



EAST AVENUE

R E S T A U R A N T

Autumn 2025 Lunch Menu



Starters

Butternut Squash Soup with Crispy Bacon, Crème Fraiche, Parsley Oil (GF) (V)

Pea and Mint Risotto (can be GF)(V)

Black Pudding Bubble and Squeak with Poached Hens' Egg and Hollandaise Sauce

Sesame Honey Chicken, Pickled Vegetable Salad (GF)

Mains

Chicken and Mushroom Pie, Pomme Puree, Carrots

Beef Bourguignon, Parmentier Potatoes, Braised Red Cabbage (GF)

Seabass, Celeriac Puree, Tender Stem, White Wine and Dill and Caper Sauce, New Potatoes (GF)

Baked Aubergine with Lemon Infused Couscous, Tahini Dressing, Kohlrabi Salad (V)

[Please see our guide to allergens and other information at the bottom of this page.](#)

Allergies

Please make a member of our team aware of any food allergies or intolerances.

Dairy Free (DF)

Gluten Free (GF)

Suitable for Vegetarians (V)

Desserts

Baked Chocolate Mousse, Whipped Creme Fraiche, Scorched Orange (GF)(V)

Apple & Pear Crumble, Homemade Cinnamon Ice Cream (V)

Vanilla Bean Panna Cotta
Purple Fig & Honey Tuille

Blackberry Frozen Parfait, White Chocolate Soil & Pistachio (GF) (V) (N)

3 Courses **£17.95**

Tea/Coffee Additional **£2.00**

Lunches – Thurs & Fri

Arrival 12 noon / 12.15 pm / 12.30

[Click here to see available dates](#)

Prices include VAT

Credit Card Payment only Groups of 8 or larger please pay in one transaction

Gratuities are welcome, which go towards student trips.

Menus may change if items are not available but in most cases, a like-for-like substitution will be made.

Please contact Sue Lyons
To Make a Booking
email: Restaurant.ec@shcg.ac.uk
Sue.Lyons@shcg.ac.uk



South
Hampshire
College Group

Eastleigh
College