

# Starters & nibbles

Get started with a tasty plate or some nibbles to share.

Marinated Mediterranean olives (ve) (gf) (24) 295 Kcal	£4.00	Topped with melted mozzarella cheese, jalapenos, guacamole, sour cream and salsa	
With chilli and herbs		Add BBQ pulled pork (gf) 104 kcal	£2.50
Siracha hot wings 613 kcal	£7.50	Add refried beans (ve) (gf) 112 kcal	£2.50
Buttermilk chicken wings with spicy mayo dip		Baked goats cheese	£8.50
Bruschetta (ve) (Can be made gf) 388 Kcal Toasted sourdough bread, pesto, chopped Italian tomatoes, garlic and basil	£6.50	(v) (can be made gluten free) 816 kcal Rocket, balsamic glaze, onion chutney and toasted sourdough	
Crispy dusted calamari 720 kcal Served with tartar sauce and lemon wedge	£8.50	Roast tomato and pepper hummus (v) (can be made gluten free) (24) Served with toasted flatbread	£7.00
Fried mozzarella sticks (v) 760 kcal Served with tangy tomato and chilli jam	£7.00	Served with toasted nathread	

£6.50

£7.00

£13.00

## **Burgers**

All served in a brioche bun loaded with burger relish, lettuce and tomato and a side of fries and coleslaw.

The beef encounter 1665 kcal  60z beef burger, grilled bacon, Monterrey jack cheese and beer-battered onion rings	£16.00
The bad boy 1419 kcal 60z beef burger, Monterrey jack cheese, fried egg and siracha chilli sauce	£16.00
The rooster 1358 kcal Southern style fried chicken burger, BBQ pulled pork and American cheese	£16.00
The veggie master (v) 1117 kcal  Spicy bean burger, guacamole, American style cheese and beer-battered onion rings	£16.00
Upgrade to sweet potato fries for +£1.50	

### Sandwiches

Served with toasted sourdough

Loaded nachos (v) (gf) (24) 956 kcal

Freshly made to order, served in your choice of bread. All of our sandwiches are served with side salad and fries

Soup of the day (ve) (24) (Can be made gf) 390 kcal

Classic club sandwich 1074 kcal	£13.00
Triple-decker stack of grilled chicken, bacon, l	3 3
mayo, and tomato on a toasted bloomer serve	ed with fries

Veggie club (v) 1192 kcal £13.00 Triple-decker stack of mozzarella, quacamole, boiled egg, mayo, tomato and lettuce on toasted bloomer

served with fries	
Pesto, tomato and	£13.00
mozzarella ciabatta (v) (24) 856 kcal	

Smoked salmon, rocket, and cream cheese bagel (24) 775 kcal

Served with fries (crisps in our 24hrs menu)

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Ham and cheese toastie (24) 729 kcal £12.00

Served with fries (crisps in our 24hrs menu)

Caesar salad (v) (can be made gluten free) 519 kcal £10.00 Baby gem lettuce, crispy croutons, hard boiled egg, parmesan shavings and Caesars dressing Add grilled chicken (gf) 112 kcal £4.00 Caprese salad (v) (gf) 695 kcal £12.00 Buffalo mozzarella, Mediterranean tomatoes, Italian pesto and E.V.O.O  Moroccan salad (ve) 588 kcal £13.00 Cous-cous, chickpeas, edamame, roast peppers, courgette and red onion with a lime and mint dressing  Teriyaki salmon salad 619 kcal £16.00 Grilled salmon, mixed leaves, Mediterranean tomatoes, fresh bell peppers, crashed avocado, diced cucumber and teriyaki dressing	Seasonal salad Our super-fresh salads make the perfect of a lighter and healthier meal.	
Caprese salad (v) (gf) 695 kcal £12.00  Buffalo mozzarella, Mediterranean tomatoes, Italian pesto and E.V.O.O  Moroccan salad (ve) 588 kcal £13.00  Cous-cous, chickpeas, edamame, roast peppers, courgette and red onion with a lime and mint dressing  Teriyaki salmon salad 619 kcal £16.00  Grilled salmon, mixed leaves, Mediterranean tomatoes, fresh bell peppers, crashed avocado, diced cucumber and	Baby gem lettuce, crispy croutons, hard boiled parmesan shavings and Caesars dressing	l egg,
Buffalo mozzarella, Mediterranean tomatoes, Italian pesto and E.V.O.O  Moroccan salad (ve) 588 kcal £13.00  Cous-cous, chickpeas, edamame, roast peppers, courgette and red onion with a lime and mint dressing  Teriyaki salmon salad 619 kcal £16.00  Grilled salmon, mixed leaves, Mediterranean tomatoes, fresh bell peppers, crashed avocado, diced cucumber and	经通知 医多型性结束 医肾管 医耳下部原体系统	
Cous-cous, chickpeas, edamame, roast peppers, courgette and red onion with a lime and mint dressing  Teriyaki salmon salad 619 kcal £16.00  Grilled salmon, mixed leaves, Mediterranean tomatoes, fresh bell peppers, crashed avocado, diced cucumber and	Buffalo mozzarella, Mediterranean tomatoes,	£12.00
Grilled salmon, mixed leaves, Mediterranean tomatoes, fresh bell peppers, crashed avocado, diced cucumber and	Cous-cous, chickpeas, edamame, roast pepper courgette and red onion with a lime and	
	Grilled salmon, mixed leaves, Mediterranean to fresh bell peppers, crashed avocado, diced cuc	omatoes,

### Mains Locally sourced meats, fish and vegetarian options cooked to your liking. Traditional beer-battered Chicken Tikka £17.00 £15.00 cod and chips 1170 Kcal (can be made gluten free) (24) 692 Kcal Served with steamed rice and naan bread Served with chips, peas and tartar sauce £15.00 Sweet potato, chickpea 80z Sirloin steak (gf) 905 Kcal £24.00 and spinach curry (ve) (gf) (24) 626 Kcal Served with grilled tomato, mushroom and chunky Served with steamed rice and naan bread chips Add peppercorn sauce 92 kcal £2.00 £13.00 Stone-baked pizza (v) (24) 1025 Kcal Add blue cheese sauce 122 kcal £2.00 Rustic tomato sauce and grated mozzarella Choose your toppings: £2.00 Gammon steak 1072 Kcal £15.00 Vegan cheese (96kcal), pepperoni (138kcal), chicken (99kcal), Served with fried eggs, peas and chunky chips mushrooms (36kcal), rocket (27kcal), Parmesan cheese (110kal), Singapore-style ham (112kcal), jalapeno (33kcal) vegetable noodles (ve) (24) 558 Kcal £13.00 Herb crust grilled salmon £17.50 Curried egg noodles and stir-fried vegetables (can be made gf) 864 Kcal Served with sauteed new potatoes, broccoli, Penne all'arrabbiata (ve) 490 Kcal £12.00 lemon zest and parsley butter Pasta in spicy tomato sauce, fresh chili, and basil Butterfly grilled chicken (gf) 822 Kcal £16.00 Served with buttery mash potato, steamed Traditional beef lasagne 790 Kcal £14.00 seasonal vegetables and mushroom sauce Served with mixed salad £13.00 Spinach and ricotta cannelloni (v) (24) 810 Kcal Served with mixed salad

# On the side Choose a side to perfect your meal.

Spicy dusted fries (ve) 337 kcal	£5.00
Fries (ve) 316 Kcal	£5.00
Sweet potato fries (ve) 327 Kcal	£6.00
Steamed seasonal	£5.00
vegetables (ve) (gf) 116 Kcal	
Sauteed new potatoes (ve) (gf) 287 Kcal	£5.00
<b>Coleslaw</b> (v) (gf) (24) 143 kcal	£5.00
Beer-battered onion rings (ve) 277 Kcal	£5.00
House salad (ve) (gf) 127 Kcal	£5.00
Baby gem lettuce, tomatoes, cucumber	
and French dressing	

