

## TAPAS

### Warm ciabatta & dips

Houmous, baba ganoush (VG) (577Kcal) 5.45

### Breaded mozzarella balls

Tomato and pepper sauce (V) (346Kcal) 6.95

### Chilli and lime calamari

Coriander (201Kcal) 6.45

### Southern fried chicken or cauliflower tenders & sauce (375Kcal) (VGO)

Classic BBQ (136Kcal) | Sweet chilli (147Kcal) | Spicy (35Kcal) | Korean BBQ (75Kcal) 5.50

### Chicken wings

Naked | Classic BBQ (136Kcal) | Sweet chilli (147Kcal) | Spicy (35Kcal) | Korean BBQ (75Kcal) (GF) Five (544Kcal) 5.50 / Ten (1088Kcal) 11.00

### Sweet potato falafel

Tahini sauce (277Kcal) (VG, GF) 5.95

### Halloumi fries

Sweet chilli sauce (515Kcal) (V, GF) 5.95

## TWO TAPAS FOR £11

12 - 6pm Monday to Friday  
excludes large wings

## TO SHARE

### Nachos

House cheese sauce, jalapeanos, sour cream, guacamole, house salsa (954kcal serving, serves 2) (V) 9.95

### Mezze plate

Homemade houmous and baba ganoush, marinated olives, sweet potato falafel, sunblush® garlic and oregano tomatoes, fire roasted peppers, mozzarella balls with pesto, ciabatta (732kcal serving, serves 2) (V) 16.95

## SANDWICHES

### Served Mon-Sat midday to 3pm

All served with tortilla chips

Upgrade your tortilla chips to a half portion of

house chips (-102kcal) 1.60 or sweet potato fries (-97kcal) 1.90

### Club

Turkey, bacon, lettuce, beef tomato, mayo served on toasted brown bloomer (1253kcal) (GFO) 6.75

### Prawn & Guacamole

Cajun prawns, toasted ciabatta, lettuce, guacamole (383kcal) (GFO) 6.75

### Cheddar and pear pickle

Toasted brown bloomer, gem (682kcal) (V, GFO) 6.25

### Chargrilled steak

Cheese, fire roasted pepper, bbq sauce, toasted ciabatta, (633kcal) (GFO) 9.25

# MENU

## NIBBLES

### Bread rolls

Oil, balsamic (439kcal) (V) 3.25

### Lamb köfte

Tzatziki (496kcal) 6.95

### Cajun blackened prawns

Crusty bread, limes wedges, coriander (275kcal) (GF) 7.25

### Lamb Rack

Salsa verde, asparagus, crushed herby new potatoes (911kcal) (GF) 17.95

### Vegetable pasta

Creamy cheese and pesto sauce, penne pasta, parmesan, mediterranean roast vegetables (953kcal) (V) 12

### Scampi and chips

House chips and your choice of peas (916kcal) or minted pea puree (1186kcal), homemade tartare sauce 13.95

### Pie and mash

Your choice of steak and ale (1187kcal) or cheese and leek pie (XXXXkcal), mash, red wine and onion gravy, seasonal vegetables (VO) 13.55

### Sweet potato falafel

Mixed leaves, cucumber, red onion, green beans, sunblush® garlic and oregano tomatoes, new potatoes, avocado, pesto dressing (VG, GF) (701kcal) 13.45

### House chips (276kcal) (VG) 3.20

### Sweet potato fries (286kcal) (VG) 3.80

### Classic curry sauce (416kcal) (VG) 1.50

### Garlic ciabatta (460kcal) (V) 3.65

## STARTERS

### Warm smoked mackerel salad

Spring onions, dill, potatoes, capers, cornichons, horseradish mayonnaise (497kcal) (GF) 6.95

## MAINS

### BURGERS

All served in a pretzel bun with naked slaw, red onion pickle, rocket, house burger sauce and chips.

add cheese (124kcal), vegan cheese (57kcal), bacon (135kcal), blue cheese (123kcal), halloumi (188kcal), guacamole (85kcal), onion rings (220kcal) 1.50 each  
switch to sweet potato fries 1.90

### Beef burger

House cheese sauce, pear chutney (1817kcal) (GFO) 12.95

### Moving Mountains® burger

Vegan cheese, pear chutney (1173kcal) (VG, GFO) 12.45

### Southern fried chicken burger

Succulent southern fried chicken breast (1118kcal) 13.55

### Southern fried cauliflower burger (1030kcal) (VG) 11.95

## SALADS

### Cajun salmon

Mixed leaves, cucumber, red onion, green beans, sunblush® garlic and oregano tomatoes, new potatoes, avocado, pesto dressing (848kcal) (GF) 14.65

## SIDES

### Seasonal vegetables (54kcal) (VG) 2.60

### Garden peas (118kcal) (VG) 2.60

### Mash (474kcal) (V) 2.60

### Marinated olives (142kcal) (VG) 3.95

### Bruschetta

Sunblush® garlic and oregano tomatoes, tomato, ciabatta (380kcal) (VG) 5.95

### Chefs soup

Crusty roll (pls ask kcal) (V) 4.95

### 8oz Sirloin

Served with grilled half tomato, onion rings, chips and your choice of bernaise (177kcal), peppercorn (65kcal), red wine and onion gravy (65kcal) or garlic butter (156kcal) (GF) 19.95

### Blackened salmon

Honey and lime sauce, creamy mash, broccoli (1518kcal) (GF) 16.45

### Beer battered fish

House chips and your choice of peas (994kcal) or minted pea puree (1001kcal), homemade tartare sauce 13.25

### Pork or vegetarian sausage & mash

Red wine and onion gravy, peas (Pork 1171kcal / Vegetarian 821kcal) (VO) 12.95

### Chicken Caesar

Grilled chicken breast, gem lettuce, soft boiled egg, anchovies, crispy bacon, parmesan, croutons, Caesar dressing (901kcal) 14.25

### Baby potatoes (376kcal) (VG) 2.60

### House salad (36kcal) (VG) 2.60

### Battered onion rings (441kcal) (V) 2.60

## PUDDINGS

### Sticky toffee pudding

Toffee ice cream (775kcal) (V) 6.45

### Strawberry and white chocolate cheesecake

Strawberry ice cream (478kcal) (V) 6.50

### Raspberry & almond frangipane tart

With custard or vanilla ice cream (478kcal) (VGO) 6.50

### French apple and rhubarb tart

Custard (V) 6.50

### Chocolate Brownie

Vanilla ice cream (340kcal) (V, GF) 6.50

### Ice cream & sorbet (250kcal) (VGO) 4.95

### Cheeseboard

Stilton, cheddar, parmesan, crackers, pear chutney (766kcal) (V) 9.00

## TEA & COFFEE

### Liqueur Coffee All 6.25

Topped with double cream

Amaretto | Baileys | Malibu | Jamesons Irish Whisky |

Triple Sec (orange)

Americano 2.95

Cappucino 2.95

Espresso 2.65

Latte 2.95

Caramel/Vanilla latte (Iced or Hot) 2.95

Flat white 2.95

Macchiato 2.65

Mocha 2.95

Hot chocolate 2.95

Tea 2.95

English breakfast | decaf | mint | earl grey | green | fruit

If you require information regarding the presence of allergens in any of our food or drink, please ask your server who will be happy to provide this information. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen foods may be prepared in the presence of ingredients that do contain allergens. V - vegetarian, VO - vegetarian option VG - Vegan, VGO - Vegan option available, GF - Gluten free GFO Gluten Free Option  
Adults need around 2000Kcal a day.

All calories are correct at the time of menu print.