

# Make it a lunch date

## LUNCHTIME faves

from £7.50

Add a selected soft or hot drink to any of our lunch dishes for 50p\* extra, or upgrade to a selected alcoholic drink from £1.50\*\*

### SUBS & WRAPS

Served with fries

**WHY NOT UPGRADE YOUR FRIES?**  
**CHUNKY CHIPS (V)** +61 kcal **99P**, **SWEET POTATO FRIES (V)** +108 kcal **1.49** OR **TOPPED FRIES\*** 2.49  
\*Check our main menu for options and calorie information

#### SOUTHERN-FRIED CHICKEN

Crispy southern-fried chicken topped with cheese, tomato, iceberg lettuce and garlic aioli.  
Sub 1126 kcal. Wrap 1061 kcal

#### FISH FINGER

Flaky hand-battered cod goujons with iceberg lettuce and tartare sauce.  
Sub 1091 kcal. Wrap 1027 kcal

#### HALLOUMI & AVO (V)

Grilled halloumi with avocado, red peppers, tomato, iceberg lettuce and red pepper mayo.  
Sub 1145 kcal. Wrap 1081 kcal



### Burgers

#### CLASSIC

Beef patty 1000 kcal or southern-fried chicken fillet 1382 kcal served in a soft glazed bun with burger sauce, ketchup, lettuce, chopped pickle and onion – with fries, sticky BBQ and mayo for dipping.  
**Add burger cheese slice** +41 kcal **49p**  
**Add streaky bacon** +37 kcal **49p**



### MAINS

Under 600 Calories

Dishes with this symbol are under 600 calories

#### BREADED SCAMPI

Breaded scampi served with chunky chips, tartare sauce and peas. 1014 kcal  
Swap to mushy peas +36 kcal

Under 600 Calories

#### THAI RED CURRY (VG)

Aromatic coconut curry with cauliflower, green beans, sugar snap peas and peppers, garnished with pomegranate seeds and served with basmati rice. 540 kcal  
Swap to cauliflower rice -250 kcal

#### Why not add a topper?

Grilled seabass fillets +151 kcal **2.99**

Grilled chicken +184 kcal **1.49**

Quorn™ buttermilk style fillet (VG) +188 kcal **2.49**

Under 600 Calories

#### OUR MIXED HOUSE SALAD (VG)

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 414 kcal

#### Why not add a topper?

Grilled seabass fillets +151 kcal **2.99**

Grilled chicken +184 kcal **1.49**



#### PLANT-BASED (VG)

Your choice of plant-based soya burger 1190 kcal or Quorn™ buttermilk style fillet 1135 kcal served in a soft glazed bun with BBQ sauce, lettuce, chopped pickle and onion – with topped nachos, sticky BBQ and vegan mayo for dipping.

**Add vegan cheese (VG)** +60 kcal **49p**

**Add burger cheese slice (V)** +41 kcal **49p**

### UPGRADE TO AN ALCOHOLIC DRINK\*\* FOR AN EXTRA £1.50

Pint of Amstel, Guinness or Aspell Cyder; 175ml glass of house wine (red, white or rosé); 25ml spirit and mixer - choose from Smirnoff Red Label, Jack Daniel's or Gordon's (mixer choices listed below)

### WHY NOT GO premium\*\*\* FOR AN EXTRA £2.50

Pint of Birra Moretti, Peroni, Heineken, BrewDog Planet Pale or Rekorderlig; 25ml spirit and mixer - choose from Gordon's Pink, Sicilian Lemon, White Peach or Havana 3-year-old rum (mixer choices listed below)

### DRINK OPTIONS

#### ADD A DRINK\* FOR 50p

16oz glass of Diet Coke (1 kcal), Coke Zero (2 kcal) or Schweppes lemonade (70 kcal); 330ml bottle of still or sparkling water (0 kcal) or tea (43 kcal) or Americano with milk (46 kcal)

**Mixers:** Diet Coke, Coke Zero, Schweppes lemonade or Fever-Tree bottle. All drinks are subject to availability.

Adults need around 2000 kcal a day.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change.

#### Do you have any allergies?

Please inform staff of any allergies before placing your order, even if you have eaten a dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks.

**While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. There is significant risk of cross-contamination in our deep fat fryers.**

**DRINK SENSIBLY**