



**Ipswich  
Sports  
Club**

# Weekly Specials Menu

*Available Tuesday pm to Thursday pm*

## **Rosa Salmon £13**

*Oven baked honey-glazed salmon fillet, served with Salsa Rosa penne pasta and herby sliced garlic bread*

## **ISC Chicken £12**

*Chicken leg marinated in ISC spice blend, grilled and served with ISC rice (aubergine, cauliflower, potato and turmeric) with a cucumber yogurt*

## **Lamb Kofte £12**

*Skewers of minced lamb mixed with sweet peppers, onion and coriander served on a flatbread with rocket and red onion salad, and sides of salsa and chips*

## **ISC Quorn Fillet £10**

*Quorn fillet marinated in ISC spice blend, grilled and served with ISC rice (aubergine, cauliflower, potato and turmeric) with a cucumber yogurt*