



## THE LIFEBOAT HOUSE

COVERACK - CORNWALL

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### T-TIME MENU | MARCH 2020

NOTE - Hot pick up meals take approximately half an hour to cook.

Lamb and Vegetable Casserole. Tender chunks of locally reared lamb cooked in a red wine and mint gravy. Served with rosemary dumplings. £ 8.95

Loin of Pork in cider. Cooked with cider and apples and served on braised red cabbage with roast potatoes. £ 8.50

Braised steak in Guinness. Slow cooked steak with mushrooms in a rich Guinness gravy. Served with a pea mash potato. £ 9.95

Bangers and Mash. A trio of Cajun spiced sausages served with Bubble and Squeak and a rich onion gravy. £ 7.50  
\*Veggie sausages and onion gravy available.

Roast vegetable and olive filled buckwheat pancake; oven baked in a tomato ragu topped with Cheddar Cheese sauce. Served with roast potatoes. V £7.50

A fresh vegetable & potato platter. £ 2.50

Salad Tray with dressing. £ 2.50

Sweet / Pudding of the day. £ 3.00

Children's Choice. All £4.50

Fish and chips

Chicken nuggets and chips

Sausage and chips (vegetarian available).

Served with a choice of beans or garden peas. (New Potatoes available instead of chips).

#### Allergens Notice:

for food and intolerances please speak to us about ingredients in your meal when making your order. Special dietary requirements can be accommodated with prior notice.

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1. Choose your meal | 2. Telephone and pay for your order | 3. We'll give you a time slot to collect

Telephone Orders: 01326 281 400