

BRUNCH

SERVED 10AM - 12PM

THICK SLICED BLOOMER TOAST (504kcal) With honey, marmalade or fruit jam	£3.95
EGGS ON TOAST (584kcal) → Fried (584kcal) → Poached (495kcal) → Scrambled (575kcal)	£5.95
FILLED BRIOCHE BUN (517kcal) → Back bacon (517kcal) → Pork sausage (673kcal) → Fried egg (480kcal) → Vegan sausage (571kcal) + FRIED EGG (169kcal) + MONTEREY JACK CHEESE (83kcal) + VEGAN CHEESE (76kcal)	£5.95 ADD £1.95 ADD £1.95 ADD £1.95
OMELETTE (428kcal) With dressed rocket and carrot + TOMATO (9kcal) + HAM (68kcal) + CHEESE (159kcal) + MUSHROOM (11kcal)	£6.95 ADD £1.95 ADD £1.95 ADD £1.95 ADD £1.95
AVOCADO ON TOAST (482kcal) Thick sliced bloomer toast + POACHED EGG (80kcal)	£4.95 ADD £1.95

PIZZA & PASTA

MARGHERITA (1070kcal) or vegan cheese (1088kcal) and tomato sauce	£12.95
PEPPERONI (1459kcal) Spicy slices of pepperoni	£15.45
HAWAIIAN (1163kcal) Fresh pineapple and diced ham	£17.95
ADD YOUR FAVOURITE TOPPINGS	£2.50 each
+ HAM (50kcal) + PINEAPPLE (50kcal) + PEPPERONI (433kcal) + BEEF TOMATO (18kcal) + RED ONION (36kcal) + GOATS CHEESE (291kcal) + EXTRA CHEESE (318kcal) + EXTRA VEGAN CHEESE (318kcal)	+ JALAPEÑOS (12kcal) + PORTOBELLO MUSHROOM (22kcal) + JAMAICAN JERK CHICKEN (75kcal) + BBQ PULLED PORK (276kcal) + BBQ PULLED MUSHROOM (327kcal) + CUBAN MANGO MOJO PULLED PORK (91kcal)

HOMEMADE SOUP OF THE DAY (Kcal on request) With sourdough roll and butter	£7.50
CHICKEN LIVER & BRANDY PÂTÉ (421kcal) Tomato chutney & sourdough croûtes	£8.50
LOADED NACHOS (Small 690kcal) (Large 1299kcal) With melted cheese, jalapeños, guacamole, soured cream and salsa	£6.95 £10.95
+ JAMAICAN APPLE JERK CHICKEN (112kcal) + CUBAN MANGO MOJO PULLED PORK (137kcal) + BBQ PULLED PORK (276kcal) + BBQ PULLED MUSHROOM (327kcal)	ADD £3.95 ADD £3.95 ADD £3.95 ADD £3.95
SPICY SAUSAGE ARANCINI (599kcal) Tomato & red pesto sauce, Grana Padano	£8.95
HALLOUMI FRIES (872kcal) Served with chipotle mayo	£8.95

MACARONI CHEESE (1176kcal) Served with garlic puccia and rocket salad	£16.95
BEEF LASAGNE (1139kcal) Served with garlic puccia and rocket salad	£18.95
CREAMY BACON & MUSHROOM LINGUINE (877kcal) THIS Isn't bacon, portobello mushroom and pak choi in a vegan cream sauce	£14.95
ADD YOUR FAVOURITE TOPPINGS	£5.00 each
+ STREAKY BACON (373kcal) + CHARGILLED CHICKEN THIGH (180kcal) + JAMAICAN JERK CHICKEN (149kcal) + BBQ PULLED MUSHROOM (327kcal)	+ BBQ PULLED PORK (276kcal) + GRILLED HALLOUMI (357kcal) + GRILLED GOATS CHEESE (291kcal) + CUBAN MANGO MOJO PULLED PORK (183kcal)

SALADS

CAESAR SALAD (Small 532kcal) (Large 856kcal) Gem lettuce, Italian hard cheese, croutons and Caesar dressing	£6.95 £11.50
MAMONITO SALAD (Small 228kcal) (Large 456kcal) Black rice, avocado, azuki beans and chimichurri dressing	£6.95 £11.50
CHICKEN RICE BOWL (1183kcal) Warm rice salad with Korean fried chicken, soft boiled egg, carrot, beansprouts, pak choi and sesame oil	£15.95
TOFU RICE BOWL (781kcal) Warm rice salad with Korean spiced crispy tofu, carrot, beansprouts, pak choi and sesame oil	£15.95
ADD YOUR FAVOURITE TOPPINGS	£5.00 each
+ STREAKY BACON (373kcal) + CHARGILLED CHICKEN THIGH (180kcal) + JAMAICAN JERK CHICKEN (149kcal) + BBQ PULLED PORK (276kcal) + BBQ PULLED MUSHROOM (327kcal) + GRILLED HALLOUMI (357kcal) + GRILLED GOATS CHEESE (291kcal) + CUBAN MANGO MOJO PULLED PORK (183kcal)	

Adults need around 2000 kcal a day

HOUSE FAVOURITES

HAND BATTERED HADDOCK & CHIPS (1186kcal) Served with garden or mushy peas and tartare sauce	£18.95
PIE OF THE DAY (Ask for todays flavours and kcal) Served with green vegetables and gravy, Choose from: → New potatoes (1149kcal) → Crispy New potatoes (1242kcal) → Mashed potatoes (1196kcal) → Colcannon mashed potatoes (1461kcal) → Chips (1349kcal)	£19.50
COD LOIN RAREBIT (1062kcal) Served with creamy mash, tenderstem broccoli, lemon & chive hollandaise sauce	£21.95

BRIE & BEETROOT TART (782kcal) Kale pastry tart with crispy new potatoes and rocket salad	£16.50
SWEET POTATO DHAL (1010kcal)	£17.95
SRI LANKAN CHICKEN CURRY (1089kcal) ADD YOUR FAVOURITE CURRY SIDES + NAAN BREAD (231kcal) + VEGETABLE PAKORAS (151kcal) + POPPADOMS & MANGO CHUTNEY (318kcal) + ONION BHAJIS (422kcal)	£17.95 ADD £3.95 ADD £3.95 ADD £3.95 ADD £3.95
Served with jewelled rice, poppadoms & mango chutney	

HANA DANGO

Any three Asian Tapas dishes for £25

SPICY KOREAN FRIED CHICKEN (703kcal) Gochujang sauce, spring onion & sesame seeds	£9.50
STICKY RIBS (929kcal) Gochujang sauce	£8.95
CRAB KOROKKE (733kcal) Satay sauce	£9.50
SALT & CHILLI CHICKEN (785kcal) Togarashi salt, spring onion, chillies and spicy mayo	£9.50
CRISPY DUCK ROLLS (584kcal) Peking sauce	£9.50
VEGGIE SPRING ROLLS (519kcal) Sweet chilli sauce	£8.95
SHICHIMI SQUID (687kcal) Shichimi seasoning, spring onion, chillies and spicy mayo	£8.95
MISO CRISPY TOFU (695kcal) Toasted sesame seeds, spicy red miso sauce	£8.50
KOREAN LOADED FRIES (1081kcal) Wasabi mayo, gochujang sauce, sesame and spring onion	£8.95
KOREAN CHICKEN BÁNH MÌ (955kcal) Glazed roll, gochujang chicken, beansprouts, carrot, Chinese leaf, sesame, chilli and coriander	£12.95
KOREAN TOFU BÁNH MÌ (640kcal) Glazed roll, gochujang tofu, beansprouts, carrot, Chinese leaf, sesame, chilli and coriander	£12.95
MANDU & GYOZA Steamed or crispy with soy dipping sauce Choose from: → Chicken (421kcal) → Pork (412kcal) → Shrimp (384kcal) → Tofu & vegetable (433kcal) → Chive & vegetable (452kcal) → BBQ pork (389kcal) → BBQ beef (470kcal)	£8.50

SIDES

FRIES (421kcal)	£4.50
CHIPS (393kcal)	£4.50
SWEET POTATO FRIES (481kcal)	£4.95
ONION RINGS (600kcal)	£4.95
GREEN VEGETABLES (209kcal)	£4.95
GARLIC BREAD (463kcal) + CHEESE (159kcal)	£5.00 ADD £1.95
PICKLED RED CABBAGE SLAW (68kcal)	£3.95
CAJUN SWEETCORN	£4.95
RIBS (525kcal)	£4.50
SEASONAL SIDE SALAD (124kcal) Gem lettuce, cherry tomato, cucumber, carrot, spring onion, olive oil	£4.50
MAC 'N' CHEESE (376kcal) Macaroni pasta in a cheddar cheese sauce with mozzarella	£5.95

BURGERS

All burgers are cooked to order and served in a brioche style bun with tomato chutney, gem lettuce, beef tomato and red onion

Served with seasoned fries, crisp onion rings and pickled red cabbage slaw

THE ORIGINAL (1680kcal) Classic 6oz beefburger, smoked streaky bacon and Monterey Jack cheese + DOUBLE BURGER, BACON & CHEESE (681kcal)	£16.95 ADD £4.95
CRISPY RAREBIT CHICKEN BURGER (1745kcal) With mustard rarebit and blue cheese sauce + DOUBLE BURGER & RAREBIT (520kcal)	£16.95 ADD £4.95
BEYOND MEAT BURGER (1849kcal) With BBQ pulled mushroom, THIS isn't bacon and chipotle mayo + DOUBLE BURGER, MUSHROOM & BACON (565kcal)	£16.95 ADD £4.95
ADD YOUR FAVOURITE TOPPINGS	ADD £3.95
+ JAMAICAN APPLE JERK CHICKEN (112kcal) + CUBAN MANGO MOJO PULLED PORK (137kcal) + BBQ PULLED PORK (276kcal)	

GRILLS

10oz RUMP STEAK (996kcal) Served with roasted beef tomato, peas field mushroom and chips	£25.95
10oz GRILLED BACON CHOP (1000kcal) With fried egg, chips and peas	£14.95
WEEPING TIGER (853kcal) With Asian slaw, wasabi & yuzu dressing	£24.50
ADD YOUR FAVOURITE SAUCE	ADD £3.95
+ PEPPERCORN SAUCE (174kcal) + DIANE SAUCE (134kcal) + BÉARNAISE SAUCE (415kcal)	

DESSERTS

PEAR & GINGER CRUMBLE CAKE (437kcal) Served vegan vanilla ice cream	£7.95	BLACK FOREST ROULADE (939kcal) With vanilla mascarpone cream	£7.95
STICKY TOFFEE BANANA PUDDING Choose from custard (448kcal), vegan ice cream (434kcal) or vanilla mascarpone cream (816kcal)	£7.95	MOCHI Ice cream filled Japanese dessert dumplings, choose two: → Chocolate (202kcal) → Strawberry (58kcal) → Black sesame (202kcal) → Matcha (151kcal) → Vanilla (151kcal)	£4.50
WARM CHOCOLATE BROWNIE (688kcal) With clotted cream ice cream	£7.95		
PANETTONE BREAD & BUTTER PUDDING Choose from custard (496kcal), ice cream (523kcal) or vanilla mascarpone cream (864kcal)	£7.95		

SANDWICHES

Except where stated, sandwiches are on white or brown bloomer or spinach tortilla wrap. Gluten-free bread on request.

Served with fries and pickled red cabbage slaw

CLUB (1649kcal) Triple decker stack of grilled chicken, bacon, lettuce, tomato, egg and mayonnaise	£15.50
VEGAN CLUB (1216kcal) Toasted triple decker, THIS ISN'T BACON, grilled tofu, lettuce, tomato and mayonnaise	£14.95
HAND BATTERED FISH FINGER (1699kcal) With rocket and tartare sauce	£13.50
CHICKEN HOT WRAP (1222kcal) Served on spinach tortilla wrap with rocket and mango chutney	£13.50
CROQUE MONSIEUR (1154kcal) Thick sliced bloomer with ham and mustard rarebit	£13.50
COLD SANDWICHES (11.30AM - 6PM) Choose your filling: → Ham, beef tomato and rocket (666kcal) → Cheese & tomato chutney (926kcal) → Tuna mayonnaise & cucumber (863kcal)	£9.95

Served with crisps and pickled red cabbage slaw