

# lunch menu

## ciabattas

all served with dressed salad and coleslaw

bacon, brie & cranberry 1061kcal	£8.50
crispy chicken, sweet chilli sauce & 3 cheese 1061kcal	£8.50
falafel, sweet chilli & vegan cheese VG 1161kcal	£8.50
crispy chicken, BBQ sauce & 3 cheese 874kcal	£8.50
caramelised onion chutney & 3 cheese V 849kcal	£8.50
tuna mayo & 3 cheese 874kcal	£8.50
chipotle bbq pulled beef & 3 cheese 874kcal	£8.50
piri piri chicken & 3 cheese 898kcal	£8.50

## salads

chicken caesar salad 714kcal lettuce, croutons, grilled chicken, parmesan & caesar dressing	£13.95
falafel & sweet chilli salad VG 405kcal crispy falafel, chopped salad, dressed leaves & sweet chilli dressing	£13.95
mediterranean salad 556kcal mixed leaves, olives, cucumber, whipped feta & balsamic vinaigrette	£13.95
sweet chilli chicken salad 515kcal crispy chicken, mixed leaves, cucumber & sweet chilli sauce	£13.95

## potatoes

all served with dressed salad and coleslaw

baked beans & 3 cheese V 799kcal	£7.95
chipotle bbq pulled beef & 3 cheese 820kcal	£7.95
sweet potato, chickpea & spinach balti VG 525kcal	£7.95
tuna mayo 1028kcal	£7.95
bacon & 3 cheese 859kcal	£7.95

## sides

french fries V 500kcal	£3.95
chunky chips V 448kcal	£3.95

## bloomers

available on white or wholemeal

all served with dressed salad and coleslaw

bacon, lettuce & tomato white 693kcal   wholemeal 655kcal	£7.95
crispy chicken, sweet chili sauce & lettuce white 693kcal   wholemeal 655kcal	£7.95
3 cheese & chutney V white 693kcal   wholemeal 655kcal	£7.95
whipped feta, olives & tomato VG white 693kcal   wholemeal 655kcal	£7.95
tuna mayonnaise & cucumber white 855kcal   wholemeal 818kcal	£7.95

## mains

hand-battered haddock 796kcal chunky chips, peas & tartare sauce	£14.50
chicken saag balti 1040kcal basmati rice, mango chutney and garlic & coriander naan	£13.95
bolognese rigatoni 923kcal parmesan, pesto & garlic ciabatta	£14.50
sweet potato, chickpea & spinach balti VG 850kcal basmati rice, mango chutney and garlic & coriander naan	£13.50



# pizza

- classic margherita pizza** V 718kcal **£9.95**  
fresh tomato & 3 cheese
- pepperoni pizza** 811kcal **£10.50**  
pepperoni & 3 cheese
- hawaiian** 818kcal **£12.50**  
ham, pineapple & 3 cheese
- vegan pizza** VG 772kcal **£11.50**  
peppers, onions, sweetcorn,  
sun dried tomato & vegan cheese
- meat feast pizza** V 874kcal **£11.95**  
pepperoni, spicy beef, cajun chicken & 3 cheese
- piri piri chicken pizza** 811kcal **£10.50**  
spicy tomato sauce base, piri piri chicken,  
roasted peppers, onions & 3 cheese
- masala chicken pizza** 811kcal **£10.50**  
spiced tomato base, masala chicken, red onions,  
peppers & 3 cheese
- bbq beef feast pizza** 811kcal **£10.50**  
chipotle bbq pulled beef, spicy jalapeños & 3 cheese

# burgers

- thai spiced vegan burger** VG 1576kcal **£13.95**  
sriracha vegan mayo, fries & coriander coleslaw
- southern fried chicken burger** 1582kcal **£13.95**  
mixed leaves, garlic aioli, fries & coleslaw
- deluxe burger** 1886kcal **£19.95**  
southern fried chicken fillet, beef burger, cheese,  
onion rings, fries & coleslaw
- double smash burger** 1382kcal **£14.50**  
bacon, cheese, bbq sauce, fries & coleslaw
- pulled beef burger** 1382kcal **£14.50**  
double smash patties, chipotle bbq pulled beef,  
cheese, fries & coleslaw



# desserts

- sticky toffee pudding** V 364kcal **£6.50**  
salted caramel sauce  
& vanilla pod ice cream
- warm chocolate fudge cake** V 615kcal **£6.50**  
chocolate sauce & vanilla pod ice cream
- sorbet sundae** VG 244kcal **£6.50**  
trio of sorbet with fruit compote
- cinnamon waffle** V 658kcal **£6.50**  
toffee, banana & vanilla pod ice cream
- chocolate brownie sundae** V 952kcal **£6.50**  
chocolate & vanilla pod ice cream  
and caramel & chocolate sauce
- vanilla cheesecake** V 878kcal **£6.50**  
with berry compote



hot drinks also available - please ask for our menu

**allergens:** Allergen information is available for all of our dishes and ingredients upon request. We also have a variety of vegetarian and vegan options, just look out for the symbols:

V vegetarian VG vegan

Calorie information provided is as accurate as possible and correct at time of printing, based on average serving size of entire dish. Ingredients are occasionally substituted or changed which may affect the calorie information. Adults need around 2,000kcal a day.