

## NOODLE BAR

Served 12pm - 3pm

Noodles that you'll want to tell your friends about.

**Udon noodle stir fry (VG) 609KCAL** £10.95

Garlic, ginger, mongetout, peppers, carrots, onions, crispy shallots, black sesame seeds, sriracha and lime wedge.

**Vermicelli noodle stir fry (VG) 768KCAL** £10.95

Garlic, ginger, mongetout, peppers, carrots, onions, crispy shallots, black sesame seeds, sriracha and lime wedge.

**Egg noodle stir fry (V) 736KCAL** £10.95

Garlic, ginger, mongetout, peppers, carrots, onions, crispy shallots, black sesame seeds, sriracha and lime wedge.

Why not add one of the below to your noodles?

Sweet chilli sauce 66KCAL

Teriyaki sauce 72KCAL

Ponzu sauce 44KCAL

**Crispy chicken 193KCAL** £3.95

**Crispy tofu 122KCAL** £2.95

**Teriyaki salmon 272KCAL** £5.95

## HOMEMADE MAINS

Served 12pm - 3pm

**Classic fish and chips (GF) 1060KCAL** £15.95

Sustainably sourced fresh hand-battered fish served with gourmet chips, peas of your choice, tartare sauce, and a lemon wedge.

**Cottage pie topped with parmesan mash 564KCAL** £14.45

**Signature burger 1546KCAL** £14.95

Homemade 8oz beef burger served with maple glazed bacon, melted Monterey Jack cheese, gourmet chips, homemade onion rings and our own cherry tomato relish served in a toasted brioche bun with gherkins, beef tomato, red onions and gem lettuce.

**Chicken katsu burger 1035KCAL** £14.95

Crispy chicken fillet, red pickled cabbage, gem lettuce, Japanese-style mayonnaise and gourmet chips, served in a toasted brioche bun.

**Homemade turkey roulade 1274KCAL** £15.95

Served with creamy mash, braised cabbage and cranberry gravy

**Maple glazed ham (GF) 727KCAL** £12.95

Two free-ranged fried eggs, gourmet chips, golden beetroot piccalilli and homemade pickled cabbage.

**Triple egg omelette with three fillings (GF) 826KCAL** £10.95

Choose from: ham, bacon, goats' cheese, mature cheddar, sun dried tomato, mushroom, spinach, spring onions, served with gourmet chips and dressed watercress

## CHOOSE YOUR SALAD

Served 11am - 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

**Moroccan couscous salad with pomegranate (V/VG) 271KCAL**

**Miso roasted butternut squash with wholemeal pasta, kale, Feta and mixed seeds (V) 392KCAL**

**Green pearl barley with cranberries, harissa roasted parsnips, kale and goat's cheese (V) 581KCAL**

**Roasted cauliflower rice with dried cranberries, mixed seeds, parsley and crispy chickpeas 128KCAL**  
PAIRS WELL WITH CHICKEN OR FISH

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

**Roasted lentil with pickled beetroot, savoy cabbage, cucumber, spring onions and fresh herbs (V/VG) 381KCAL**

**Vibrant slaw with savoy, red cabbage, kale, fennel, carrots and grapefruit vinaigrette (V/VG) 421KCAL**

## HOMEMADE DELI OPTION

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

**Courgette, carrot, spinach and quinoa frittata (V) 343KCAL** £6.45

**Homemade traditional sausage roll 499KCAL** £6.95

**Teriyaki glazed salmon with caramelised lime 357KCAL** £8.95

**Homemade sweet potato, spinach and chickpea sausage roll (V/VG) 532KCAL** £6.95

**Greek style stuffed aubergine (V/GF) 206KCAL** £6.45  
Red onion, peppers, courgettes, black olives, fresh parsley, oregano and Feta cheese.  
(Vegan cheese available)

**Parmesan and herb crusted chicken breast (GF) 387KCAL** £7.45

**Glazed ham 283KCAL** £6.95

**Homemade quiche of the day** £7.95

Please ask a member of the team for today's choice.

**Homemade butternut squash and sage scotch egg (V) 236KCAL** £6.45  
With cranberry sauce.

## BAKED POTATOES

Served 11am - 4pm

Served with salad garnish

Tuna and lemon crème fraîche (GF) 656KCAL	£8.95
Baked beans and mature Cheddar cheese (V/GF) 776KCAL (Vegan cheese available)	£7.95
Prawn and crayfish with homemade mild chilli aioli (GF) 707KCAL	£9.95
Chickpea and spinach curry (V/VG) 781KCAL	£8.95
Beef chilli con carne with crushed avocado and sour cream 804KCAL	£9.95
Add cheese 248KCAL	£1.95

## BETWEEN THE BREADS

Served 11am - 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

Classic coronation chicken and fresh arugula 947KCAL	£9.45
Egg mayonnaise and chive (V) 912KCAL	£8.45
Tuna crème fraîche and cucumber 865KCAL	£9.45
Prawn Marie Rose 923KCAL	£9.95
Pulled pork and crunchy slaw 973KCAL	£9.45

## OPEN SANDWICHES

Served 11am - 4pm

Served with a choice of deli salad

Steak with balsamic shallots and whipped goat's cheese butter 637KCAL	£13.95
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## FRESHLY MADE TOASTED CIABATTAS

Served 11am - 4pm

Served with salad garnish and crisps.

Swap your salad and crisps for chips: £2.50

Turkey, cranberry sauce and Monterey Jack 1120KCAL	£8.95
Grilled back bacon, brie and cranberry sauce 1098KCAL	£8.95
Tuna, black pepper mayonnaise and Cheddar melt 848KCAL	£8.95
Glazed ham, mature Cheddar and tomato 798KCAL	£8.95
Smoked applewood, tomato and basil (V/VG) 702KCAL	£8.95

## SOUP

Served 11am - 4pm

Served with a warm white, brown or GF bread roll.

Swap your roll for a cheese scone £1.50

Soup of the day	£6.95
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Please ask a member of the team for today's choice.

## CHEF'S RECOMMENDATIONS

Served 11am - 4pm

Festive club sandwich 1207KCAL	£12.95
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Breaded turkey, gherkins, brie, fried egg, spinach, mayonnaise and cranberry sauce, with gourmet chips and a choice of deli salad.

Chicken Caesar salad 776KCAL	£12.45
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Roast chicken breast, crispy bacon, cos lettuce, anchovies, sourdough croutons, Parmesan and Caesar dressing.

Warm panzanella and halloumi salad (V) 568KCAL	£12.45
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Grilled halloumi, oven roasted pieces of sourdough, pepperonatta, avocado and a poached egg, dressed with basil oil.

Smoked salmon florentine 790KCAL	£13.45
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Hot smoked salmon, wilted spinach, poached eggs and hollandaise sauce served on a toasted cheese scone with a choice of deli salad.

Three cheese rarebit 1050KCAL	£11.95
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Sautéed wild mushrooms, cheese scone with a spiced cheese sauce made with real ale & mustard topped with poached egg served with green salad and tomato relish.

'Ploughmans' 575KCAL	£12.95
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Ham and cheddar croquettes, brie, pickles, apple and freshly baked crostini with a choice of deli salad.

Glazed goat's cheese and roasted beetroot salad (V/GF) 495KCAL	£12.45
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Caramelised walnuts, dressed watercress and pomegranate.

## SIDES

Served 11am - 4pm

Gourmet chips (V/VG/GF) 314KCAL	£3.75
Cheesy gourmet chips (V/GF) 559KCAL	£4.25
Garlic ciabatta with dressed watercress (V) 335KCAL	£3.95
Seasonal salad (V/VG/GF) 273KCAL	£3.25