## Midweek Breakfast

Granola

(V)

Gluten: oats (granola) Nuts: hazelnuts, almonds

Sulphites: raisins and apricots

(granola) Milk: yoghurt

Sesame: sesame seeds

(granola)

On Toast

Jam and Marmalade

(V) (Ve)

Gluten: wheat (toast) Sesame: sesame seeds (toast)

Milk: butter

**Devilled Mushrooms (V)** 

Gluten: wheat (toast) Sesame: sesame seeds (toast) Mustard: wholegrain

Milk: double cream (mushroom

mix)

Sulphites: tobasco (mushrooms)

(mushroom mix)

Scrambled Eggs (V)

Gluten: wheat (toast) Sesame: sesame seeds (toast)

Milk: butter, double cream (egg

mix) Eggs: eggs

Watershed Beans (V) (Ve)

Gluten: wheat (toast) Sesame: sesame seeds (toast) Sulphites: white wine vinegar

(bean mix)

**Breakfast Bap** 

Streaky bacon

Gluten: wheat (bun) Eggs: egg wash (bun) Sesame: sesame seeds (bun)

Fried Eggs (V)

Gluten: wheat (bun) Eggs: eggs, egg wash (bun) Sesame: sesame seeds (bun) **Bubble and Squeak** 

(GF)

**Streaky Bacon** 

Eggs: eggs

**Devilled Mushrooms (V)** 

Eggs: eggs

Mustard: wholegrain (mushroom mix)

Milk: double cream (mushroom

mix)

Sulphites: tobasco (mushrooms)

**Smoked Salmon** 

Eggs: eggs

Fish: smoked salmon

French Toast

(V)

Gluten: wheat (toast) Eggs: eggs (toast mix)

Milk: milk, double cream, butter Milk: double cream (scrambled

(all toast mix)

**Full English** 

Gluten: wheat (toast and

sausages)

eggs and mushrooms) and butter (scrambled eggs)

Eggs: eggs Sulphites: tobasco (mushrooms), white wine

vinegar (beans) Sesame: sesame seeds (toast)

Mustard: wholegrain (mushrooms)

Vegetarian Full English

(V)

Weekend Breakfast

Gluten: wheat (toast and

sausages)

Milk: double cream (scrambled eggs and mushrooms) butter

(scrambed eggs) Eggs: eggs Sulphites: tobasco (mushrooms) white wine vinegar (beans) and sausages Sesame: sesame seeds (toast)

Mustard: wholegrain (mushrooms) Soya: sausages

**Light Bites** 

Corn Chips (V) (Ve) (GF)

Sesame: tahini (hummus)

Soup of the Day

Please check with the team on

the day

Courgette Fries, Tomato Chutney (V) (Ve) (GF)

**Sulphites**: White wine vinegar (Tomato Chutney and salad

dressina)

Mustard: wholegrain mustard

(salad dressing)

Muhammara, roasted garlic focaccia (V) (Ve)

Gluten: wheat (focaccia) Nuts: Walnuts (Muhammara)

# **Light Bites**

Leek and Cheddar

Rarebit (V)

Gluten: wheat (toast, flour,

rarebit mix)

Sesame: sesame seeds (toast) Mustard: djion (rarebit mix), wholegrain (salad dressing) Milk: cheese, milk, butter (all

rarebit mix)

Eqq: Eqq (rarebit mix)

(salad dressing)

Sulphites: White wine vinegar

**Braised Beef Chilli** 

(GF)

Celery (beef chilli)

Lentil Chilli (V) (Ve) (GF)

Please check with the team on

Celery: celery (lentil chilli)

Tart of the Day

the day

Pear, chicory and walnut salad (V) (Ve) Celery: celery (salad)

Nuts: walnuts (salad)

Sulphites: white wine vinegar (salad) balsamic vinegar (salad

dressina)

Mustard: Djion (salad dressing)

Salt and Pepper Calamari (GF)

Molluscs: Squid

Sulphites: White wine vinegar

(salad dressing)

Mustard: wholegrain (salad

dressing)

# Mains

Roast Butternut Squash and Red Onion Salad, Chermoula (V) (Ve) (GF)

Nuts: hazlenuts (salad)

Red Lentil Dahl, red onion and coconut salad (V) (Ve) (GF)

Sulphites: red wine vinegar (red onion and coconut salad) Mustard: curry powder (dahl) Celery: veg stock (dahl)

Beetroot and winter vegetable rataouille, focaccia (V) (Ve)

Celery: Veg stock (rataouille) Gluten: Wheat (focaccia)

Gnocchi, walnut pesto (V) (Ve)

Gluten: wheat (gnocchi) Nuts: walnuts (walnut pesto)

## Smoked mackerel Fishcakes (GF)

Fish: mackerel (fishcakes) Milk: double cream, crème fraiche (horseradish cream) Mustard: english mustard (horseradish sauce) Sulphites: white wine vinegar

(horseradish sauce)

**Butternut Squash and** Chickpea burger and tomato chutney (V)

Gluten: wheat (bun) Eggs: egg wash (bun) Mustard: wholegrain (salad dressina)

Sulphites: white wine vinegar (salad dressing and relish) Sesame: sesame seeds (bun)

Chicken, Leek and Tarragon pie

Gluten: wheat (pie lid and pie

Celery: celery and chicken stock (pie filling)

Milk: butter (pie lid and pie filling) and milk (pie filling)

Beef Burger and Chipotle Mayonnaise

Gluten: wheat (bun) Eggs: egg wash (bun), egg (chipotle mayonnaise) Mustard: wholegrain (salad dressing)

Sulphites: white wine vinegar (salad dressing), mayonnaise and chipotle (chiptole mayonnaise), vinegar (pickles) Sesame: sesame seeds (bun)

#### 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 Celery: veg stock (pea puree) Milk: butter (pea puree)

Catch of the Day Please check with the team on

the day

## Good to Share

Double Cheese Nachos (V) (GF)

Milk: cheese, sour cream

Courgette Tacos (V) (Ve) (GF)

**Sulphites**: red wine vinegar (winter succotash)

Pulled Chicken Tacos (GF)

**Sulphites**: red wine vinegar (winter succotash)

Fritto Misto (GF)

**Fish:** whitebait, fish (check on the day)

Molluscs: squid

**Egg**: mayonnaise (tartare sauce,

aioli)

**Sulphites:** capers, mayonnaise (tartare sauce, aioli), white wine vinegar (salad dressing) **Mustard:** wholegrain (salad

dressing)

Korean Chicken Wings

**Sulphites:** white wine vinegar (wing marinade)

Soya: GF Soy sauce (wing

marinade)

Celery: ketchup (wing

marinade)

Sesame: sesame seeds (garnish)

## Children's Menu

Chicken or Fish Goujons

Gluten: wheat (bread crumb) Fish: please check on the day

(fish goujons only)

Eggs: egg (breadcrumb)

Milk: milk (breadcrumb)

Mini Beef Burger

Gluten: wheat (bun)

Mini Veggie Burger (V) (Ve)

Gluten: wheat (bun)

Pasta in Tomato sauce

(V) (Ve)

Gluten: wheat (Pasta)

Celery: celery (tomato sauce)

## **Sides**

Chips (V) (Ve) (GF)

Garlic Bread

(V)

Gluten: wheat (bread)

Garlic Greens (V) (Ve)

(GF)

Mixed Leaves (V) (Ve) (GF)

**Mustard:** wholegrain (*dressing*) **Sulphites:** white wine vinegar

(salad dressing)

Winter Succotash (V)

(Ve) (GF)

**Sulphites**: red wine vinegar

(succotash)