

LOUNGE LUNCH MENU 12noon – 4pm

Breakfast Sandwiches		Wraps		Sandwiches	
<i>Served on White or Brown Bloomer Bread</i>		<i>Wheat Tortilla with your choice of filling, accompanied with mixed salad and skin on fries</i>		<i>Served on either White or Brown Bloomer Bread, accompanied with mixed salad and skin on fries</i>	
Pork Sausage	6	BBQ Chicken Tender wrap	8	Honey Roasted Ham	7
Calories per portion 751kcal		Calories per portion 836kcal		Calories per portion 490kcal	
Grilled Bacon	6	Char-grilled vegetables, pesto dressing, mixed salad wrap	8	Mature Cheddar and Tomato	7
Calories per portion 480kcal		Calories per portion 480kcal		Calories per portion 440kcal	
Sausage and Bacon	7	Battered Cod, homemade tartare sauce	8	Grilled Chicken, Bacon, Lettuce, Tomato	9
Calories per portion 890kcal		Calories per portion 830kcal		Calories per portion 690kcal	
Sausage, Bacon, and Egg	8			Battered Cod, homemade tartare sauce	9
Calories per portion 940kcal				Calories per portion 830kcal	

Starters		House Salads	
Carrot and Coriander Soup <i>(V) (VE) (GFA)</i>	7	Superfood House Salad <i>(V) (VEA)</i>	15
<i>Served with sourdough bread</i>		<i>Mixed baby leaves, quinoa, broad beans, cucumber, shredded carrot, feta & chickpeas</i>	
Calories per portion 340kcal		Calories per portion 310kcal	
Mozzarella & Oregano Arancini <i>(V)</i>	7	Add Chicken Breast £5 – 210kcal	
<i>Sundried tomato dressing, rocket & parmesan salad</i>		Add grilled Fillet of Salmon £9 – 270kcal	
Calories per portion 450kcal			
Grilled Lamb Kebabs	8	Chicken Caesar Salad	16
<i>Charred flatbread, cucumber, yogurt & mint</i>		<i>Baby gem lettuce, parmesan cheese, rustic croutons, pancetta, Caesar dressing</i>	
Calories per portion 435kcal		Calories per portion 445kcal	

Main Courses			
Cajun Chicken Breast Burger	18	Battered Fillet of Cod	20
<i>Served in a pretzel bun with iceberg lettuce, beef tomato, Monterey Jack cheddar cheese and skin on fries</i>		<i>Served with homemade tartare sauce, buttered garden peas and triple cooked chips</i>	
Calories per portion 1020kcal		Calories per portion 1080kcal	
6oz Lamb Burger	18	Cauliflower & Spinach Tikka Curry <i>(V) (VE) (GFA)</i>	15
<i>Served in a pretzel bun topped with iceberg lettuce, red onion, mint & cucumber dressing, and skin on fries</i>		<i>Tikka sauce, white rice, poppadom's, fresh coriander</i>	
Calories per portion 1040kcal		Calories per portion 570kcal	
Vegan Garden Burger <i>(V) (VE)</i>	16	Green Pesto & Kale Linguini <i>(V) (VEA)</i>	16
<i>Served in a vegan pretzel bun topped with iceberg lettuce, beef tomato, and skin on fries</i>		<i>Sauteed spring greens, pesto dressing, cherry tomatoes, fresh herbs</i>	
Calories per portion 900kcal		Calories per portion 480kcal	

Guilty Pleasures		Sides		
Sticky Toffee Pudding <i>(V)</i>	8	Garlic Ciabatta	6	(V) Vegetarian (VG) Vegan
<i>Served with butterscotch sauce and vanilla ice cream</i>		Calories per portion 260kcal		(VGA) Vegan Available
Calories per portion 608kcal		add cheese £2		(DF) Dairy Free (GF) Gluten Free
Selection of Sorbets <i>(GF) (VE)</i>	6	Skinny Fries <i>(GF)</i>	5	(GFA) Gluten Free Available
<i>Raspberry, lemon, orange</i>		Calories per portion 240kcal		
Calories per portion 230kcal		Triple cooked chips with parmesan and garlic aioli <i>(GF)</i>	8	Adults need around 2000 kcal a day.
Raspberry and Almond Tart <i>(GF) (V)</i>	7	Calories per portion 320kcal		Menu is subject to availability.
<i>Served with clotted cream ice cream</i>		Mixed baby side salad <i>(GF)</i>	4	All prices include VAT at the current rate.
Calories per portion 613kcal		Calories per portion 75kcal		
Belgian Style Waffles <i>(V)</i>	7	Beer Battered Onion Rings	5	10% discretionary service charge will be added to your bill.
<i>Salted Caramel Ice-cream, strawberries, chocolate sauce</i>		Calories per portion 338kcal		
Calories per portion 604kcal		Seasonal Vegetables	4	For those with special dietary requirements or allergies who may wish to know about the ingredients used, please ask a member of the team.
Banoffee Cheesecake <i>(V)</i>	7	Calories per portion 120kcal		
<i>Served with its own garnish</i>				
Calories per portion 606kcal				