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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