

LUNCH

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

STARTERS

Enjoy any of the starters below for only £4.00 when you select any main dish from this menu. Available Monday – Friday, 12pm – 6pm.

SOUP OF THE DAY with rustic bread and butter (v) £5.25

TEMPURA MUSHROOMS Crispy mushrooms with a soy, lime & ginger dip (v) £6.95

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) £12.50

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 Starter £9.50 | Main £13.50

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 £13.25

MOULES-FRITES Mussels steamed in white wine, garlic, butter, cream & parsley, served with fries & aioli £10.50

CHARGRILLED GAMMON STEAK & FRIED EGGS with twice-cooked chunky chips and honey-roasted pineapple £10.50

EGGS BENEDICT with crispy prosciutto, spinach, an English muffin and hollandaise £7.95

BATTERED HALLOUMI with twice-cooked chunky chips, minted pea purée and tartare sauce (v) £12.50

KING PRAWN, CRAB & CHORIZO LINGUINE with white wine, tomatoes, garlic & chilli Starter £10.50 | Main £14.50

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 goat's curd, caramelised red onion chutney, and mozzarella with rocket (v) £10.95

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 £10.95

BEER-BATTERED COD FISH FINGER SANDWICH with tartare sauce £8.95

LAVASH VEGETABLE FLATBREAD with caramelised onion chutney, sesame miso aubergine, pesto and rocket (ve) £7.95

OPEN REUBEN SANDWICH Pulled pastrami pork cheeks with gherkins, reuben dressing and melted cheese. Served with red slaw £8.50

FILLET STEAK SANDWICH with caramelised red onion chutney, rocket and beef dripping sauce £10.95

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.



LUNCH

