

LUNCH & DRINK FROM £6.75

Monday to Friday, 12pm – 5pm



7oz# GAMMON STEAK

Served with a fried free-range egg, grilled fresh pineapple, garden peas and seasoned fries 805 kcal

SAUSAGES AND MASH

Irish pork & leek sausages with mash, steamed veg and gravy 972 kcal

VEGGIE SAUSAGES AND MASH **V**

Vegan sausages with mash, steamed veg and gravy 585 kcal

SCAMPI AND CHIPS

Nine pieces of wholetail scampi with a lemon wedge, seasoned fries and garden peas 901 kcal

MARGHERITA PIZZA **V**

Classic mozzarella and tomato base 1039 kcal

VEGAN ALTERNATIVE AVAILABLE **VE** 914 kcal

FISH & CHIPS[†]

Pale Ale battered* fish with seasoned fries, tartare sauce and mushy peas 840 kcal

MAC 'N' CHEESE **V**

Macaroni in a Cheddar cheese sauce, served with garlic bread slices 824 kcal

TOP WITH:

- + BBQ PULLED BEEF RIB +300 kcal +2.75
- + GRILLED CHICKEN FILLET +176 kcal +2.50
- + STREAKY BACON +174 kcal +1.00
- + JERK CHICKEN & CHIPOTLE JAM +177 kcal +2.50

**MEAL DEAL DRINKS

A pint of Carling®, Guinness®, Coors®, 175ml house red, white or rosé wine, or 18oz Pepsi Max® (1 kcal), Diet Pepsi® (6 kcal) or Lemonade (12 kcal).

FLATBREADS & PANINIS

Served with crunchy slaw and your choice of seasoned fries (+395 kcal) or a dressed side salad (+194 kcal).

TUNA & CHEESE MELT PANINI

Tuna with mayo and melted Monterey Jack cheese 798 kcal

JERK CHICKEN FLATBREAD +1.00 EXTRA

Pulled Jerk chicken, salad, cucumber & mint dressing and sweet chipotle chilli jam topped with crispy onions 655 kcal

BBQ PULLED PORK FLATBREAD

Pulled pork in a BBQ glaze with melted Monterey Jack cheese 1064 kcal

SOUTHERN-FRIED CHICKEN FLATBREAD

Southern-fried chicken, gem lettuce and sweet chilli sauce 701 kcal

PHILLY STEAK SANDWICH +1.50 EXTRA

Grilled rump steak, red onions and mushrooms, smothered in a cheese sauce and served in a warm ciabatta 581 kcal

HAM & CHEESE MELT PANINI

Sliced ham and melted Monterey Jack cheese 715 kcal

FALAFEL & HUMMUS FLATBREAD **VE**

Sweet potato & apricot chutney falafel*, with hummus, salad and cucumber & mint dressing 561 kcal

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Adults need around 2000 kcal a day. Calories are correct at time of menu print. Live nutrition information is available online. 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.

V - made with vegetarian ingredients, **VE** - made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. #All weights stated are approximate and prior to cooking. *Dish contains alcohol. Alcohol is only served to over 18s. †Fish dishes may contain small bones. All items are subject to availability. All prices include VAT at the current rate.