

LUNCH



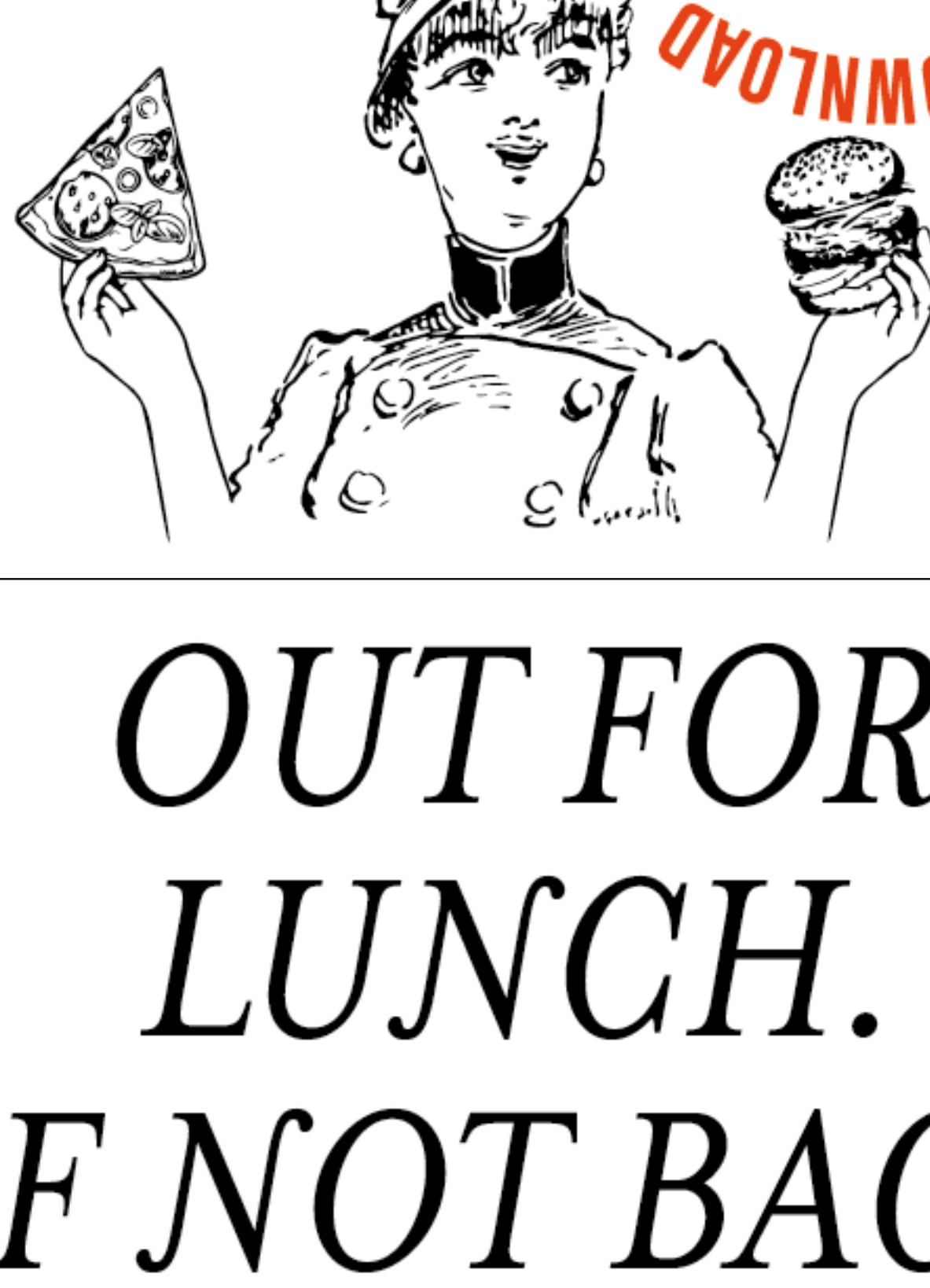
ENJOY
SUB & A DRINK
FROM 7.5

EVERY
DAY



UNTIL
4PM

LUNCHTIME TO TREAT YOURSELF



*OUT FOR
LUNCH.
IF NOT BACK
BY 4PM, OUT
FOR DINNER
AS WELL.*

MAKE TIME FOR LUNCHTIME

ALL LOADED SUBS COME WITH SKINNY FRIES... WHY NOT UPGRADE TO SOMETHING WITH A BIT MORE OOMPH?

LOADED SUBS 7 each

CHEESY JOE

Slow-cooked smoky BBQ beef with melted cheese and red onion. 894 kcal

POSH FISH FINGER

Cod goujons with iceberg lettuce and tartare sauce. 941 kcal



JACKED & SMOKIN' (VG)

BBQ pulled jackfruit with Violife grated mature. 890 kcal

RAINBOW ROAD (V)

Grilled halloumi, avocado and tomato with red onion, spinach, mixed peppers and red pepper & sesame houmous. 1059 kcal

VEGAN ALTERNATIVE AVAILABLE 1051 kcal

CLUCK IT UP

Southern-fried chicken with bacon and mayo. 1206 kcal

KICKIN' CHICKEN

Karaage Japanese-style coated chicken with grated cheese, Korean BBQ sauce, spinach and spring onion. 1085 kcal

GUAC CHICK

Chicken and avocado with Bulleit® Bourbon bacon & onion jam, tomato and mayo. 1196 kcal



SUB...STANTIAL SARNIE

CUSTOMISE YOUR FRIES

ANGRY FRIES (V) + 1.5 +165 kcal

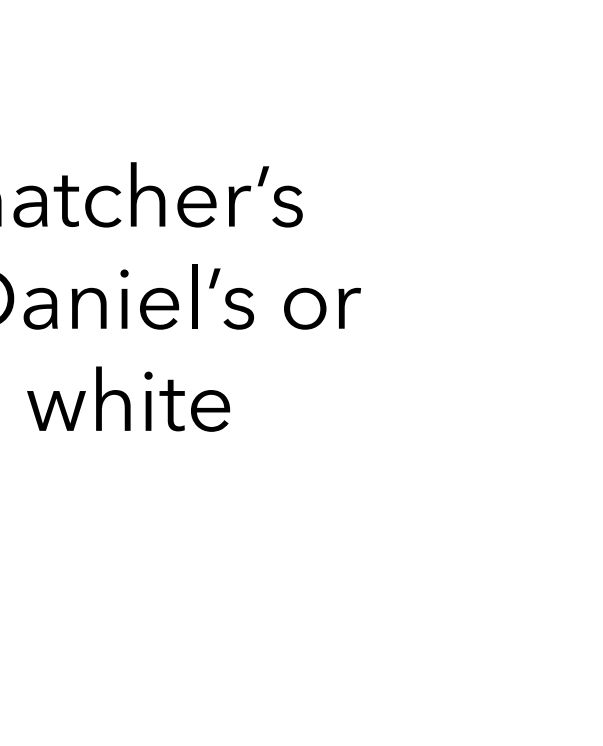
With crumbled Stilton®, blue cheese dressing, sweet & sour onion and Frank's RedHot® sauce.

SWEET & SOUR PICKLED ONION FRIES (VG) + 1.5 +11 kcal

SALTED CHILLI FRIES (VG) + 1.5 +14 kcal
With red chilli, spring onion and coriander.

CHUNKY CHIPS (VG) +50p +61 kcal

QUENCH YOUR THIRST, ADD A DRINK



+50P

Large glass of Diet Coke (2 kcal), Coke Zero (3 kcal) or lemonade (103 kcal); 330ml bottle of still or sparkling water (0 kcal) or a regular hot drink (ask a team member for our range and calorie information)

+1

Pint of Carling, Foster's, Amstel, Inch's, Thatcher's or Strongbow; 25ml Smirnoff Red, Jack Daniel's or Gordon's - and mixer*; 175ml house red, white or rosé

+2

Pint of Stella Artois, Birra Moretti, Peroni, Heineken, Guinness, BrewDog Planet Pale, Camden Hells, Strongbow Dark Fruit or Rekorderlig; 25ml Bulleit Bourbon, Absolut, Gordon's Pink, Tanqueray or Captain Morgan Spiced - and mixer*; 175ml New Zealand Sauvignon Blanc or Argentinian Malbec; 125ml Prosecco

*Mixers: Diet Coke, Coke Zero, lemonade or Fever-Tree bottle.

All drinks are subject to availability; stocking policy varies by pub.

DO YOU HAVE ANY ALLERGIES?

Please inform staff of any allergies before placing your order, even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients.

Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks.

Whilst 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.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (V-M) Made with Vegetarian ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning.

(VG-M) Made with Vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

(†) Fish and poultry dishes may contain bones.

Adults need around 2000kcal a day

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