THE SPRINGS -

LUNCH MENU

WHITE OR

£7.95

CIABATTAS

ALL CIABATTAS ARE SERVED WITH DRESSED SALAD AND COLESLAW

BACON, BRIE & CRANBERRY [1061KCAL]	£8.95
FALAFEL, SWEET CHILLI & VEGAN CHEESE 🎯 [1161kcal]	£8.95
CARAMELISED ONION CHUTNEY & 3 CHEESE (1849kcal)	£8.95
TUNA MAYONNAISE & 3 CHEESE [874kcal]	£8.95
CHIPOTLE BBQ PULLED BEEF & 3 CHEESE [934kcal]	£9.95
PIRI PIRI CHICKEN & 3 CHEESE [898kcal]	£9.95

MAINS

HAND-BATTERED HADDOCK	£16.95
chunky chips, peas & tartare sauce	[796ксаl]
PIRI PIRI CHICKEN THIGHS spicy rice & dressed salad [1040kcal]	£15.95

SALADS

CHICKEN CAESAR SALAD lettuce, croutons, grilled chicken, parmesan & caesar dressing [714ĸcat]	£15.95
MEDITERRANEAN SALAD mixed leaves, olives, cucumber, whipped feta & balsamic vinaigrett [556ĸcal]	£13.95 æ

FALAFEL & SWEET CHILLI SALAD © £13.95 crispy falafel, chopped salad, dressed leaves & sweet chilli dressing [405KcAL]

BLOOMERS	WHOLEMEAL
ALL BLOOMERS ARE SERVED DRESSED SALAD AND COLES	
BACON, LETTUCE & TOMATO [WHITE 693KCAL] [WHOLEMEAL 655KCAL]	£7.95
EGG MAYO & CRESS [WHITE 750KCAL] [WHOLEMEAL 712KCAL]	£7.95
WHIPPED FETA, OLIVES & TOMA [WHITE 894KCAL] [WHOLEMEAL 857KCAL]	.TO 🛛 £7.95
ΤUΝΑ ΜΑΥΟΝΝΑΙSE	

TUNA MAYONNAISE & CUCUMBER [white 855kcal] [wholemeal 818kcal]

BURGERS

BIOOMERS

THAI SPICED VEGAN BURGER © £15.95 sriracha vegan mayo, fries & coriander coleslaw [1576kcal]

DELUXE BURGER £19.95 southern fried chicken fillet, beef burger, cheese, onion rings, fries & coleslaw [1886Kcal]

BACON BBQ CHEESEBURGER £16.95 bacon, bbq sauce, mixed leaves, fries & coleslaw [1425kcAl]

JACKET POTATOES

ALL POTATOES ARE SERVED WITH DRESSED SALAD AND COLESLAW

BAKED BEANS & 3 CHEESE () [799kcal]	£7.95
CHIPOTLE BBQ PULLED BEEF & 3 CHEESE [820kcal]	£9.95
TUNA MAYONNAISE [1028ĸcal]	£7.95
COLESLAW & 3 CHEESE [1025kcal]	£7.95

SIDES

FRIES S [500kcal]	£3.95
CHUNKY CHIPS 🔮 [448KCAL]	£3.95
ONION RINGS 🔮 [497kcal]	£3.95
DRESSED HOUSE SALAD @ [84KCAL]	£3.95
COLESLAW 🛛 [304kcal]	£2.95

🐡 HOT DRINKS AVAILABLE - PLEASE ASK FOR OUR MENU

ALLERGEN INFORMATION

Allergen information is available for all of our dishes and ingredients upon request. We also have a variety of vegetarian and vegan options, just look out for the symbols:



Calorie information provided is as accurate as possible and correct at time of printing, based on average serving size of entire dish. Ingredients are occasionally substituted or changed which may affect the calorie information. Adults need around 2,000kcal a day.