

**Highdown Tearooms**  
**@ Worthing Pavilion Bowling Club**

*MATCH MEAL*

*SATURDAY 5<sup>TH</sup> JANUARY 2019*

*ARUN INDOOR BOWLS CLUB*

**MAIN**

(choice of)

**STEAK AND ALE PIE**

SERVED WITH NEW POTATOES AND VEGETABLES

**VEGETABLE CASSEROLE (V GF)**

SERVED WITH VEGETABLES

**SALAD**

CHOICE OF CHEESE, HAM OR EGG

**DESSERT**

**BREAD AND BUTTER PUDDING**

or

**CHEESE & BISCUITS**

*If possible early indication of meal numbers and any special requests  
can be made by email to [donna@highdowntearooms.co.uk](mailto:donna@highdowntearooms.co.uk)  
or by calling 07951231158 is greatly appreciated.*

*Alternatives are available on request please advise in advance or on arrival.*

**Dietary key - V - Vegetarian GF – Gluten Free VE – Vegan DF – Dairy-free**

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present.

Our menu description does not include all ingredients used.

If you have a food allergy or intolerance, please let us know before ordering your food.

Full allergen information for food and drink is available, upon request.

**Highdown Tearooms**  
**@ Worthing Pavilion Bowling Club**

*MATCH MEAL*

*SATURDAY 12<sup>TH</sup> JANUARY 2019*

*METROPOLITAN POLICE*

**MAIN**

(choice of)

**BACON PUDDING**

SERVED WITH NEW POTATOES & VEGETABLES

**CAULIFLOWER CHEESE (V GF)**

SERVED WITH SALAD

**SALAD**

CHOICE OF CHEESE, HAM OR EGG

**DESSERT**

**APPLE PIE**

SERVED WITH CUSTARD

OR

**CHEESE & BISCUITS**

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*MATCH MEAL*

*TUESDAY 22<sup>ND</sup> JANUARY 2019*

*PAVILION*

**MAIN**

(choice of)

**TOAD IN THE HOLE** (V available)  
SERVED WITH SEASONAL VEGETABLES

**BEEF CASSEROLE** (GF)  
SERVED WITH SEASONAL VEGETABLES

**SALAD**

CHOICE OF CHEESE, HAM OR EGG

**DESSERT**

**APPLE CRUMBLE**  
SERVED WITH CUSTARD

or

**CHEESE & BISCUITS**

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*MATCH MEAL*

*TUESDAY 29<sup>TH</sup> JANUARY 2019*

*ADUR*

**MAIN**

(choice of)

**POACHED SALMON (GF)**

**SERVED WITH NEW POTATOES AND SEASONAL VEGETABLES**

**MUSHROOM STROGANOFF (GF V)**

**SERVED WITH RICE**

**SALAD**

**CHOICE OF CHEESE, HAM OR EGG**

**DESSERT**

**RICE PUDDING**

**or**

**CHEESE & BISCUITS**

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*MATCH MEAL*

*WEDNESDAY 30<sup>TH</sup> JANUARY 2019*

*BANKS*

**MAIN**

(choice of)

**SCAMPI & CHIPS**

SERVED WITH PEAS

**VEGETABLE CRUMBLE (GF V)**

SERVED WITH POTATOES AND SEASONAL VEGETABLES

**SALAD**

CHOICE OF CHEESE, HAM OR EGG

**DESSERT**

**TREACLE SPONGE**

SERVED WITH CUSTARD

or

**CHEESE & BISCUITS**

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