

## Starters

*While you decide: Picante Gordal Olives – Spanish pitted*

<b>King Prawn Marie Rose</b> – Tangy Marie Rose, iceberg lettuce, cherry tomato and red onion salad with lemon wedge <b>GF</b>	£8
<b>Vegetable Pakora</b> – with sweet chili dip <b>VG/ GF</b>	£7
<b>Salt n Chilli Grilled Halloumi</b> - broad beans, broccoli rice, petit pois, spinach, and spring onion in honey mustard dressing <b>GF/VGY</b>	£8
<b>Patatas Bravas</b> – Crispy potato puffs, spicy tomato & red pepper sauce, garlic aioli & coriander <b>GF/VGN</b>	£6
<b>Mini Corn Dogs</b> – With tomato ketchup & English mustard	£5

<b>Spring Chicken Salad</b>	£6
Coriander & lime chicken piece with a lightly curried salad of broad beans, chickpeas, tomatoes & peppers.	
<b>Traditional Haggis</b> – With Clapshot & peppercorn sauce	£8
<b>Buttermilk Chicken Tenders</b> – BBQ mayonnaise <b>GF</b>	£7
<b>Roast Tomato and Red Pepper Soup</b> <b>VGN</b>	£5
Chargrilled Italian Bloomer and Lurpak butter	
<b>Firecracker Cauliflower</b> – Garlic mayonnaise <b>VGN</b>	£6
<b>Sharing Platter</b> – 4 Buttermilk Chicken Tenders, 4 Veg Pakora Firecracker cauliflower and 2 corn dogs, garlic aioli, sweet chilli	£18

## Classic Main Courses

50%  
Off  
Classic  
Mains  
marked  
\*

Every  
Tuesday  
or  
Wednes  
day 12  
'til 8pm

<b>*Fish and Chips</b>	£15
Beer battered haddock, skinny fries, tartar sauce & lemon wedge	
<b>*Macaroni Cheese</b> <b>VGY</b>	£12
Classic Macaroni and 3 cheese sauce topped with crispy onions and side of skinny fries	
<b>Add:</b> Piri Piri Chicken   Panko Chicken   Salt N Chilli Halloumi <b>+\$4</b>	
<b>*Firecracker Cauliflower</b> <b>VGN</b>	£15
Crispy cauliflower florets in sweet & spicy sauce, spring onion and coriander with steamed basmati rice and crispy onions	
<b>*Chicken Milanese</b>	£14
Panko Breaded Chicken with spaghetti in Napoli sauce	
<b>*Piri Piri Chicken</b>	£14
Chargrilled Piri Piri chicken with roasted corn on the cob, side of salt n chilli fries and smoky BBQ mayonnaise	
<b>*Katsu Chicken Curry</b>	£16
Panko Breaded Chicken, Katsu curry sauce, steamed Basmati Rice and pickled red cabbage	

<b>8oz Sirloin Steak</b> <b>GF</b>	£25
32 day dry aged Tweed Valley Sirloin Steak - cooked pink and served with skinny fries, buttered broccoli and pepper sauce	
<b>Garlic Buttered Sea Bass</b> <b>GF</b>	£16
Pan seared sea bass fillets with broccoli florets, smashed roast potatoes and a spiced coriander lime dressing.	
<b>Chicken Balmoral</b>	£16
Char-grilled butterfly chicken breast topped with smoked bacon, haggis, peppercorn sauce served with traditional Scottish clapshot	
<b>King Prawn Spaghetti</b>	£16
King prawns sauteed in garlic butter with fresh cut chilli, cherry tomatoes and sliced red onion and a spiced coriander dressing	
<b>Braised Beef &amp; Mushroom Stew</b>	£17
Tweed Valley, dry aged Beef in a garlic, chestnut mushroom, parsley and red wine jus with carrot clapshot potatoes	
<b>Build your own main</b>	from £13
See overleaf to create your own main course	

## Burgers

All burgers are served on a Brioche Bun (Vegan/Gluten free Alternative available) and with a side of skinny fries

<b>Classic</b>	£12	<b>Korean</b>	£13
Beef Burger with smoked bacon rashers, mozzarella cheese garlic mayo, shredded iceberg lettuce and sliced tomato		Panko breaded chicken with Gochujang paste, pickled red cabbage, sliced cucumber and mozzarella cheese	
<b>Mexican</b>	£13	<b>Hunters</b>	£13
Moving Mountains plant-based burger with pea guacamole, tomato salsa, Vegan mozzarella cheese and crispy onions		Chargrilled chicken with smoked bacon, BBQ mayonnaise, mozzarella cheese, iceberg lettuce and sliced tomato	

## Bowls

<b>Chinese Spiced Bowl</b> <b>VGN</b>	£12	<b>Green Valley Bowl</b> <b>VGN</b>	£12
Steamed basmati rice, hoi sin ketchup, garlic mayonnaise, Asian slaw and pickled red cabbage		Buckwheat, broad beans, broccoli rice, petit pois, spinach leaf and spring onion in olive oil honey mustard dressing	

**Now choose your protein:** Panko Breaded Chicken | Piri Piri Chicken | Salt n Chilli Haloumi | plant based fillet |

### The Sunday Roast *Only £18*

**30-day dry aged Tweed Valley topside of beef**  
served pink with Yorkshire pudding, crispy roast potatoes, glazed carrots, pancetta sprouts and red wine jus

### Sides *£4 each*

Skinny Fries | Salt n Chili Fries | **VGN GF** Patatas Bravas | Steamed Rice  
**VGN** Firecracker Cauliflower | corn on the cob | Clapshot | Broccoli  
Green Valley Salad | Asian Slaw

### Dine 2 Courses From Our Fork Out Less Menu ...**ONLY £16**

**Please ask server for menu**

Tuesday to Thursday 12 'til 8pm  
Friday & Saturday 12 'til 5:30pm

**Or**

**50% Off Classic Mains marked \***  
Every Tuesday or Wednesday 12 'til 8pm

**Allergens:** Please inform your server of all food allergies and intolerances – our allergen matrix is available on request

**GF – Gluten Free**    **VGN – Vegan**    **VGY - Vegetarian**

## Eggs/ Brunch

Available daily 'til 3pm

### Breakfast Burritos

£8

**Smoked Bacon** Rashers, crispy potato puffs, baked beans, mozzarella cheese, chilli sauce, aioli and pickled cabbage

**Salt n Chilli Halloumi**, crispy potato puffs, baked beans, mozzarella cheese, chilli sauce, aioli and pickled cabbage

### Brioche Roll

**Bacon Roll** Add Fried Egg - £2 extra. £4

**Monties Stack** £7

Buttermilk salt n chilli chicken tenders, smoked bacon rashers

With lettuce & tomato topped with fried egg and tangy BBQ mayo

**Monties Veggie Stack** £7

Salt n Chilli grilled halloumi, 'no AVO' Guacamole,

With lettuce & tomato topped with fried egg and tangy BBQ mayo

### Skillets

£8

**Smoked Back Bacon:** paprika spiced crispy potato puffs, tomato red pepper sauce, mojo verde and aioli topped with fried egg

**Salt n Chilli Halloumi:** paprika spiced crispy potato puffs, tomato red pepper sauce, mojo verde and aioli topped with fried egg

### Nasi Goreng

£10

Indonesian breakfast rice with chilli, garlic king prawns, Chinese cabbage, fried egg, crispy onions and chilli coriander sauce

### On Toast

£8

**Bacon & Egg:** Grilled Smoked Bacon Rashers and fried eggs

**Halloumi & Egg:** Salt n chili halloumi, fried eggs, aioli & mojo verde

**Chicken & Egg:** Buttermilk chicken tenders, fried eggs, maple syrup

## Burritos

Available daily 'til 6pm

**Juan Bing** VGN £9

Hoisin chilli sauce, mojo verde, iceberg lettuce, cucumber, scallion with pan roasted sliced Moving Mountains plant based fillet

**Balmoral** £9

Robertsons Haggis, smoked bacon, clapshot potato, peppercorn sauce and grilled chicken

**Mexican** £9

Basmati rice, tomato salsa, pea guacamole and mozzarella cheese with panko breaded crispy chicken

**San Diego** £9

Skinny fries, tomato salsa, pea guacamole and mozzarella cheese and Piri Piri Chicken

## Senior Citizens

Available 12 'til 4 Tuesday to Friday

Only £9

**Mini Fish N Chips** – Beer battered haddock, skinny fries and tartar sauce.

**Butterfly Chicken** – Simply grilled butterflied chicken served with peppercorn sauce and skinny fries.

**Sea Bass Salad** – Pan seared sea bass fillet, Buckwheat, broad beans, broccoli rice, petit pois, spinach leaf and spring onion in olive oil honey mustard dressing.

**Any Tea or Coffee and a Scone for £3**

## Build Your Own

### 1 – Protein

Single £13

Double £17

Piri Piri Grilled Chicken Butterfly

1 Breast

2 Breasts

Panko Breaded Butterfly Chicken

1 Breast

2 Breasts

Hot n Spicy Fried Chicken Tenders

6 Fillets

12 Fillets

Garlic Butter Seared Sea Bass

1 Fillets

2 Fillets

Salt n Pepper Grilled Halloumi

4 Slices

8 Slices

Piri Piri Plant Based Protein VGN

1 Fillet

2 Fillets

### 2 – Sides (Pick Any Two)

**Fried Side:** Skinny Fries | Salt n Chili Fries | VGN GF Patatas Bravas | Salt & Chili Crispy Potato Puffs | VGN Firecracker Cauliflower

**Carb Sides:** Macaroni Cheese | VGN Tomato Spaghetti | Garlic Bread | Clapshot Potato | Roast potatoes

**Veg Sides:** Corn on Cob | VGN GF Steamed Rice or... | Buttered Broccoli Florets

**Salad Sides:** Asian Slaw VGN GF – Sliced Chinese cabbage, white onion & carrot with a chili, coriander & lime dressing.

**Green Valley Salad** VGN GF – Buckwheat, broad beans, broccoli rice, petit pois, spinach leaf and spring onion in honey mustard dressing

**Indian Summer Salad** VGN GF – Red & white quinoa, chickpea, pumpkin seeds, broad beans, tomatoes & peppers in a light Indian dressing

### 3 – Optional Extras

Dips/Toppings £1 each \_\_\_\_\_ Sauce £2 each \_\_\_\_\_

**Dips:** VGN Garlic Aioli | Hoi Sin Ketchup | Sweet Chilli | Firecracker | BBQ Mayonnaise | Mojo Verde |

**Toppings:** Asian Slaw | Pickled Red Cabbage | Pea Guacamole | Crispy Onions | Shredded Lettuce | Sliced Tomato

**Sauces:** Red wine Jus | Creamy peppercorn | Spiced Napoli Sauce | Katsu Curry