THE SPRINGS

MAIN MENU

CHEF'S HOMEMADE SOUP £6.50 warm ciabatta TOASTED GARLIC CIABATTA £4.25 [462kcal] TOASTED GARLIC CIABATTA WITH CHEESE V [645KCAL] £5.25 HALLOUMI FRIES £8.95 dressed leaves & chilli jam [433KCAL] **CRISPY CAJUN** CAULIFLOWER WINGS 😨 £7.50 lime & coriander aioli [449KCAL] CHIPOTLE BBQ PULLED **BEEF NACHOS** £8.95 3 cheese, jalapeños, sour cream & guacamole [855KCAL] **SMOKED HADDOCK &** SPRING ONION FISHCAKE £950 dressed leaves & tartare sauce [237KCAL]

MAINS

SIDES

FRIES V [500KCAL]

CHEF'S PIE OF THE DAY mash, buttered greens & gravy	£16.95
CHICKEN & BACON RIGATONI white wine cream sauce, parmesan & garlic ciabatta [1434kca	£14.95
HAND-BATTERED HADDOCK chunky chips, peas & tartare sauce	£16.95 [796kcal]
10 OZ GRILLED RUMP STEAK onion rings, mushroom, roast toma & chunky chips [1237kcAL]	£25.95 to
SWEET POTATO, CHICKPEA & SPINACH BALTI © basmati rice, mango chutney and garlic & coriander naan [B50KCAL]	£14.95
GRILLED FILLET OF SALMON sautéed courgette, kale, asparague butter beans, cherry tomato & pest cream sauce [1092kcal]	

TERIYAKI STEAK STIR FRY£19.95noodles, sesame & prawn crackers[1290kcal]

£3.95

SALADS

STARTERS

CHICKEN CAESAR SALAD lettuce, croutons, grilled chicken, parmesan & caesar dressing [714kcat]	£15.95
MEDITERRANEAN SALAD mixed leaves, olives, cucumber, whipped feta & balsamic vinaigrett [556KCAL]	£13.95 te
FALAFEL & SWEET CHILLI SALAD crispy falafel, chopped salad, dressed leaves & sweet chilli dressin [405KCAL]	£13.95 ng

 CHUNKY CHIPS
 £3.95

 ONION RINGS
 £3.95

 DRESSED HOUSE SALAD
 £3.95

 PEPPERCORN SAUCE [222kcal]
 £2.95

 COLESLAW
 [304kcal]
 £2.95

BURGERS

THAI SPICED VEGAN BURGER S sriracha vegan mayo, fries & coriander coleslaw [1576KCAL]	£15.95
DELUXE BURGER southern fried chicken fillet, beef bu cheese, onion rings, fries & coleslaw	5,
BACON BBQ CHEESEBURGER bacon, bbq sauce, mixed leaves, fries & coleslaw [1425KcAL]	£16.95

DOUBLE PIRI PIRI BURGER £16.95 chicken thighs, aioli, fries & coleslaw [1579KCAL]

DESSERTS

STICKY TOFFEE PUDDING 🛇	£7.50
salted caramel sauce &	
vanilla pod ice cream [364KCAL]	

SORBET SUNDAE © £7.50 trio of sorbet with fruit compote [244KCAL]

MIXED BERRY ETON MESS SUNDAE © £7.50 crisp meringue, vanilla pod ice cream & chantilly cream [870KCAL]

CHOCOLATE BROWNIE SUNDAE **27.50** chocolate & vanilla pod ice cream & caramel & chocolate sauce [952KCAL]

TRIO OF ICE CREAM	£7.50
[367KCAL]	



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.