

# LUNCH MENU

## STARTERS & LIGHT MEALS

- Soup of the day, served with locally baked bread - £5.00 (V)
- Chicken liver parfait with caramelised red onion and balsamic glaze - £8.00
- Carpaccio of beetroot with feta cheese, rocket and lemon oil - £8.00 (V)
- Pan seared scallops with a strawberry and basil salsa and micro herbs - £9.00 (GF)
- Smoked duck with mixed leaves, pomegranate, orange, bean sprouts and raspberry vinaigrette - £9.00
- King prawns and scallops in Thai sweet chilli sauce with dipping bread - £11.00

## SHARES & SIDES

- Chubby chips - £3.00 (V) (GF) Garlic bread - £4.00 (V) Sweet potato bites with aioli - £4.00 (VE)
- Hummus and flatbread with olives, balsamic and olive oil - £7.00 (VE)
- Rustic bread with olive oil, balsamic, aioli, roast garlic and olives - £7.00 (VE)
- Roasted peppers and olive nachos with jalapeños, salsa, guacamole and soured cream - £9.00 (V) (GF)
- Cajun chicken nachos with jalapeños, Mexican salsa, guacamole and soured cream - £10.00 (GF)

## SANDWICHES & SALADS

- Superfood salad. Mixed green leaves, beetroot, quinoa, beansprouts, mixed beans, pomegranate and sweet potatoes - £9.00 (VE) (GF)
- Fish finger sandwich with lemon and dill mayonnaise and a dressed salad - £9.50
- Steak and mushroom sandwich with red onion marmalade and a dressed salad - £9.50
- Cajun chicken sandwich with green lettuce, aioli and a dressed salad - £9.50
- Avocado and egg sandwich with spiced mayo, cress and a dressed salad - £9.50 (V)
- Thai smoked chicken salad with Chinese cabbage, red onion, roasted peanuts, coriander, carrot, cucumber and Thai dressing - £10.00 (GF)
- King prawn and avocado salad with smoked salmon, boiled egg and beansprouts - £11.00 (GF)

(V) - Suitable for vegetarians    (VE) - Suitable for vegans    (GF) - Gluten free

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## MAIN COURSES

Moules marinière with dipping bread - £10.00

Chicken and chorizo tagliatelle with broccoli, fresh herbs, blue cheese sauce and garlic bread - £11.00

Risotto primavera with mixed green beans, basil pesto, and garlic bread - £11.00 (V)

Sea bass fillet with potato cake, crushed peas, shellfish mousse, and a strawberry and basil salsa  
- £11.00 (GF)

Handmade beef steak burger with bacon, mature cheddar cheese and mustard mayonnaise sauce  
- £11.00

Chicken fillet burger with bacon, mature cheese and Cajun mayonnaise sauce - £11.00

Handmade beetroot, carrot and courgette burger with hummus, avocado and watercress - £11.00 (VE)

Roasted stuffed chicken wrapped in Parma ham, with feta cheese and sundried tomatoes,  
served with Mediterranean green lentils, roasted carrots and apricot sauce - £14.00 (GF)

Venison steak with potato rosti, beetroot purée, honey glazed parsnips, kale and red wine jus  
- £12.00 (GF)

Monkfish wrapped in Parma ham, with roasted new potatoes, fine green beans, and capers  
in butter sauce - £12.00

6oz minute rump steak with skinny fries, peppercorn sauce and a dressed salad - £12.00 (GF)

Mild Indian goat curry with roasted peanuts, boiled rice, green peas and papadum - £12.00 (GF)

## DESSERTS

Chocolate fudge cake with vanilla ice cream and fresh fruits - £5.00

Raspberry and white chocolate cheesecake with red coulis and rhubarb mousse - £5.00

Selection of ice creams - £5.00 (GF)

Tropical fruit with yoghurt, honey and fresh mint - £6.00 (GF)



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