

LUNCH

FIXED PRICE MENU **FP** Selected dishes, Monday – Friday, 12pm – 6pm. Two courses for £11.95

SEE OUR ALL DAY MENU FOR EVEN MORE DELICIOUS STARTERS, MAINS AND DESSERTS.

STARTERS

- FP** SOUP OF THE DAY with rustic bread and butter (v) £4.95
- FP** TEMPURA MUSHROOMS Crispy mushrooms with a soy, lime & ginger dip (v) £6.75
- FP** LAMB KOFTA SALAD with plum tomato, roasted red pepper, cucumber & mint salad and coconut tzatziki £6.95

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) £12.25
- 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** Starter £8.95 | Main £12.95
- FP** WHOLEFOOD SALAD with black rice, quinoa, avocado, broccoli, spinach and seeds, with a pineapple, lemongrass & ginger dressing (ve) £9.95
Add: Goat's curd (v) £2.00 | Chargrilled chicken breast / Lamb koftas £3.50 | Grilled halloumi (v) £2.25 | Chargrilled 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 £12.95

HOUSE SPECIALS

- SPIT-ROASTED CHICKEN with lemon & garlic confit, aioli and your choice of wholefood salad or fries with jus £12.95
- MOULES-FRITES Mussels steamed in white wine, garlic, butter, cream & parsley, served with fries & aioli £10.50
- FP** CHARGRILLED GAMMON STEAK & FRIED EGGS with twice-cooked chunky chips and honey-roasted pineapple £10.25
- FP** EGGS BENEDICT with crispy prosciutto, spinach, an English muffin and hollandaise £7.75
- BATTERED HALLOUMI with twice-cooked chunky chips, minted pea purée and tartare sauce (v) £11.95
- KING PRAWN, CRAB & CHORIZO LINGUINE with white wine, tomatoes, garlic & chilli *Starter £9.95 | Main £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 £12.75
- PADANA PIZZA Whipped goat's curd, caramelised red onion chutney, and mozzarella with rocket (v) £10.95
- 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).

- LOBSTER AND KING PRAWN SESAME ROLL in a slow-roasted tomato Marie Rose sauce £10.50
- FP** BEER-BATTERED COD FISH FINGER SANDWICH with tartare sauce £8.50
- FP** LAVASH VEGETABLE FLATBREAD with caramelised onion chutney, sesame miso aubergine, pesto and rocket (ve) £7.95
- FP** OPEN REUBEN SANDWICH Pulled pastrami pork cheeks with gherkins, reuben dressing and melted cheese. Served with red slaw £7.95
- FILLET STEAK SANDWICH with caramelised red onion chutney, rocket and beef dripping sauce £10.50

SEE OUR DESSERTS MENU FOR OUR FULL RANGE OF SWEET TREATS

MINI DESSERT & A HOT DRINK Choose from Belgian chocolate brownie, baked vanilla cheesecake or apple & blackberry crumble (v)
340 kcal or less £4.95

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. 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. 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.



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