

STARTERS

- FP** SOUP OF THE DAY with ciabatta and English salted butter (v) £6.50
- FP** TEMPURA MUSHROOMS Crispy mushrooms with a soy, lime & ginger dip (v) £6.95
- FP** DUCK LIVER & PORT PARFAIT with a spiced fruit & sloe gin chutney, served with rustic toast £7.75
- FP** DEEP-FRIED BRIE in panko breadcrumbs with a spiced fruit & sloe gin chutney (v) £6.50

MAINS

LUNCH BITES

*All of these dishes are 600 calories or less.**

- SPICED AUBERGINE COCONUT CURRY with sesame, broccoli, sticky jasmine rice and a scorched red chilli (ve) £12.75
- STIR-FRIED BEEF FILLET SALAD with cucumber, tomato, red onion, spring onions, coriander, red chilli, and a soy, lime & ginger dressing
This dish is high in protein **FP** Small £9.50 | Large £13.50

- FP** WHOLEFOOD SALAD with black rice, quinoa, avocado, broccoli, spinach and seeds, with a pineapple, lemongrass & ginger dressing (ve) £10.50

Add: Goats' curd (v) £2.00 | Chargrilled chicken breast £4.00 | Lamb koftas £3.50 | Grilled halloumi (v) £3.00 | Pan-fried salmon £5.00

- CHICKEN, BACON & AVOCADO SALAD with baby kale, spinach and tenderstem broccoli with a cider & honey mustard dressing
This dish is high in protein £13.50

HOUSE SPECIALS

- SPIT-ROASTED CHICKEN with lemon & garlic confit, aioli and your choice of wholefood salad or fries with jus £13.95
- FP** CHARGRILLED GAMMON STEAK & FRIED EGGS with twice-cooked chunky chips and honey-roasted pineapple £10.95
- BATTERED HALLOUMI with twice-cooked chunky chips, minted pea purée and tartare sauce (v) £12.75
- KING PRAWN, CRAB & CHORIZO LINGUINE with white wine, tomatoes, garlic & chilli **FP** Small £10.50 | Large £13.95

PIZZAS

If you prefer a lighter pizza, we can replace the centre with a baby kale & tomato salad.

- POLLO AMERICANO PIZZA Chicken, portobello mushrooms and mozzarella, on a BBQ tomato base £12.95
- PADANA PIZZA Whipped goats' curd, caramelised red onion chutney, and mozzarella with rocket (v) £11.50
- FP** MARGHERITA PIZZA Mozzarella, cherry tomatoes and basil (v) £9.95
- DIABLO PIZZA Chorizo, pepperoni, bacon, pork & fennel sausage, mozzarella, jalapeños and red chilli £13.95

SANDWICHES

All our sandwiches are freshly prepared, and come served with your choice of fries (v), soup (v) or house salad (ve).

- FILLET STEAK SANDWICH with caramelised red onion chutney, rocket and beef dripping sauce £10.95
- LOBSTER AND KING PRAWN SESAME ROLL in a slow-roasted tomato Marie Rose sauce £10.95
- FP** BEER-BATTERED COD FISH FINGER SANDWICH with tartare sauce £8.95
- FP** LAVASH VEGETABLE FLATBREAD with caramelised red onion chutney, sesame miso aubergine, pesto and rocket (ve) £8.75

DESSERTS

- FP** APPLE & RHUBARB CRUMBLE topped with a demerara sugar crumb, served with custard (v) or with soya vanilla custard (ve) £5.95
- FP** WARM BELGIAN CHOCOLATE BROWNIE with Bourbon vanilla ice cream (v) £6.75
- FP** ICE CREAM & HOME-BAKED TRIPLE CHOCOLATE COOKIE Choose three scoops from Bourbon vanilla, pecan praline, double chocolate or strawberry (v) £5.50
- FP** MINI DESSERT & A HOT DRINK Choose from Belgian chocolate brownie, baked vanilla cheesecake or apple & rhubarb crumble (v)
350 kcal or less £5.25

ALLERGEN & DIETARY INFORMATION:

All our food is prepared in a kitchen where cross-contamination may occur and our menu descriptions do not include all ingredients. Full allergen information is available upon request, this is also accessible via the menus section of our website, where you can filter by the 14 major allergens. If you have a question, food allergy or intolerance, please let us know before placing your order. Dishes containing fish and hand-pulled chicken may contain small bones. Some of our dishes contain alcohol; please ask a member of staff for further information. (v) = made with vegetarian ingredients; (ve) = made with vegan ingredients; however, some of our preparation and cooking methods could affect this. The nutritional information for our menu is provided as a guide. *600 calorie claim doesn't include add ons. It is calculated using average values and is based on a typical serving size. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.



LUNCH

