SMALL PLATES

SMALL PLATES	
ITALIAN OLIVES 128KCAL VE GF 24 Marinated in garlic and olive oil	£4.50
PEA AND MINT FALAFEL BITES 635KCAL VE GF Houmous	£7.95
BREADED SCAMPI 611KCAL Pea and mint guacamole	£9.50
BUFFALO CHICKEN WINGS 963KCAL GF Sriracha cream cheese dip	£7.95
SANDWICHES & GRILLS	
SERVED ON WHOLEMEAL/WHITE BLOOMER OR STONE BAKED SOURDC GLUTEN FREE SLICED BREAD SERVED WITH ROCKET SALAD AND PICKLE	
VEGAN CHEESE, PLUM TOMATO AND PICKLE SANDWICH 747KCAL VE 24	£8.95
SMOKED SALMON AND CUCUMBER SANDWICH634KCAL 24 Gherkin, pickled shallots	£10.95
MATURE CHEDDAR, WILTSHIRE HAM AND RED ONION CHUTNEY SANDWICH 816KCAL 24	£9.50
RIBEYE STEAK SANDWICH1138KCAL Rocket, dijon mustard butter, pickled shallots	£14.50
DOUBLE CHEESEBURGER 1462KCAL Two beef patties, Monterey Jack, red onion, gem lettuce tomato, mustard relish, skin on fries, in a toasted brioche bun	£16.95
PLANT-BASED BURGER 1005KCAL VE Soya burger, vegan cheese, gem lettuce, tomato, mustard relish, skin on fries, in a toasted brioche bun	£15.95
HAND STRETCHED SOURDOUGH "PINSA" PIZ	ZZA
SLOWLY HAND STRETCHED OVAL SOURDOUGH BASE, COOKED QUI IN A STONE OVEN FOR A TRADITIONAL TASTE	
ITALIAN 1026KCAL V 24 Tomato, garlic, basil, mozzarella	£13.50
JAMAICAN 1071KCAL Jerk chicken, jalapeños, fresh chilli, tomato salsa and coriander	£15.00
THE SPICY ONE 1509KCAL 24 Nduja, salami, garlic, fresh chilli, peppers and sriracha	£15.00
ASIAN 1181KCAL Shredded duck, hoisin sauce, courgettes, black pepper and spring onion	£16.00
BREAKFAST 1283KCAL Cumberland sausage, smoked bacon, mushrooms, hens egg and tomato salsa	£16.00

LARGE PLATES

SALMON NIÇOISE 740KCAL GF Grilled miso salmon, green beans, red onion, cherry tomatoes, olives, peppers, potato, boiled egg, baby gem	£19.50	
CRISPY TOFU SALAD 766KCAL VE GF Lime and lemongrass marinated tofu salad, sautéed chickpeas, broccoli, spring onion, red pepper, baby gem leaves	£15.95	
SLOW COOKED PORK BELLY 2031KCAL GF Crushed root vegetables, apple puree, green peppercorn sauce	£19.50	
CHICKEN MAKHANI 1330KCAL 24 Marinated chicken breast, creamy tomato & butter curry sauce, rice, naan bread	£15.95	
KERALAN CAULIFLOWER & RED PEPPER CURRY 1042KCAL VE 24 Tender cauliflower and crunchy red peppers in a rich, mildly spiced tomato sauce, rice and naan bread	£15.95	
SIDES		
ROASTED CARROT AND PUMPKIN SEEDS 294KCAL VE GF BROCCOLI, GREEN BEANS & TOASTED ALMONDS 234KCAL VE GF SWEET POTATO FRIES 481KCAL VE GF SKIN ON FRIES 471KCAL VE GF THICK CUT CHIPS 443KCAL VE GF GEM LETTUCE WEDGE 132KCAL GF 24 Cucumber, pickled shallot and Parmesan	£5.50 £7.50 £5.00 £5.00 £4.50 £5.00	
DESSERTS		
BANOFFEE TART 853KCAL V 24 Rum and pistachio caramel	£9.50	
LEMON MERINGUE TARTLET 352KCAL V 24 Raspberry sauce	£9.50	
DARK CHOCOLATE TRUFFLE TORTE 634KCAL Vanilla crema	£9.50	
SELECTION OF ICE CREAM ASK FOR TODAYS FLAVOURS AND KCALS V VE AVAILABLE 24 Three scoops of any flavour	£6.50	
LOCAL CHEESEBOARD 1081KCAL V Red onion chutney, celery sticks, crackers	£11.50	
ADJUTE NEED ADOLING 2000KEAL A DAY		

ADULTS NEED AROUND 2000KCAL A DAY

24 Available 24 hours a day. V Vegetarian. VE Vegan. GF Gluten-free dishes are produced utilising non-gluten containing ingredients. If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination. Prices include VAT. A tray charge of £4.50 will be added to your order.