

LUNCH & DINNER

it's all

good

FOOD

ALL·BAR·ONE

NIBBLES

OLIVES

VEGETABLE CRISPS

PADRÓN PEPPERS

SMOKED ALMONDS

TAPAS TUESDAY

Complimentary bottle of wine when you purchase any 4 tapas Available from 4pm every Tuesday, ask our team for more details*

TAPAS & SHARING

ANY 3 FOR OR 5 FOR

We recommend 3 dishes each, or sharing 5 dishes between two

MEAT

BBQ CHICKEN WINGS
Glazed with Korean inspired BBQ flavours of ginger, garlic and soy

CHORIZO & HALLOUMI SKEWERS
With pico de gallo salsa

MAPLE GLAZED COCKTAIL SAUSAGES
Chilli, mustard and maple glaze

We love

KARAAGE STICKY CHICKEN BITES
Toasted sesame seeds and chilli jam

SPICED LAMB MEATBALLS
Pomegranate and tahini sauce

FISH

SALT & PEPPER CALAMARI
With a sweet chilli and lime dip

PAN FRIED KING PRAWNS
In a tomato, chilli and paprika sauce with toasted ciabatta

FISH GOUJONS
With a saffron aioli dip

VEGETABLES

BEETROOT CARPACCIO
Pickled beetroot slices with whipped tofu

CHILLI 'NON' CARNE TACOS
Filled with crushed avocado, chilli non carne and nacho crumb

VEGETABLE TEMPURA
Courgette, padrón peppers and cauliflower in tempura batter with mango sauce

CHEESE

STONEBAKED GARLIC FLATBREAD
With rocket, Italian hard cheese and a balsamic vinegar dressing

Top pick!

MAC & CHEESE
In a smoked Cheddar sauce

HALLOUMI FRIES
With a southern fried dusting and lemon wedge

OUR SHARING BOARDS

THE GRAZING BOARD
Chorizo and halloumi skewers, salt & pepper calamari, nachos, fish goujons with a saffron aioli dip and maple glazed cocktail sausages

THE MEZZE BOARD
Cheesy fondue with walnuts and celery, nachos, tempura battered vegetables, pickled beetroot and whipped tofu

TRIO OF FRIES
Fries with smoked paprika and saffron aioli, Fries with Parmesan, truffle oil and rosemary, Sweet potato fries with sour cream and Cajun dressing

ALL BAR ONE NACHOS
Topped with Monterey Jack cheese, salsa, sour cream, crushed avocado and jalapeños
Add chilli 'non' carne
Add pulled chicken

VEGAN DIRTY NACHOS
Spicy chickpeas, tomato, coriander, spring onions and a vegan cheese alternative produced from coconut oil

SIDE DISHES

SWEET POTATO FRIES
MIXED SALAD
ROCKET & PARMESAN SALAD

FRIES
With smoked paprika and saffron aioli
With Parmesan, truffle oil and rosemary
With chilli non carne & Monterey Jack cheese

MAINS

CHICKEN SCHNITZEL
Garlic cream sauce, watercress and seasoned fries
Simply ask to swap to Katsu Curry sauce

PLANT-BASED LASAGNE
Topped with breadcrumbs, roasted butternut squash, peppers and courgette

8oz RIBEYE
Peppercorn sauce and Parmesan & rosemary fries
Add tempura onion rings
Add pan-fried king prawns

THE CLUB SANDWICH
Chargrilled chicken breast, bacon, lettuce and tomato in toasted sourdough with seasoned fries

FIRECRACKER CHICKEN, CHORIZO MAC & CHEESE
Smoked Cheddar sauce with tobacco onions

Our Fave

PAD THAI
With rice noodles, free range egg, pak choi, baby corn, beansprouts, sweet chilli and cashew nuts
Add chicken & prawn cracker
Add king prawns & prawn cracker

BAKED SALMON FILLET
2 of your 5 a day
Ras-El-Hanout spices, giant couscous, pomegranate, pesto, broccoli and spinach

BEETROOT, FETA & WALNUT SALAD
3 of your 5 a day
Pickled beetroot, lentils, chargrilled carrots, sugar snaps, cos lettuce, feta and toasted walnuts
Add chicken 2.50
Add salmon 4.00

CHICKEN & AVOCADO SALAD
3 of your 5 a day
Grilled chicken, avocado, cos lettuce, cherry tomatoes, Asian-style slaw and sugar snaps with a creamy lemon dressing

TEMPURA FISH & CHIPS
Mushy peas, tartare sauce and seasoned fries

BURGERS

We recommend

Swap to sweet potato fries
THE ALL DIRTY ONE
Handmade beef patty, crisp Prosciutto, melting gooey Raclette cheese, Caesar slaw served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

THE BACON & CHEESE
Handmade beef patty, streaky bacon, smoked Cheddar and our signature burger sauce served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

THE CHICKEN
Cornflake coated buttermilk fried chicken served in a seeded bun with gherkin, lettuce, red onion, tomato and mayonnaise with seasoned fries

THE CLASSIC
Handmade beef patty with our signature burger sauce served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

Love this

THE PLANT BASED
The revolutionary Beyond Meat® burger that looks and cooks like meat. Plant-based patty served with a cheese alternative produced from coconut oil, vegan mayonnaise, lettuce, tomato and crispy onions in a seeded bun with seasoned fries

Simply ask our team to make your burger 'skinny' by swapping your bun for half an avocado and fries for salad

MAKE IT YOUR OWN
Bacon Smoked Cheddar
Grilled halloumi Extra patty
Smashed avocado Chilli non carne
Pulled chicken Fried egg

DATE NIGHT OR MATES NIGHT SET MENU

2 courses: £10.95 3 courses: £13.95
Available Sunday – Thursday from 5pm. See reverse for full details

DESSERTS

BELGIAN CHOCOLATE BROWNIE
Served with bourbon vanilla ice cream

So good...

CHURROS
Served with Dulce de Leche

COCONUT & RASPBERRY SORBETS
Served with berries and mint

BISCOFF CHEESECAKE
Served with banana and toffee sauce

INDULGENT SHARING BOARD

Perfect for two to share - mini chocolate brownie & Biscoff cheesecake, churros with Dulce de Leche and raspberry & coconut sorbets

LUNCH

Served every day until 5pm
Swap to sweet potato fries

CHICKEN QUESADILLA
Chargrilled tortilla with pulled chicken, black beans, peppers and lime. Served with soured cream and seasoned fries

SMASHED AVOCADO, FETA, & CHILLI
Served open on a toasted ciabatta with seasoned fries

HANDMADE FISH FINGER WRAP
Two lightly breaded fish goujons with cos lettuce and tartare sauce, served with seasoned fries

HANDMADE MEATBALL WRAP
Beef meatballs, spicy tomato & onion sauce, Monterey Jack cheese, watercress, tobacco onions and seasoned fries

LENTIL & CHICKPEA QUESADILLA
Served in a beetroot & chia seed wrap with a gooey cheese alternative produced from coconut oil, rocket and seasoned fries

BBQ CHICKEN, BACON & CHEESE MELT
Served open on a toasted ciabatta with rocket and seasoned fries

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or you require our allergen information, please let us know before ordering.

= made with vegetarian ingredients.

= made with vegan ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. Fish dishes may contain small bones. One of your 5-a-day - A portion of fruit or veg for our meals is based on a minimum 80g serving size and 80g edible pulp and/ or 150ml pure fruit juice for drinks. Source of protein - At least 12% of the calories come from protein. *Tapas Tuesday - each tapas dish is charged at full price.

FEEL GOOD DRINKS

SUPER C SMOOTHIE

Passionfruit, pineapple, mango

BERRY BLAST SMOOTHIE

Strawberry, raspberry, blackberry

AVO-GO-GO SMOOTHIE

Spinach, avocado, ginger, lime

RASPBERRY, APPLE & ROSE COOLER

ORIGINAL EQUINOX KOMBUCHA 0.05% VOL

COFFEE

ESPRESSO	LATTE
AMERICANO	BEETROOT LATTE
MACCHIATO	TURMERIC LATTE
CAPPUCCINO	HOT CHOCOLATE
FLAT WHITE	
MOCHA	

Add flavoured syrup 50p
Choose from: hazelnut, caramel or vanilla
Swap to oat milk 25p

TEA

Available to take away

TEAS
Breakfast / Earl Grey / Rooibos /
Camomile / Peppermint / Green



OUR TAPAS DISHES



GIN TONICA COCKTAILS





INDULGENT SHARING BOARD

DATE NIGHT OR MATES NIGHT SET MENU



2 COURSES 3 COURSES

Available Sunday – Thursday from 5pm




STARTERS

BBQ CHICKEN WINGS
SALT & PEPPER CALAMARI
BEETROOT CARPACCIO 
CHILLI 'NON' CARNE TACOS 

MAINS

CHICKEN SCHNITZEL
THE CLASSIC BURGER
THE CHICKEN BURGER
8OZ RIBEYE (£5 supplement)
PLANT BASED LASAGNE 
BEETROOT, FETA & WALNUT SALAD 

DESSERTS

CHURROS
BELGIAN CHOCOLATE BROWNIE 
COCONUT & RASPBERRY SORBETS 
BISCOFF CHEESECAKE 

EXPRESS LUNCH

Monday-Friday 12-5pm

LUNCH & DRINK

Enjoy our delicious lunch dishes with your choice of a 125ml glass of house wine, half-pint of Amstel, Twisted Tonics (0.07% VOL), Raspberry, apple & rose cooler or draught soft drinks