



WOODLANDS
HOTEL

v : Vegetarian

Lunch Menu

Special Offers

Valid Monday to Friday

Buy any 2 Main Meals for £15
Buy 1 Soup, Sandwich & Fries
Get 1 Half Price

Starters

(v) Soup of the Day with White Petit Pain Roll (W,S may contain B)	£4.50
(v) Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet	£5.00
Chicken Liver Pate, Red Onion Chutney & Oatcakes (O,W,M,SU, Oatcakes may contain N)	£5.00
Classic Prawn Marie Rose Cocktail with Brown Bread (CR,W,B,E,SO)	£5.00
Beer Battered Gurnard with Sweet Chilli (W,F,M,SU)	£5.00
(v) Red Pepper Houmous, Harissa Marinated Olives & Garlic Flatbread (W,S,SU)	£6.00

Main Courses

Battered/Breaded Haddock, Chips & Peas (Battered - W,F) (Breaded - F,W,E)	£10.00
Breaded Scampi, Chips & Peas (W,CR)	£10.00
(v) Macaroni Cheese & Toast or Chips (CE,W,M,SO)	£9.00
Lambs Liver & Bacon, Mash & Onion Gravy (C,M,SU)	£10.00
Sweet & Sour Chicken, Rice (CE)	£10.00
(v) Chickpea, Sweet Potato, Spinach & Mushroom Rogan Josh, Rice & Garlic Flatbread (W)	£10.00
Curry of the Day, Rice & Naan (Balti - W,M,MU) (Rogan Josh - none) (Naan - W,M)	£10.00
Steak & Red Wine Casserole, Flaky Pastry, Peas, Chips or Potatoes (CE,W,SU)	£10.00
Fillet of Seabass, Roasted Vegetable & Dauphinoise Potato (M,F,SU)	£10.00
(v) Butternut Squash, Brie & Beetroot Tart, Dauphinoise Potato & Red Pepper Coulis (M,P,S,SU, may contain N)	£10.00



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Salads

Cajun Salmon Salad Bowl with Tomato Pepper & Lime Chutney (F,SU)	£10.00
Cajun Chicken Salad Bowl with Tomato Pepper & Lime Chutney (SU)	£10.00
Smoked Chicken Salad Bowl with Caesar Dressing, Croutons & Parmesan (B,E,M,MU,F,W,SO,R)	£10.00
(v) Cajun Roast Flat Mushrooms, Falafel & Spinach Cake Salad Bowl with Tomato Pepper & Lime Chutney (SU)	£9.50

Small portions are available on request

Sides

(v) Chips/Cajun Chips	£3.50	(v) Garlic Bread (W,M, may contain SO)	£3.00
(v) Beer Battered Onion Rings (W,B)	£4.00	(v) Garlic Bread with Mozzarella (W,M, may contain SO)	£3.50
(v) Broccoli	£2.00	(v) Mushy Peas	£2.00
(v) Cauliflower	£2.00	(v) Boiled Potatoes	£3.00

Baked Potatoes - Served with a Salad Garnish (SU)

Tuna & Sweetcorn Mayonnaise (F,E)	£7.00
Prawns Marie Rose (CR,E)	£7.00
(v) Cheddar & Pickle (M,B)	£7.00
(v) Egg & Chive Mayonnaise (E)	£7.00
Coronation Chicken (E,M)	£7.00
(v) Tomato & Red Pepper Houmous (S)	£7.00



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Sandwiches - Served on White (W,R,SO) or Brown Bread (W,B,SO) with Fries or Garden Salad (SU)

Coronation Chicken (MU,E,SU)	£5.50
Tuna & Sweetcorn Mayonnaise (F,E)	£5.50
(v) Egg & Chive Mayonnaise (E)	£5.50
Ham, Tomato & Honey Mustard Mayonnaise (W,E,MU)	£5.50
(v) Cheddar & Pickle (M,B)	£5.50
Prawn Marie Rose (CR,E)	£5.50
(v) Tomato & Red Pepper Houmous (S)	£5.50
Bacon, Lettuce & Tomato	£5.50
Everyone's Favourite!	
Soup & Sandwich	£6.50
Soup, Sandwich & Fries	£8.50



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Desserts (v)

Chocolate & Coconut Tart in Date & Mixed Nut Case, Chocolate Sauce & Vanilla Ice Cream (SO,M,N - cashew, hazlenut, walnut, almond) Can be Dairy Free Ice Cream	£5.50
Sticky Toffee Pudding, Vanilla Ice Cream (E,M,W,SO, may contain traces of N)	£5.50
Mango & Passion Fruit Cheesecake, Passion Fruit Coulis, Vanilla Ice Cream (M,E,SU, GF O, may contain traces of N)	£5.50
Lemon Tart, Red Berry Coulis & Vanilla Ice Cream (E,M,SO, may contain N)	£5.50
Duo/Trio of Ice Cream or Sorbet with Shortbread (M,W) Ice Creams: Vanilla (M, may contain N traces), Chocolate (M,SO), Strawberry (M), Salted Caramel (M,B), Butterscotch, Mint Choc Chip & Dairy Free Ice Cream (SO) Sorbets: Passion Fruit, Caribbean Lime, Raspberry, Mango	£3.50/£4.50

Mini Sweet Treats (v) £2.50

Carrot Cake Slice (M,W,E,SO)
Millionaires Shortbread (M,W,E,SO may contain traces of N & P)
4 Pieces of Shortbread (M,W)
Chocolate & Pecan Brownie (E,N - pecans & almonds, may contain traces P)
Fruity Granola Slice (M,O,SU, may contain traces N & P)
Cranberry & Pecan Flapjack (O,N - pecans, SU, may contain traces of other N)
Apple Crumble Slice (GF O)
Selection of Teas & Coffees from £2.20

Please Ask Your Server For Details

Redwood Card Holders receive 10% Discount on all of the above