



**SEE OUR  
DAILY BOARD  
FOR SPECIALS**

# LUNCH MENU

**MON - SAT  
11.30-2.30**

**ALL MAIN MEALS £6.00 OR 2 FOR £10.00**

## MAINS

### 4oz Fillet Steak in a Pretzel Roll

Dressed in a mustard mayo and fried onions.  
Served with rustic chips and coleslaw

### Thai Cod and Prawn Fishcake

Served with salad and a sweet chilli sauce

### The Ultimate BLT Club Sandwich

Pan fried chicken, crispy bacon, lettuce, tomato and mayo served on toasted white bread with rustic chips

### Grilled Halloumi & Roasted Vegetable Club Sandwich v

Served on toasted white bread with rustic chips

### Italian Chicken Breast Burger

Sliced chicken breast with melted mozzarella and pesto verdi served on a brioche bun with lettuce, mayo, red onion, tomato and a side of rustic chips and coleslaw

### Homemade Lasagne

Served with salad

### Homemade Beef or Vegetarian Chilli v

Served with rice, chunky Guacamole and a handful of corn tortilla chips

### Traditional Ham, Egg and Chips

## OMELETTES

All served with rustic chips and salad garnish

Choose two fillings: Cheddar Cheese, Ham, Bacon, Onion, Mushroom, Peppers, or Tomatoes. Add an extra filling for £1.00

Add a herb or spice for £1.00 extra choose from: Chilli Flakes, Chives, Parsley, Garlic, Coriander or Mixed Herbs.

## CLEAN AND LEAN

Choose one each from the following sections.

### Protein

Chicken Breast, Salmon Fillet, Steak or Quorn Fillet.

### Carbs

Sweet Potato Jacket, Rice or Cous Cous.

### Vegetables

Steamed Broccoli, Wilted Spinach, Avocado or Roasted Peppers.

## SALAD

### Blue salad v

A mix of Lettuce, Apples, Celery, Walnuts, Mayo and crumbled Stilton

### Chicken Caesar Salad

Pan fried Chicken Breast on a bed of salad leaves topped with garlic croutons, Parmesan and a Classic Caesar dressing

### Grilled Mediterranean Vegetables & Halloumi Stack v

With Salad and Tzatziki Sauce

## SOUP

**£3.00**

See specials board for today's soup option or ask a member of our staff.

## JACKET POTATOES

**£3.00**

### Traditional or Sweet Potato

Choose from one classic filling – Tuna Mayonnaise, Cheese, Coleslaw or Baked Beans. All served with salad garnish. Add an extra filling for £1.00

See specials board for today's gourmet filling or ask a member of our staff.

## LITE BITES

**£4.00**

All served with a side of chips

### Breaded Scampi

Chicken pieces in a light crispy coating

### Cumberland Sausage

Quorn Dippers v

## SIDES

**£2.00 EACH**

### Rustic Chips

### Sweet Potato Fries

### Salad

### Garlic Bread

**A selection of cakes, tray bakes and pastries served from the counter daily.**