



# LUNCH MENU

## POKE BOWLS

### HARISSA CHICKEN £13

QUINOA, PICKLED BEETROOT, AVOCADO, CARROT RIBBONS, RADISH, TENDERSTEM BROCCOLI. TOPPED WITH HARISSA-SPICED CHICKEN AND A TANGY MANGO DRESSING. (GF, DF)

### SWEET CHILLI SEA BASS £13

JASMINE RICE, EDAMAME, BUTTERNUT SQUASH, WATERMELON RADISH, SWEET CHILLI PEAS, NORI. FINISHED WITH GLAZED SWEET CHILLI SEA BASS AND PONZU LIME DRESSING. (GF, DF)

### SALT & PEPPER TOFU £13

BROWN RICE, PICKLED RED CABBAGE, SESAME BROCCOLI, MANGO, PICKLED MOOLI OR TURNIPS, EDAMAME. SERVED WITH SALT & PEPPER TOFU & SOY DRESSING. (VE, GF, DF)

## SHARING PLATTERS

### THE VEGGIE PATCH £17

WHOLE-VEGETABLE TEMPURA CARROT, ASPARAGUS, COURGETTE, PEPPER, SQUASH & OKRA WITH A SELECTION OF DRESSING, SWEET CHILLI, SOY, SRIRACHA MAYO & SPICY SALSA. AVAILABLE SINGLE SERVE £8. (VE, GF, DF)

### FROM LAND & SEA £18

SPICY GARLIC PRAWNS, CRISPY BEEF, SALT & PEPPER CHICKEN WINGS, AND SALMON BITES. SERVED WITH A SELECTION OF DRESSING, SWEET CHILLI, SOY, SRIRACHA MAYO & SPICY SALSA. AVAILABLE SINGLE SERVE £9.

## MAINS

### ROASTED SALMON FILLET £18

8OZ LOCH DUARTE SALMON FILLET WITH WITH FRESH STEAMED VEGETABLES & A SPICY PEPPER SAUCE. SAUCE AVAILABLE ON THE SIDE.

### 100Z SIRLOIN STEAK & CHIPS £27

WITH GRILLED PORTOBELLO MUSHROOM, VINE TOMATOES, HAND-CUT CHIPS AND SAUCE OF YOUR CHOICE (PEPPERCORN, BÉARNAISE, DIANE)

## PASTA

### SPICY ARRABBIATA PENNE £12

CLASSIC ROMAN SPICY TOMATO PASTA. PARMESAN AVAILABLE ON REQUEST (VE, DF)

### PASTA ALLA NORMA £12

SICILIAN-STYLE PENNE WITH FRIED AUBERGINE, TOMATO SAUCE, RICOTTA SALATA & BASIL (V)

### SPINACH & RICOTTA RAVIOLI £12

WITH A NUT-FREE CREAMY PESTO SAUCE (V)

## SALADS & BOWLS

### THE FORAGER'S £14

WHEAT BERRY & ROASTED SEASONAL VEGETABLES WITH KALE, PACKED WITH GRAINS (VE, DF)

### RED EARTH £14

BULGUR BEAN SALAD WITH CELERY, RED BEANS, CHICKPEAS, PARSLEY & TOMATO VINAIGRETTE (VE, GF, DF)

### THE CRUNCH BOWL £14

SPICY VEGAN TACO BOWL SERVED IN ITS OWN CRISPY TORTILLA SHELL (VE, DF)

### ROOT & RICE £14

SPICY THAI CABBAGE & RICE SALAD WITH WARM SWEET POTATO MASH & THAI-INSPIRED FLAVOURS (VE, GF, DF)

## SIDES & BITES

### HAND-CUT CHIPS £6 (VE, GF, DF)

### MIXED VEGETABLES £6 (VE, GF, DF)

### ZUCCHINI FRIES £6 (VE, GF, DF)

### MIXED SALAD £6 (VE, GF, DF)

### HEIRLOOM TOMATO SALAD £6 (VE, GF, DF)

### CAESAR SALAD £6 (GF, DF)

### ARANCINI £9

FILLED WITH SMOKED BURRATA & SRIRACHA MAYO (V)

### LAMB MEATBALLS £9

GF = GLUTEN FREE V = VEGETARIAN

DF = DAIRY FREE VE = VEGAN



# EVENING MENU

## STARTERS

### SCALLOP & MANGO TARTARE £12

IN A CRISPY WONTON BOAT (DF)

### ROASTED AUBERGINE STRIPS £11

WITH BLACK GARLIC & PEANUT DRESSING (VE, GF, DF)

### GARLIC CHILLI PRAWNS £10

WITH GINGER, CHILLI AND SERVED WITH MICROGREEN SALAD (GF, DF)

### LAMB MEATBALLS £9

WITH CAPONATA & BASIL SALAD

### FALAFEL £9

WITH GREEN TAHINI, PICKLED ONION & SUMAC (VE, GF, DF)

### ARANCINI £9

FILLED WITH SMOKED BURRATA & SIRACHA MAYO (V)

## MAINS

### ROAST CHICKEN SUPREME £19

WITH MASH, BABY CARROTS & TARRAGON GARLIC SAUCE (GF)

### 100Z RIBEYE STEAK £26

WITH CHIPS, VINE TOMATOES, SAUTÉED KALE AND SAUCE OF YOUR CHOICE (PEPPERCORN, BÉARNAISE, DIANE)

### HARISSA GLAZED SEA BASS £24

WITH BABY VEG & ROAST POTATOES (GF, DF)

### WILD MUSHROOM RISOTTO £16

WITH VEGAN BUTTER AND A RICH VEGETABLE STOCK (VE, GF, DF)

### CHARGRILL AUBERGINE £17

SERVED WITH BLOOD ORANGE, TAHINI MILK AND LEMON TRUFFLE OIL (VE, GF, DF)

### STUFFED BELL PEPPER £15

WITH ORZO, TOMATO, BASIL, AUBERGINE & HEIRLOOM TOMATO SALAD WITH PINE NUT SALSA (VE, GF, DF)

### CHEFS SIGNATURE PAN-FRIED SAGE PORK LOIN £24

WITH ROASTED MADEIRA SQUASH, FONDANT POTATO, GLAZED BLACKBERRY & APPLE PUREE, MADEIRA JUS AND CRISPY CRACKLING BITES (GF)

## SIDES

### HAND-CUT CHIPS £6 (VE, GF, DF)

### CREAMY MASH £6 (GF, V)

### BUTTERED KALE £5 (V)

### MIXED VEGETABLES £6 (VE, GF, DF)

### ROASTED NEW POTATOES £6 (VE, GF, DF)

### TENDERSTEM BROCCOLI £5 (VE, GF, DF)

### HEIRLOOM TOMATO SALAD £6 (VE, GF, DF)

### CAESAR SALAD £6 (GF, DF)

### ZUCCHINI FRIES £6 (VE, GF, DF)

## DESSERT

### DECONSTRUCTED MANGO CHEESECAKE £10 (V)

### HAZELNUT & BROWN BUTTER TART £9

WITH CARAMELISED PEARS & VANILLA ICE CREAM (V)

### CHOCOLATE ORANGE TART £8 (VE, GF, DF)

### BASQUE CHEESECAKE £8 (V)

### COCONUT PANNA COTTA £8

WITH BLUEBERRY COMPOTE (VE, GF, DF)

### SELECTION OF ICE CREAMS £6 (V)

V = VEGETARIAN

GF = GLUTEN FREE

VE = VEGAN

DF = DAIRY FREE

IF YOU HAVE ANY ALLERGIES PLEASE SPEAK TO A MEMBER OF THE TEAM.  
A DISCRETIONARY 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL.