

# The Coseners House

## Hot Lunch Menu

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Our selection includes: Meat, Fish,  
Vegetarian & Vegan Hot Lunches

### **Meat Options**

Pasta/Spaghetti Bolognese with Garlic Bread  
(Contains Wheat, Milk & Celery)

Chilli Con Carne with Rice & Tortilla Chips

Slow Braised Beef Casserole, New Potatoes & Vegetables  
(Contains Wheat)

Chicken Tikka Masala, Spiced Rice & Poppadum's  
(Contains Wheat & Milk. May contain Mustard, Tree Nuts & Peanuts)

Chicken in Black Bean Sauce, Spiced Rice & Prawn Crackers  
(Contains Wheat, Barley, Prawns, Eggs & Soya. May contain Tree Nuts & Sesame)

Lamb Rogan Josh, Spiced Rice & Poppadum's  
(Contains Wheat & Milk)

Moroccan Chicken with Pearl Cous Cous  
(Contains Wheat & Milk)

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whilst take every precaution to reduce the risks from cross-contamination, Please be aware that we prepare many of our products on site. Ingredients used across our product range contain a wide range of allergenic ingredients, including, but limited to nuts, seeds, dairy and gluten. Consequently, there may be traces of various allergens present across our product range, Please speak to one of our Allergen Champions who are trained to provide advice on the ingredients in our food and the steps we have taken to avoid cross-contamination

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### **Fish Options**

Smoked Haddock and Spring Onion Fishcakes, Mornay Sauce & Peas  
(Contains Wheat, Eggs, Fish & Milk)

Coconut Tiger Prawn Curry with Spiced Rice & Poppadum's  
(Contains Wheat, Shellfish, Sulphur Dioxide)

Prawn & Crab Risotto with Parmesan Cheese  
(Contains Shellfish, Eggs, Fish & Milk)

Seafood Linguine with Garlic Bread  
(Contains Wheat, Shellfish, Fish & Milk)

Chilli Salmon on Ramen Noodles  
(Contains Wheat, Eggs, Fish & Molluscs)

Smoked Haddock, Leek & Broccoli Pasta Bake  
(Contains Wheat, Fish & Milk)

Moroccan Prawn, Chickpea & Rice Stir Fry  
(Contains Shellfish)

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**Vegetarian Options**

Pasta Arrabiatta with Garlic Bread & Parmesan  
(Contains Wheat & Milk)

Butternut, Spinach, Feta & Chickpea Pasta Bake  
(Contains Wheat & Milk)

Vegetable Stew with Herby Dumplings  
(Contains Wheat, Barley & Milk)

Puttanesca Pasta with Crispy Olives  
(Contains Wheat, Eggs & Milk.)

Spanish Style Chickpea Stew  
(Contains Celery & Milk)

Kung Pao Cauliflower with Spiced Rice & Prawn Crackers  
(Contains Wheat, Shellfish, Sesame, Soya & Milk)

**Vegan Options**

Vegetable & Lentil Curry with Spiced Rice & Poppadum's  
(Contains Celery)

Butternut Squash Tagine with Pearl Cous Cous  
(Contains Wheat)

Leek & Tomato Caponata with Toasted Pine Kernels

Roasted Parsnip & Rosemary Risotto

Moroccan Sweet Potato Stew with Cous Cous  
(Contains Wheat)

Slow Cooked Cauliflower Curry with Spiced Rice &  
Poppadum's  
(Contains Wheat)