



# Marlborough Lunch Menu

Monday 22nd July – Wednesday 24th July 2019

Monday	1	<b>Sea Shanty Pizza Margarita</b>	DF*	<u>V</u> <u>V*</u>
		Cheddar, mozzarella & tomato baked on a handmade dough base, served with optional coleslaw, boiled eggs & veg sticks		
	2	<b>Shipwreck Veggie Pizza</b>	DF* <u>V</u> <u>V*</u>	
		Cheddar, mozzarella & tomato baked on a handmade dough base, with olives, spinach and eggs served with optional coleslaw, boiled eggs & veg sticks.		
	3	<b>Shark Attack Tomato Soup</b>	DF <u>V</u> <u>V</u>	
		Tomato and sesame soup served on the salad bar with homemade bread and a range of salads		
Tuesday	1	<b>Jellyfish Spaghetti Bolognese</b>	DF	
		Slow cooked locally sourced beef mince in a rich tomato sauce with veggies and wholewheat pasta. Served with seasonal veg and optional grated Davidstow cheddar		
	2	<b>Bean Boat Enchiladas</b>	DF* <u>V</u> <u>V*</u>	
		Tasty tortillas, filled with veg, black beans and sweet potato, baked in tomato and topped with cheddar cheese served with optional natural yoghurt.		
	3	<b>Sailors Mackerel Pate Sarnies</b>	DF* <u>VV*</u>	
		Served on the salad bar on homemade bread and a range of salads.		
Wednesday	1	<b>Sea Salty Sausages &amp; Wedges</b>		DF
		Juicy sausages baked till they are smiling, served with Cornish potato or sweet potato wedges, gravy and seasonal veggies.		
	2	<b>Veg Sea Salty Sausages &amp; Wedges</b>	DF <u>V</u> <u>V</u>	
		Linda McCartney sausages served with white Cornish potato or sweet potato wedges, gravy and seasonal veggies.		
		<b>Sea Urchin Egg &amp; Cress Soft Rolls</b>	V	
		Served on homemade soft white rolls on the salad bar with a range of salads		

Sometimes our seasonal veg is steamed, sometimes roast, sometimes stir fried, but we decide on it the day before to make sure we can make the most of what's best value and available locally or more further afield.