

# OUR MENU


Food served daily

## START & SHARE


**BUTTERMILK CHICKEN WINGS** 6.95  
juicy chicken wings with a crispy coating served with a traditional Kentucky BBQ sauce 534 kcal G,S,M,C

**POPCORN PRAWNS** 7.95  
lightly seasoned & breaded prawns served with a tartare sauce 331 kcal G,E,CR,MU

**SALT & PEPPER CALAMARI** 7.95  
hand cut calamari lightly breaded, with a garlic aioli topped with rosemary & paprika salt 497 kcal G,E,MO,C,S,MU

**LOADED NACHOS** 9.95   
with jalapeño peppers, topped with melted cheddar and mozzarella cheese. Served with a dipping trio of zingy salsa, refreshing sour cream and chive & smashed avocado 801 kcal S,M


*Add pulled beef chilli 126 kcal* **3.95**  
*Add oumph 112 kcal* **3.95**

**FALAFEL** 5.95   
crispy coated falafel bites served with a sriracha dip 430 kcal G,SE

**MOZZARELLA DIPPERS** 6.95  
served with rustic tomato dip 574 kcal G,M,S

**CRISPY CHICKEN STRIPS** 7.25  
served with sriracha mayo 414 kcal G,C,MU,S

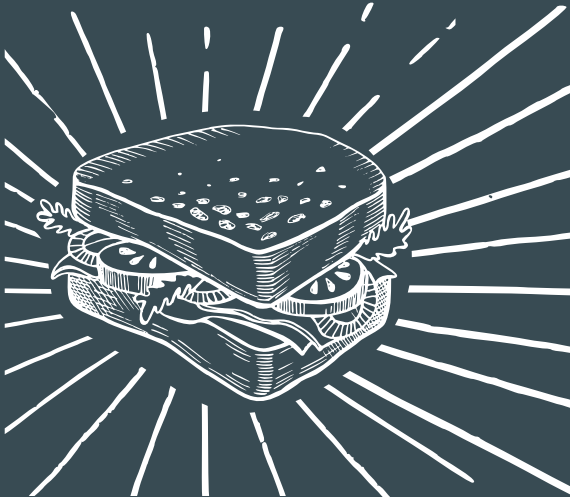
## LOADED FRIES

**TEX MEX** 5.95   
fluffy house fries topped with fiery jalapeño peppers, nacho cheese sauce, smashed avocado 605 kcal M,S

*Add pulled beef chilli 126 kcal* **3.95** OR *Add oumph 112 kcal* **3.95**

**BACON & CHEESE** 5.95  
fluffy house fries topped with crispy bacon, melted cheddar, red peppers 654 kcal M,S,CE

**ULTIMATE LOADED FRIES** 9.95  
topped with BBQ pulled pork, bacon, spicy beef, cheese sauce, crispy onions and spring onions 1117 kcal G,M,MU,S



## CIABATTA SANDWICHES

All served with mixed leaf salad. *Add fries for £1.50*

**BLT** 8.00  
bacon, lettuce & tomato served on ciabatta 645 kcal G,N,SE

**CRISPY CHICKEN** 9.00  
buttermilk chicken breast, lettuce & mayo 747 kcal G,E,M,S,N,SE


**CHEESE & TOMATO** 8.00  
cheese, tomato & pesto 922 kcal G,N,M,S,P,SE

**PULLED PORK** 8.25  
bbq pulled pork & lettuce 515 kcal G,N,SE

## PIZZA

Hand stretched sourdough pizza based topped all topped with a rich tomato sauce and a blend of mozzarella and cheddar cheese


**MARGHERITA** 9.95   
our take on the Italian classic 862 kcal G,M

**VEGGIE DELUXE** 10.95   
topped with mushroom, red & green peppers, tomatoes & onion. Add jalapeños if you want a little extra heat 894 kcal G,M


**MEAT FEAST** 13.50  
pork sausage, crispy bacon, pepperoni & mushrooms 1401 kcal G,M,SO,SE

**PEPPERONI** 12.95  
a great classic pizza topped with fiery pepperoni 1103 kcal G,M

**CHICKEN SUPREME** 12.95  
chicken, red onion, mixed peppers and a bbq tomato base 1041 kcal G,M,C,S


**BBQ OUMPH!** 12.95   
BBQ glazed “plant based” meat with spicy jalapeños, peppers and roasted red onion 989 kcal G,S,M


**FISH & CHIPS** 14.95  
hand made crispy beer battered cod with seasoned chunky chips, traditional mushy peas, tartar sauce and a wedge of lemon 957 kcal G,E,F,MU

**GAMMON STEAK** 13.95   
juicy gammon steak topped with fried eggs or pineapple, served with chunky chips 985 kcal E,M

**SCAMPI & CHIPS** 11.95  
crispy jumbo scampi with seasoned chunky chips, traditional mushy peas, tartar sauce and a wedge of lemon 832 kcal G,E,CR,MU

**BEEF BOLOGNAISE CANNELLONI** 12.95   
cannelloni pasta stuffed with rich beef bolognaise, baked in spiced tomato ragu and topped with creamy cheese sauce & grilled cheddar, served with garlic bread & a crisp dressed house salad 868 kcal G,E,M,SO,S

**CHICKEN TIKKA MASALA** 14.95   
chicken breast in an authentic masala sauce with wholegrain chapati, fluffy steamed Laila rice, crisp poppadom and a sweet mango chutney 1058 kcal G,M


**BATTERED HALLOUMI** 11.95   
hand battered halloumi with chunky chips, mushy peas & a garlic aioli 1309 kcal G,E,M,MU


**CHICKEN PARMA SALAD** 12.95  
breaded chicken breast covered in a rich tomato and herb sauce, baked with cheese sauce. Served with garlic bread & crisp dressed house salad 861 kcal G,M,S,SO


**SPINACH & RICOTTA CANNELLONI** 11.95   
cannelloni pasta stuffed with spinach and ricotta, baked in spiced tomato ragu and topped with creamy cheese sauce & grilled cheddar, served with garlic bread & a crisp dressed house salad 715 kcal G,E,M,S,SO

**TEX MEX CHICKEN BURGER** 12.95  
breaded chicken fillet with melted cheese, tangy tomato salsa, tortilla chips, seasoned fries and a guacamole dip 1214 kcal G,E,M,MU,SO,S

**BEEF BURGER** 12.95  
Aberdeen angus beef pattie topped with bacon and cheese, in a toasted brioche bun with fries and onion rings 1412 kcal G,E,M,MU,SO

**VEGAN BURGER** 12.95   
Moving Mountains Burger with cheese served in a brioche bun with fries 1088 kcal G,S,SO,N

**HUNTERS CHICKEN** 12.95   
smokey BBQ sauce smothered on a chicken breast topped with smoked bacon and melted cheese served with chunky chips 1045 kcal G,M,C,S

**RUMP STEAK** 15.95   
8oz rump steak with chunky chips, vine cherry tomatoes, mushroom & topped with a herby garlic butter 1102 kcal M

**MARINATED CHICKEN SKEWERS** 13.95  
spiced marinated chicken breast skewers with light aromatic summer cous cous, toasted mezzalana bread & sour cream dipping sauce 1055 kcal G,M,C,SE

**ULTIMATE BURGER** 13.95  
6oz Aberdeen Angus beef burger topped with Monterey jack cheese, streaky bacon and BBQ pulled pork 1650 kcal G,E,M

**SEASONED FRIES** 329 kcal M **3.25**

**CHUNKY CHIPS** 376 kcal **3.25**

**ONION RINGS** 595 kcal G **3.50**

**CAJUN FRIES** 424 kcal **3.50**

**SEASONAL SALAD** 62 kcal SO **3.25**

**SEASONAL VEGETABLES** 158 kcal **3.25**




**GARLIC BREAD** 305 kcal G,M **3.25**

**LAILA RICE** 173 kcal **3.25**

ON THE side!

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

Allergen Key: C celery, G gluten, F fish, CR crustaceans, E eggs, MO molluscs, M milk, SE sesame seeds, N nuts, MU mustard, P peanut, SO sulphur dioxide, L lupin, S soya

 **Vegan** on request  **Vegetarian** on request  **Gluten free** on request

# DESSERTS

SYRUP PUDDING 6.50

with vanilla ice cream 593 kcal G,S

APPLE AND BLACKBERRY FLAPJACK CRUMBLE 6.50

with vanilla custard 658 kcal G,SO,M

CHERRY BAKEWELL SPONGE 6.50

with a red cherry compote and custard 582 kcal G,N,E,M

CHURROS WITH A DUO OF DIPPING SAUCES 6.50

chocolate & salted caramel, with vanilla ice cream 526 kcal N,G,M,S

BELGIAN WAFFLE 751 kcal G,S 6.50

chocolate ice cream, whipped cream & chocolate sauce 282 kcal N,S

OR

fruit compote, vanilla ice cream, whipped cream 327 kcal N,E,M,SO

VANILLA & TOFFEE HONEY POT ICE CREAM 6.50

291 kcal M

CHOCOLATE BROWNIE 6.95

with white chocolate pieces, vanilla ice cream & chocolate sauce 755 kcal G,E,M,S,N

## KIDS' MENU

MEAL DEAL  
MAIN, DESSERT  
& DRINK

£8.50 PER CHILD

### CHOOSE YOUR MAIN

CHEESE & TOMATO PIZZA 631 kcal G/M

COATED CHICKEN GOUJONS chips & peas 423 kcal G

FISH FINGERS chips & beans 525 kcal G/MU/M/F

SAUSAGE mash & beans 441 kcal G/SO

### CHOOSE YOUR ICE CREAM

from 53 kcal per scoop

CHOCOLATE S/M/E

VANILLA S/M/E

STRAWBERRY S/M/E

### CHOOSE YOUR DRINK

FRUIT SHOOT ANY VARIETY 10 kcal

MILK 49 kcal (per 100 ml)

BOTTLED WATER

PEPSI MAX 1 kcal, DIET PEPSI 2 kcal OR R WHITES LEMONADE 30 kcal (per 284 ml)

*It's easy to order*

1. DECIDE ON YOUR DISHES
2. NOTE DOWN YOUR TABLE NUMBER
3. PLACE ORDER AT THE BAR
4. WE'LL BRING EVERYTHING TO YOU!