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#### STARTERS 3 SHARERS

### BREAD & OIL (PB)

4.00 Flatbread served with olive oil & balsamic vinegar

### **ROSEMARY & GARLIC BAKED** CAMEMBERT (V)

Rosemary and garlic baked camembert. served with flatbread

### KING PRAWNS

**BEEF BURGER** 

Tapas style prawns in chilli, garlic oil served with flatbread

### POACHED PEAR, BLUE CHEESE & WALNUT SALAD

### CALAMARI

Breaded and deep fried with a sweet chilli sauce

### NACHOS (V)

Melted cheese, jalapeños served with sour cream, guacamole and salsa

### CAESAR SALAD

Chicken, bacon & iceburg lettuce mixed in a Caesar dressing with croutons & parmesan

### NOURISH BOWL (PB)

A bed of homemade hummus with grilled tender stem, pomegranate seeds, sesame seeds & diced sweet potato with a balsamic glaze

8.50

8.50

### 12.00

12.50

16.00

15.50

16.50

5.50

Red wine poached pear, blue cheese tossed in a mixed leaf salad

## MAINS

### FISH & CHIPS

Beer battered Cod with chunky chips, homemade mushy peas & tartar sauce

### SHAWARMA WRAP

Seasoned chicken filled wrap, with mixed leaf, tomato concasse, gherkin and garlic mayo with fries

### SEABASS

FRIES

Pan fried seabass with crushed new potatos, asparagus and tomato concasse

### SIDES 2.50 MAC & CHEESE

CHUNKY CHIPS	2.50	MASH (PB)	4.50
BUTTERED GREENS	2.50	HALLOUMI FRITTERS	8.00
CHICKEN GOUJONS	7.50	ONION RINGS	3.50
OLIVES	5.00	CAULIFLOWER CHEESE	5.50

# CHICKEN WINGS 3/5/7/10 (£1 PER WING)

Choice of 3, 5, 7 or 10 wings dressed in either, buffalo sauce, BBQ sauce, Blue cheese or plain breaded

Homemade patty with mature cheddar, lettuce, tomato. pickles, ketchup, mayo & fries

### SPINACH RAVIOLI (PB)



15.00

16.00

8.00

9.00

Filled pasta served with garlic and chilli tomato sauce, grilled vegetables & a toasted hazeInut crumb with garlic flatbread

### **SALMON & GARLIC MASH**

16.00 Herb crusted salmon served with roasted garlic mash, asparagus with a lemon & dill sauce with tomato & shallot concasse

### SUNDAY ROASTS

All our Sunday roasts are freshly cooked with all the trimmings: Yorkshire puddings, French beans & broccoli with roasted carrots & potatoes, braised cabbage and served with homemade gravy.

ROAST BEEF	16.95	PB ROAST	15.95
	2	PLANT BASED CHICK*N	
ROAST CHICKEN	16.95	DOG ROAST	5.00
		Lean roast beef, carrots c	
PORK BELLY	16.95	French beans for our four	
		legged friends	
BIG DADDY	19.95	A	
All the meats - if you ca	n handle	ent!	♦▓€
PB = PLANT BASED			_ `¥

(V) = VEGETERIAN

All dishes may contain traces of nuts, fish dishes may contain small bones. Please ask a member of staff about any allergens. A discretionary 12.5% service charge will be added to your bill