

Good to Share

Double Cheese Nachos

V GF

Milk: cheese, sour cream

Light Bites

Corn Chips

V Ve GF

Sesame: tahini (*hummus*)

Soup of the Day

Please check with the team on the day

Leek, Courgette and cheddar

Quesadilla with salsa

V

Gluten: wheat (*tortilla wrap, filling*)

Milk: butter (*filling*) cheddar (*filling*)

Sulphites: red wine vinegar (*salsa*)

Falafel, chopped salad, avocado

vegan mayo

V Ve GF

sulphite: dressing.

Mustard; dressing

Summer Tabbouleh

V Ve

Gluten: bulgar wheat

Sulphites: sultanas, vinegar

Nuts: Almonds

Baked Bhaji

V Ve GF

Soya: Yogurt

Mustard: Curry powder

Braised Beef Chilli

GF

Celery: celery (*beef chilli*)

Lentil Chilli

V Ve GF

Celery: celery (*lentil chilli*)

Tart of the Day

Please check with the team on the day

Mains

Spinach Dhal

V Ve GF

Mustard mustard seeds

Oyster mushroom katsu curry,

brown rice

V Ve

Soya: Soy sauce (*katsu sauce*)

Sulphites: ketchup (*katsu sauce*)

Gluten: wheat (*mushroom mix*)

Goan Fish Curry

GF

Fish

Mustard: curry powder

Sulphites: vinegar

Roast Chermoula aubergine,

bulgar wheat salad V Ve

Sulphites: Sultanas and Olives (*Salad*)

Gluten: Wheat (*Bulgar Wheat*)

Nuts: Almonds (*Salad*)

Veggie burger

V

Sulphites: White wine vinegar (*garnish*)
japalpenos (*burger*)

Gluten: Wheat (*burger bun*)

Egg: Eggwash (*burger bun*)

Sesame: Sesame seeds (*burger bun*)

Milk: Milk (*burger bun*)

Beef Burger and Garlic

Mayonnaise

Gluten: wheat (*bun*)(*crispy onions*)

Eggs: egg wash (*bun*) , egg (*garlic*

mayonnaise)

Sulphites: mayonnaise (*garlic mayonnaise*)

Sesame: sesame seeds (*bun*)

Milk: Milk (*bun*)

Soy: Soya milk(*crispy onions*)

Fish and Chips

Gluten: wheat (*flour, batter*) barley (*lager, batter*)

Sulphites: beer (*batter*), capers and mayonnaise (*tartare sauce*)

Eggs: mayonnaise

Fish: please check on the day

Chicken Orvieto GF

Sulphites: White wine, Olives, Chicken Stock

Celery: Chicken Stock

Children's Menu

Fish Goujons

Gluten: wheat (*bread crumb*)

Fish: please check on the day (*fish goujons only*)

Eggs: egg (*breadcrumb*)

Milk: milk (*breadcrumb*)

Chicken Goujons

Gluten: wheat (*bread crumb*)

Eggs: egg (*breadcrumb*)

Milk: milk (*breadcrumb*)

Veggie nuggets Ve

Gluten: breadcrumbs

Soy

Sides

Chips

V Ve GF

Mixed Leaves

V Ve GF

Mustard: wholegrain (*dressing*)

Sulphites: white wine vinegar (*salad dressing*)

Garlic Greens

V Ve GF

Bread and Butter

V

Gluten: wheat (*bread*)

Milk: butter (*butter*)

Crushed peas, chilli, mint, coriander

V Ve GF

Celery: veg stock (*pea mix*)

Chopped salad

V Ve GF

Mustard: wholegrain (*dressing*)

Sulphites: white wine vinegar (*salad dressing*)