


# LUNCH MENU

## SANDWICHES

WHITE OR WHOLEMEAL BLOOMER, ALL  
SERVED WITH DRESSED SALAD & COLESLAW

BACON, LETTUCE & TOMATO [WHITE 693KCAL   WHOLEMEAL 655KCAL]	£9.25
FALAFEL, SWEET CHILLI & VEGAN CHEESE 	£8.95
[WHITE 1161KCAL   WHOLEMEAL 1119KCAL]	
CARAMELISED ONION CHUTNEY & 3 CHEESE 	£8.95
[WHITE 849KCAL   WHOLEMEAL 847KCAL]	
HAM & TOMATO	£8.95
[WHITE 547KCAL   WHOLEMEAL 510KCAL]	
EGG MAYO & CRESS	£7.95
[WHITE 750KCAL   WHOLEMEAL 712KCAL]	

## SALADS

CHICKEN CAESAR SALAD lettuce, croutons, grilled chicken, bacon, egg, parmesan & caesar dressing [714KCAL]	£13.95
FALAFEL & SWEET CHILLI SALAD 	£13.95
crispy falafel, chopped salad, dressed leaves & sweet chilli dressing [405KCAL]	

## SIDES

FRIES 	[500KCAL]	£3.95
CHUNKY CHIPS 	[448KCAL]	£3.95
ONION RINGS 	[497KCAL]	£3.95
DRESSED HOUSE SALAD 	 [84KCAL]	£3.25
NEW POTATOES 	[287KCAL]	£3.50

## MAINS

HADDOCK AND CHIPS served with chunky chips, peas & tartare sauce [863KCAL]	£12.95
SOUTHERN FRIED CHICKEN BURGER with French fries & coleslaw [1382KCAL]	£12.95
CHEESEBURGER with French fries & coleslaw [1395KCAL]	£13.95
BANGERS & MASH with peas & onion gravy [834KCAL]	£12.95
HAM, EGG, CHUNKY CHIPS served with peas [696KCAL]	£12.95
3 EGG OMELETTE served with salad & new potatoes [411KCAL]	£9.95
ADDITIONALS	
HAM [45KCAL]	£1.50
CHEESE [170KCAL]	£1.50
SPINACH [12KCAL]	£1.50
MUSHROOMS [7KCAL]	£1.50
SOUP OF THE DAY served with crusty bloomer	£8.95

## 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:

 VEGETARIAN  VEGAN

*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.*