

Synthony 101 Friday 22nd September

£23.00 per person for two courses £29.00 per person for three courses

Atlantic Prawn Cocktail with bloody Mary sauce

Salt and Pepper Squid with aioli

Carrot and Coconut Cream Soup with rustic bread

Halloumi Fries with chilli jam

Duck and Orange Pate with rustic bread and fruit chutney

Sticky Chilli Chicken with an asian slaw

Chicken Supreme with cream of sun blushed tomato, parmesan and basil sauce
served with sauté potatoes and green beans

Lamb Koftas with a yoghurt and mint dressing
served with mediterranean vegetables, rice and flatbread

6oz Beef Burger topped with bacon and brie
served with skinny fries and tomato salsa

Beef Lasagne served with garlic bread and salad garnish

Honey Glazed Salmon Fillet served with an oriental sauce
on a bed of noodles and stir fry vegetables

Fish and Chips
Fillet of Cod in crispy batter with chips and peas

Herb Crusted Flat Mushrooms glazed with gorgonzola
served on a bed of courgetti tossed with pesto, spinach and red onion

Feta, Spinach, Sunblushed tomatoes and Pinenut Quiche
served with buttered new potatoes and salad

Double Chocolate Brownie with chocolate sauce and vanilla ice cream

Raspberry and Almond Frangipane Tart with vanilla ice cream

Lemon and Lime Cheesecake with a lemon curd drizzle

Iced White Chocolate and Biscoff Parfait with a caramelised biscuit sauce

Sticky Toffee Pudding with butterscotch sauce and vanilla ice cream

Mixed English Cheese and Biscuits with fruit chutney and grapes (£2.00 supplement)