



SMALL PLATES

POTATO SKINS £5.95 & £9.95

SERVED WITH SMOKED BACON, SPICY TOMATO SALSA,
SOUR CREAM AND GUACAMOLE

SOURDOUGH AND CHIA BREAD WITH MARINATED OLIVES, 5.95

OLIVE OIL AND BALSAMIC VINEGAR

SALT AND PEPPER SQUID £7.95

WITH A SOYA CASHEW AND GINGER DIP, SPRING ONION
AND CHILLI

HOME-MADE SOUP OF THE DAY £6.95

SERVED WITH WARM FOCACCIA AND BUTTER

DUCK BON BONS £8.95/ £12.95

THREE / FIVE SHREDDED DUCK DUMPLINGS
WITH SPRING ONION, HOISIN SAUCE, ON A CHINESE SALAD
WITH BLANCHED BEAN SPROUTS

GARLIC & ROSEMARY STUDED CAMEMBERT £11.95

(FOR TWO TO SHARE)
SERVED WITH FOCACCIA WEDGES AND RED ONION JAM.
ADD CURED MEATS £8.95

SEARED SCALLOPS WITH CHORIZO, £10.95

SUNDRIED TOMATO AND BABY HERB SALAD

PRESSED PORK AND BLACKBERRY TERRINE £6.95

WITH PICKLED BLACK BERRIES
AND BEETROOT, CHIA BREAD CRISPS



LARGE PLATES

KOREAN STYLE STICKY BBQ BABY BACK RIBS

WITH A SWEET SOYA MARINADE, SWEET POTATO FRIES
AND A RAW VEGETABLE NOODLE SALAD WITH MINT AND CORIANDER

HALF RACK £11.95

FULL RACK £16.95

FULL CAGE CHALLENGE £29.95

SAUSAGE OF THE DAY

£11.95

ASK YOUR SERVER FOR TODAY'S CHOICE

ATLANTIC COD AND CHIPS

£13.95

COD FILLET SERVED IN A SEASONED CORNFLOWER BATTER
WITH CREAMY PEAS, PEA SHOOTS TARTARE SAUCE,
HAND CUT CHIPS AND A CHARRED LEMON

CALVES LIVER & BACON

£14.95

SERVED WITH MAPLE CURED BACON, TRUFFLE MASH,
BRAISED RED CABBAGE AND RED WINE SAUCE

PIE OF THE DAY

£14.95

ASK YOUR SERVER FOR TODAY'S CHOICE

SLOW COOKED BELLY OF PORK

£15.95

WITH A CORONATION CAULIFLOWER AND SPINACH SALAD WITH
APRICOTS, APPLE, FRESH TURMERIC, CORIANDER
AND A SWEET CIDER VINEGAR DRESSING

SLOW COOKED SHOULDER OF LAMB

£15.95

IN PERSIAN SPICES WITH A SALT BAKED BEETROOT,
BULGAR WHEAT AND FETA SALAD WITH A MINTED YOGURT DRESSING



FROM OUR LAVA STONE GRILL

7OZ MINUTE STEAK (SERVED PINK) – MINUTE STEAK £14.95

30 DAY AGED FILLET – ROLLED FILLET £24.95

22 AGED RIB EYE STEAK £19.95

SEARED TUNA £18.95

SEABASS FILLET £15.95

GRILLED CORN FED CHICKEN IN LEMON AND THYME 13.95

SALMON FILLET IN A LEMON AND THYME MARINADE £15.95

TRIPLE STACKED BURGER £15.95

SERVED IN A TOASTED BRIOCHE BUN WITH SMOKED BACON AND CHEDDAR, PICKLED GHERKIN AND HERITAGE TOMATO

ALL DISHES SERVED WITH HOMEMADE FRIES AND A CHOICE OF SAUCE AND ONE DELI SALAD

SAUCES

- CHIMICHURRI DRESSING
- PEPPERCORN SAUCE
- SOYA, GINGER AND CORIANDER VINAIGRETTE
- GARLIC, ROSEMARY AND LEMON BUTTER
- SMOKED PAPRIKA AND THYME BUTTER

SALADS

- CLASSIC CAESAR WITH BABY GEM LETTUCE, SOFT BOILED EGG, CRISP BACON, PARMESAN SHAVINGS, LOCALLY MADE CHIA BREAD CROUTONS AND ANCHOVIES
- RAW VEGETABLE NOODLE SALAD WITH HERITAGE CARROTS AND BEETROOT, MINT, CORIANDER, RED CABBAGE, CASHEW NUTS AND A HONEY, SOYA AND GINGER VINAIGRETTE
- HERITAGE TOMATO AND AVOCADO SALAD WITH ROCKET AND WATERCRESS, SOURDOUGH CROUTONS AND WHOLE GRAIN MUSTARD DRESSING
- CHOPPED ROMANESCO, RED CABBAGE, RED ONION, BROCCOLI, FLAT LEAF PARSLEY, POMEGRANATE SEEDS AND A CIDER VINEGAR DRESSING
- SALT BAKED BEETROOT, FETA AND BULGUR WHEAT SALAD WITH SPRING ONION AND A MINTED YOGURT DRESSING
- CORONATION CAULIFLOWER AND SPINACH SALAD WITH APRICOTS, APPLE, FRESH TURMERIC, CORIANDER AND A SWEET CIDER VINEGAR DRESSING



SALADS

QUICHE OF THE DAY

12.95

WITH CHOICE OF ANY TWO DELI SALADS

CHOICE OF THREE HEALTHY DELI SALADS

LARGE £11.95/ **SMALL** £8.95

CLASSIC CHICKEN CAESAR

WITH BABY GEM LETTUCE, SOFT BOILED EGG, CRISP BACON, PARMESAN SHAVINGS, LOCALLY MADE CHIA BREAD CROUTONS

RAW VEGETABLE NOODLE SALAD

WITH HERITAGE CARROTS AND BEETROOT, MINT, CORIANDER, RED CABBAGE, CASHEW NUTS AND A HONEY, SOYA AND GINGER VINAIGRETTE

HERITAGE TOMATO AND AVOCADO SALAD

WITH ROCKET AND WATERCRESS, SOURDOUGH CROUTONS AND WHOLE GRAIN MUSTARD DRESSING

CHOPPED VEGETABLE SALAD

WITH ROMANESCO, RED CABBAGE, RED ONION, SPROUTING BROCCOLI, FLAT LEAF PARSLEY, POMEGRANATE SEEDS AND A CIDER VINEGAR DRESSING

SALT BAKED BEETROOT,

FETA AND BULGUR WHEAT SALAD WITH SPRING ONION, PINE NUTS AND A MINTED YOGURT DRESSING

CORONATION CAULIFLOWER AND SPINACH SALAD

WITH APRICOTS, APPLE, FRESH TURMERIC, CORIANDER AND A SWEET CIDER VINEGAR DRESSING

ADD GRILLED LEMON AND CHILLI SALMON

£5.00

ADD MARINATED CHICKEN

£5.00



SOURDOUGH SANDWICHES

SERVED WITH A SALAD GARNISH

ADD HOMEMADE FRIES (£2.00)

AVOCADO & TOMATO WITH LEMON, £7.95
OLIVE OIL AND MINT

CHICKEN CAESAR £7.95
WITH SOFT BOILED EGGS AND PARMESAN

SMOKED SALMON AND DILL CRÈME FRAICHE £8.95
WITH LEMON

HOMEMADE FISH FINGER £7.95
AND TARTARE SAUCE

MINUTE STEAK, WHOLEGRAIN MUSTARD, £10.95
RED ONION AND HORSERADISH