LUNCH



FOOD ALLERGIES AND INTOLERANCES

£3.95

Buttered new potatoes (V) 274KCAL

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the I4 allergens.

(V) Vegetarian • (VG) Vegan • (GF) Gluten free • (DF) Dairy free • (N) Contains nuts

Adults need around 2000kcal a day as a requirement.

LUNCH

£6.95

£9.95

£9.95

£8.95

£8.95

£7.95

SOUP SOUP Served Ilam - 4pm Soup of the day Please ask a member of the team for today's choice. BAKED POTATOES Served Ilam - 4pm Served with salad garnish Prawn and crayfish with homemade mild chilli aioli (GF) 707KCAL Beef chilli con carne with crushed avocado and sour cream 804KCAL Tuna and lemon crème fraîche (GF) 656KCAL Classic Coronation chicken (GF) 735KCAL Baked beans and mature Cheddar cheese (V/GF) 776KCAL (Vegan cheese available)

>>> BETWEEN THE BREADS --

Served Ilam - 4pm

Choice of baguette, multi-seed roll or bloomer bread. Served with salad garnish and crisps (GF bread available) Swap your salad and crisps for chips: £2.50

Prawn Marie Rose 923KCAL	£9.95
Prawn and crayfish with mild chilli aioli 1015KCAL	£9.95
Classic coronation chicken and fresh arugula 947KCAL	£9.45
Tuna crème fraîche and cucumber 865KCAL	£9.45
Roasted Mediterranean vegetable and red pepper hummus with fresh arugula (V/VG) 997KCAL	£9.45
Egg mayonnaise and chive (V) 912KCAL	£8.45
Ploughmans ham sandwich with golden beetroot picalilli 919KCAL	£9.45



FRESHLY MADE TOASTED CIABATTAS



Served Ilam - 4pm

Served with salad garnish and crisps. Swap your salad and crisps for chips: £2.50

and mild cheddar 795KCAL	£9.50
Spiced chargrilled squash and smoked applewood (V/VG) 397KCAL	£9.50
Grilled back bacon, brie and cranberry sauce $1098 \kappa CAL$	£8.95
Tuna, black pepper mayonnaise and Cheddar melt 848KCAL	£8.95
Glazed ham, mature Cheddar and tomato 798KCAL	£8.95

CHOOSE YOUR SALAD

Served Ilam - 4pm

Did you know that all of our Deli counters are nutrient-rich and include ingredients you must have in your daily diet?

One salad: £3.25 Two salads: £5.95 Three salads: £7.95

Garden leaf salad, tomato, cucumber and spring onion (V/VG/GF) 46KCAL

Pasta with sundried tomato, broccoli, pesto and red onion 406KCAL

Turmeric infused bulgur wheat, parsley, dill, mint, tomatoes, diced cucumber and goji berry (V/VG) 178KCAL

Cucumber, red pepper, sugar snaps, carrots, red onion, chilli peanuts with soy, sesame and ginger dressing (V) 109kcal



Why not add any of the above salads to accompany your dish?

Herb and lemon poached salmon (GF) 271KCAL	£8.95
Homemade quiche of the day Please ask a member of the team for today's choice.	£7.95
Homemade pork, honey and mustard sausage roll 521KCAL	£6.95
Glazed ham 283KCAL	£6.95
Greek style stuffed aubergine (V/GF) 206KCAL Red onion, peppers, courgettes, black olives, fresh parsley, oregano and Feta cheese. (Vegan cheese available)	£6.45

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