asparagus Salad £4.91

Pizza Bar from £3.13

- Pizza Crust Herb & Garlic Flat Bread 60p
- Pizza Topping 55p
- Tomato, Red Onion & Herb Bruschetta £1.04
- Chicken Wings £2.00