



THE
CAMPUS
KITCHEN

THE TERRACE RESTAURANT

Monday

North African sticky chicken thighs, pomegranate red pepper
cous cous, mint yogurt

Contains: milk, egg, gluten, soya

Courgette & sweetcorn fritter, three grain quinoa, stem broccoli,
sweet chilli sauce (Ve)

Contains: no allergens

Black sea bream, herby mash, cabbage, wild mushroom cream

Contains: fish, milk, sulphites

All main courses £6.95

Whilst every effort has been made to ensure that the allergen information is correct and that accidental cross contamination does not occur, the University of Southampton cannot guarantee that food prepared on our premises or by our selected suppliers is done so in an entirely allergen-free environment. If you require any further allergen information, please speak to a member of the service staff who will be happy to assist .

(V) denotes vegetarian (Ve) denotes vegan



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Tuesday

Char grilled pork chop, Tuscan bean ragu, greens

Contains: mustard (may contain gluten)

Italian meatballs, tomato & red wine "gravy" spaghetti, garlic bread

Contains: gluten, sulphites (may contain milk, soya)

Butternut squash, caramelised leek, sweet potato & feta topping (Ve)

Contains: soya

All main courses £6.95

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Wednesday

Beef bourguignon, puff pastry, parsley potatoes, cauliflower cheese

Contains: gluten, sulphites, milk

Smoked haddock & spring onion fishcakes, crushed potatoes, pea & asparagus veloute

Contains: gluten, fish, egg

Roast vegetable & lentil lasagne, vegan ricotta, pickled fennel, rocket salad (Ve)

Contains: egg (may contain soya)

All main courses £6.95

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Thursday

Chicken Balti, pilau rice, vegetable pakora, daal

Contains: gluten (may contain celery, mustard, sesame, soya)

Fish pie, spinach, egg, cheddar & herb mash, glazed carrots

Contains: gluten, egg, milk, fish, sulphites

Shitake mushroom burger, Applewood, baby gem, corn relish,
bun & skinny fries (Ve)

Contains: gluten (may contain: sesame)

All main courses £6.95

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Friday

Beer battered cod, chunky chips, peas & tartare sauce

Contains: fish, egg, sulphites

Thai green vegetable & coconut curry, gyoza, lime scented rice,
(V)

Contains: gluten, sesame, soya (may contain: egg, celery, crustaceans)

Lamb & root vegetable hot pot, sweet potato, steamed greens

Contains: sulphites

All main courses £6.95

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Black sea bream, herby mash, cabbage, wild mushroom cream

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Char grilled pork chop, Tuscan bean ragu, greens

Italian meatballs, tomato & red wine "gravy" spaghetti, garlic bread

Butternut squash, caramelised leek, sweet potato & feta topping (Ve)

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Smoked haddock & spring onion fishcakes, crushed potatoes, pea & asparagus veloute

Roast vegetable & lentil lasagne, vegan ricotta, pickled fennel, rocket salad (Ve)

Thursday

Chicken Balti, pilau rice, vegetable pakora, daal

Fish pie, spinach, egg, cheddar & herb mash, glazed carrots

Shitake mushroom burger, applewood, baby gem, corn relish, bun & skinny fries (VE)

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Beer battered cod, chunky chips, peas & tartare sauce

Thai green vegetable & coconut curry, gyoza, lime scented rice, (V)

Lamb & root vegetable hot pot, sweet potato, steamed greens

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Salad Bar—Daily selection from the following:

Thai noodle salad: egg noodles, julienne carrot, yellow pepper, stem broccoli, Thai dressing

Caesar: Cos, croutons, anchovies, parmesan, Caesar dressing

Leaves: Rocket, radicchio, baby gem

Greek: Olives, vegan feta, cucumber, red onion, dressing

Three seed quinoa, scorched corn, crunchy chickpeas

Bombay potato salad: roasted pepper, spiced aubergine, potatoes & peas

Green bean, radish, tuna flake, hard boiled egg, roast tomato, dressing

Grilled vegetables, vegan feta, harissa, pomegranate

Italian bean salad: radicchio, carrot, borlotti beans, white onion, basil, croutons

Roast chicken, butternut, spinach, red chard, avocado & pumpkin seed

Dressing; balsamic, French, olive oil

All salads £5.95

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