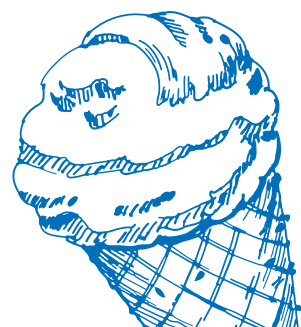


FEELING PECKISH?



## NIBBLES

- V

LOADED NACHOS

With melted cheese, guacamole, salsa, soured cream and jalapenos. (450kcal)  
Add: Pulled pork (651kcal)

£8.50

+£3.00
- CHICKEN TIKKA KEBAB

Served with salad and raita sauce. (350kcal)

£8.50
- PRAWN STUFFED AVOCADO

Avocado stuffed with prawn, tomatoes, cucumber, red onion, cilantro, lime juice, paprika & extra virgin olive oil.  
Served on toasted crusty bloomer bread. (450kcal)

£9.50
- V

CRISPY HALLOUMI FRIES

Served with BBQ dip. (425kcal)

£7.00
- TEMPURA PRAWNS

Served with sweet chilli sauce. (300kcal)

£7.50

## HOT WINGS

### CHOOSE FROM: BBQ OR PERI PERI

- 5 pieces (298kcal)

£6.00
- 12 pieces (715kcal)

£11.00
- Served with sweet chilli sauce.

## TO SHARE

- MEZZE PLATTER

Grilled chicken kebabs, houmous, marinated olives, feta cheese, warm mezzaluna bread and house salad. (1082kcal)

£18.50
- V

Vegetarian option available on request
- SHARING GRILL PLATTER

Chicken tikka kebabs, Piri Piri chicken wings, houmous, naan bread & crunchy coleslaw. (1250kcal)

£19.50

## SWEET INDULGENCE

- V

JUDE'S ICE CREAM POT (125kcal) ⌚

Please ask for today's flavours.  

ve

Vegan option available on request

£4.50
- V

FRESH FRUIT SALAD

Served with ice-cream. (350kcal)

£6.50
- V

WHITE CHOCOLATE & PASSION  
FRUIT CHEESECAKE

Served with vanilla ice-cream. (450kcal)

£7.50
- BELGIAN CHOCOLATE FONDANT

Served with vanilla ice cream. (550kcal)

£7.50

# RUSH HOUR

- CHICKEN TIKKA  
CIABATTA SANDWICH

Juicy chicken tikka, salad & melted mozzarella cheese.  
Served with chips. (650kcal)

£13.00

- HAM AND CHEESE PANINI

Served with nachos. (547kcal) ⌚

£10.50

## CAFÉ CLASSICS

- SIRLOIN STEAK (8OZ)

Juicy sirloin steak cooked to your liking.  
Served with chips, salad & garlic mushrooms in a red wine reduction. (1030kcal)

£22.95

- TRADITIONAL BEEF  
LASAGNE

Served with garlic bread and house salad. (790kcal)

£13.50

- HOMEMADE BATTERED FISH

Served with fries, garden peas and tartar sauce. (781kcal)

£14.95

- ONE PAN SALMON

Served with roast asparagus, baby potato, tender-stem broccoli and cherry tomato. (633kcal)

£15.95

Gluten free food is  
available on request

If you have any allergies or  
intolerances, please let a  
member or staff know.

Adults need around 2000 kcal a day.

# WHEN HUNGER STRIKES



## BOWLS

- CHICKEN TIKKA MASALA CURRY

Served with rice, poppadom, mango chutney and warm naan bread. (924kcal)

£14.95
- GFA

Gluten free option available on request

- V

MUSHROOM AND DOLCE  
LATTE RISOTTO

Served with garlic bread. (661kcal)

£13.50

- STIR FRIED UDON NOODLES

Udon noodles with stir-fried vegetables and chicken. (500kcal)

£14.50
- V

Vegetarian option available on request

- ve

SWEET POTATO & CHICKPEA  
CURRY

Served with rice, poppadom, mango chutney and warm naan bread. (656kcal)

£13.50

## SALADS

- <500

MEXICAN GRILLED  
CHICKEN SALAD (455kcal)

£12.50

- AVOCADO, CHERRY TOMATO & GRILLED  
SALMON SALAD (636kcal)

£13.50

- CAESAR SALAD: Babygem leaves in Caesar dressing, crispy croutons, and Italian cheese shavings.

£8.00
- Add: Crispy chicken (450kcal)

+£4.50

- V

<500 GREEK SALAD: Tomatoes, cucumber, lettuce, olives, and crumbled feta with vinaigrette. (274kcal)

£8.50

Salad dressing: choose from Caesar dressing, honey mustard or extra virgin olive oil.

## A LITTLE EXTRA SIDES

- V

CHIPS (302kcal)

£5.00
- V

CRUNCHY COLESLAW (337kcal)

£5.00
- V

CHEESY GARLIC BREAD (384kcal)

£5.50
- V

POTATO WEDGES (346kcal)

£5.50
- V

ONION RING (406kcal)

£4.95
- V

GREEN VEGETABLES (94kcal)

£4.50
- CRISPY CHICKEN STRIPS, SOUR  
CREAM & CHIVE DIP (450kcal)

£7.00

## PIZZA & BURGERS

- V

MARGHERITA: Stonebaked pizza base with a garlic & herb tomato sauce and mozzarella. (962kcal) ⌚

£14.00

- SALAMI: Stonebaked pizza base with a garlic & herb tomato sauce, spicy salami and mozzarella. (1018kcal) ⌚

£14.00

- BBQ CHICKEN: Stonebaked pizza base with a tomato & smokey BBQ sauce, marinated chicken, red onion and mozzarella. (997kcal) ⌚

£14.00

- ALL AMERICAN BURGER

6oz beef burger topped with bacon & cheese in a brioche bun loaded with relish, red onion, lettuce and tomato. Served with chips. (1046kcal)  
Add: Pulled pork (651kcal)

£14.95

£3.00

GFA

Gluten free option available on request

- MEXICAN STYLE CHICKEN BURGER

Topped with cheese in a brioche bun loaded with relish, red onion, lettuce and tomato. Served with chips. (991kcal)

£14.50

- ve

PLANT BASED BURGER

With lettuce, tomato & red onion. Served with chips and tomato relish. (883kcal)

£12.50

- CAESAR CHICKEN BURGER

Crispy buttermilk breaded chicken breast topped with caesar dressing, babygem leaves & italian cheese shavings in a brioche bun. Served with chips. (1050kcal)

£14.50

## EXPRESS CAFÉ & BAR

ORDER AT THE BAR OR  
RECEPTION. **ANYTIME.**

### GOT TO BE SOMEWHERE?

We can package your food  
to go. Limited option only.

- V

Suitable for vegetarians

ve

Suitable for vegans

⌚

Available 24 hours

vea

Vegan option available

GF

Gluten Free

GFA

Gluten Free option available

<500

Under 500 kcal

FOOD ALLERGIES & INTOLERANCES:

We welcome enquiries from our guests who wish to know  
whether any items contain particular ingredients.

Adults need around 2000 kcal a day.

