

BREAKFAST

POACHED EGGS
Poached eggs and rich hollandaise sauce on a toasted bagel with:
HAND-CARVED HAM 714 kcal 9.50
SCOTTISH SMOKED SALMON 1062 kcal 11.50
HALLOUMI 968 kcal 9.50

FRENCH TOAST 9.50
Topped with fresh mixed berries, cinnamon and mascarpone.
Served with a maple syrup dipping pot.

Served until midday

2 FOR £13
Monday - Friday

ENERGISER 9.95
Crispy back bacon, wilted spinach, poached eggs, oat & mixed seed, sweet potato hashbrowns, smashed avocado and tomato salsa.
GO VEGAN with scrambled Eggs and no bacon

BREAKFAST HASH 10.25
Sautéed bacon, chorizo, onions, diced sweet potatoes, chunks of avocado, wilted spinach with poached eggs and sriracha sauce.
GO VEGAN with our VEGAN HASH

BREAKFAST TACOS 8.50
A trio of warm tortillas, cheesy scrambled eggs, bacon bits and salsa verde. Served with fresh tomato salsa.
SHAKSHUKA 9.50
Baked eggs in spiced tomato sauce, roasted peppers and avocado. Served with toast and fresh tomato salsa.

SMASHED AVOCADO & POACHED EGGS 9.95
Perfectly poached eggs on a toasted bagel, with fresh avocado, spring onion and lime.

NIBBLES

MARINATED GREEN OLIVES 4.75 154 kcal
ARTISAN BREAD 5.75 902 kcal
BLISTERED PADRON PEPPERS 4.95 109 kcal
EDAMAME BEANS 4.95 255 kcal

Take your time

BANYAN PLATTER 30.95

Bang bang chicken skewers drizzled with satay sauce, padron peppers, onion bhaji, Brie wedges, chicken samosa, king prawn spring rolls, avocado & sumac houmous, olives and warmed pitta bread.

Made for sharing

SMALL PLATES

MEAT
BANG BANG CHICKEN SKEWERS 8.95
Drizzled with satay sauce and caramelised peanuts.
CRISPY DUCK BAO 8.75
Hot and sweet glazed duck, cucumber, pickled carrot and red cabbage, miso mayo, served in a light and fluffy steamed bun.
CHICKEN SAMOSA 8.50
Served with mango chutney and minted yoghurt.

VEGETARIAN
GOAT'S CHEESE & SPINACH ARANCINI 8.95
Fried rice balls with a red pepper and garlic sauce, served with a parmesan crisp.

DEEP FRIED BRIE WEDGES 8.75
Japanese breadcrumb Brie and caramelised onion chutney.

CHOOSE 3 FOR £22.95 OR 4 FOR £27.95

FISH
SALT & PEPPER CALAMARI 9.25
Served with aioli and lemon.

KING PRAWN SPRING ROLLS 8.95
King prawns with coriander and garlic, hand-rolled in a crispy pastry and served with a sweet chilli dip.

VEGAN
ONION BHAJI 8.25
Served with mango chutney and minted yoghurt.

AVOCADO & SUMAC HOUMOUS 7.95
Warmed toasted pitta bread, vegetable crudite, mixed seeds, goji berries.

ROASTED RED PEPPER & TOMATO SOUP 6.95
Served with warm ciabatta.

MAINS

CHICKEN SKEWER 17.50
Grilled and layered with fresh Mediterranean vegetables served with a warmed wrap, sweet chilli sauce and house fries or salad.

1484 kcal / GFO 1299 kcal

HALLOUMI SKEWER 17.50
Grilled and layered with corn on the cob and peppers served with a warmed wrap, sweet chilli sauce and house fries or salad.

STEAK & ALE PIE 16.50
Swaledale rare breed beef and a rich dark ale gravy in shortcrust pastry. Served with seasonal greens and your choice of creamy mashed potatoes or gastro chips.

CHICKEN SPIRELLI 13.50
Pasta spirals, chicken breast, julienne vegetables and broccoli, coated in a parmesan cream with a touch of garlic, basil and pine nuts.

ALPINE CHICKEN SCHNITZEL 16.95
Flattened chicken breast layered with Emmental cheese and ham, encased in a golden crumb and topped with a fresh tomato salsa. Served with house fries and aioli.

REVITALISE BOWL 13.95
A nourishing mix of halloumi, roast butternut squash, red and golden beets, avocado, tomato, roast peppers, quinoa and a superfood dressing.

CALIFORNIA SUSHI BOWL 14.95
Smoked salmon, avocado, cucumber, pickled carrot, red cabbage and sushi rice. Served with fresh mango salsa and teriyaki sauce.
CHOOSE crispy fried tofu for a vegan option.

Our beef burgers are served with gem lettuce and tomato on a brioche bun with house fries.
UPGRADE to sweet potato fries for 1.50 or go 'naked' and enjoy your burger bun-free and served with sweet potato wedges.

DELUXE BURGER 13.50
Our classic burger with salsa and mayo.
ADD Monterey Jack cheese for 1.25
ADD Bacon for 1.50

BURROWS BURGER 15.50
Beef burger stacked with crispy bacon, Monterey Jack cheese, diced onion, pickles, jalapeños, mayo, ketchup and French's mustard.
25p from the sale of this burger will be donated to the Motor Neurone Disease Association.



Classics & specialities

8oz RUMP STEAK 19.95
21 day aged, served with gastro chips, beer battered onion rings and your choice of peppercorn or béarnaise sauce.

10oz SIRLOIN STEAK 28.95
21 day aged, served with gastro chips, beer battered onion rings and your choice of peppercorn or béarnaise sauce.

MAC 'N' CHEESE 11.25
Macaroni pasta with four cheese sauce, topped with a Marmite crumb.

THAI RED CHICKEN CURRY 16.95
Thai red curry with butternut squash, sugar snap peas, red peppers, spring onions and cashew nuts in a creamy, spicy coconut sauce. Served with a chapati and fragrant basmati or cauliflower rice.

ROAST CAULIFLOWER MALAYAN CURRY 15.50
Spiced roasted cauliflower, red pepper, sugar snap peas, butternut squash and spring onions in a coconut curry sauce. Served with a chapati and fragrant basmati rice or cauliflower rice.

FIRECRACKER CHICKEN SALAD 13.95
Hot and sticky fried chicken on a bed of shredded oriental vegetable salad, topped with crushed chilli peanuts, Ponzu dressing, fresh lime and sesame seeds.

TERIYAKI SALMON 16.95
Marinated boneless salmon supreme served with stir-fried vegetables and fragrant rice, topped with teriyaki sauce.

GREENHOUSE BURGER 14.95
Meat-free burger, smoked Gouda cheese, veganaise, sliced red onion and mango salsa in a brioche style bun.

KOREAN FRIED CHICKEN BURGER 15.50
Crispy coated chicken with Gochujang glaze, pickled carrot and red cabbage, sriracha mayo, tomato, gem lettuce, brioche bun.

ADULTS NEED AROUND 2000 KCAL A DAY. IF YOU HAVE A FOOD ALLERGY OR ARE SENSITIVE TO CERTAIN INGREDIENTS, PLEASE ASK A MANAGER FOR ASSISTANCE.
VEGETARIAN VEGAN NUT ALLERGY GLUTEN FREE
VEGETARIAN OPTION AVAILABLE VEGAN OPTION AVAILABLE GLUTEN FREE OPTION AVAILABLE

Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals. Not all allergens are listed on the menu. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. A full list of ingredients used in each dish is available for your peace of mind. An optional service charge of 10% will be added to your bill. All tips and service charge will be shared between the team. 2 for £13 breakfast is subject to availability and cannot be used in conjunction with any other offer. All offers can be removed at any time (without notice) and are not available on a Bank Holiday or the day before a Bank Holiday. Timings of our offers may vary per site.

SANDWICHES

CHICKEN FAJITA WRAP 12.50
Grilled Cajun chicken breast, Monterey Jack cheese, tomato salsa, jalapeños, roast peppers, guacamole and sour cream in a tortilla wrap.

RUSTIC CIABATTA STEAK MELT 13.95
Tender steak fillet, rich sautéed mushrooms, Monterey Jack cheese, watercress, red onion marmalade and wholegrain mustard mayonnaise on a rustic ciabatta.

ONION BHAJI WRAP 12.50
Crispy onion bhaji, pickled carrots and red cabbage, mango chutney and minted yoghurt in a beetroot wrap.

BANYAN CHICKEN CLUB 12.50
Crispy bacon rashers, roast chicken, egg mayonnaise, gem lettuce and tomato in a toasted rustic ciabatta.
Go 'naked' and enjoy this sandwich without the ciabatta, served with sweet potato wedges and sriracha mayonnaise.

CHICKEN TIKKA KEBAB 12.95
Warmed naan bread with succulent pulled chicken tikka, mango chutney, salsa verde, red onion, tomato, gem lettuce, cucumber minted yoghurt and coriander.

SIDES

HOUSE FRIES 4.25 452 kcal
GASTRO CHIPS 4.75 586 kcal
SWEET POTATO FRIES 4.50 448 kcal
BEER BATTERED ONION RINGS 4.95 514 kcal

MAC 'N' CHEESE 4.75 373 kcal
TOMATO AND RED ONION SALAD 4.75 195 kcal
TENDERSTEM BROCCOLI 4.75
With chilli and garlic.

A little something extra

DESSERTS

TERRY'S CHOCOLATE ORANGE BROWNIE 7.95
With traditional vanilla ice cream.
STICKY TOFFEE PUDDING 7.95
Served with ice cream or custard.

MINI NUTELLA DOUGHNUTS 7.95
Served warm with vanilla ice cream and toasted hazelnuts.

BAKED VANILLA CHEESECAKE 8.25
Served with raspberry sorbet.

TRIO OF ICE CREAM 6.95
Vanilla 91 kcal per scoop
Dark chocolate 100 kcal per scoop
Strawberries & cream 100 kcal per scoop
Honeycomb 115 kcal per scoop

Room for more?

COFFEE

ESPRESSO 2.50
DOUBLE ESPRESSO 2.85
AMERICANO 2.90
LATTE 3.10
CAPPUCINO 3.20
FLAT WHITE 3.25
MACCHIATO 2.80
MOCHA 3.30

Our smooth, sweet and nutty espresso makes an amazing latte.

HOT CHOCOLATE 3.25
ICED LATTE 3.85
INDULGENT VANILLA FRAPPÉ 3.85
CUSTOMISE YOUR COFFEE +30p
Add a shot of flavoured syrup.
Vanilla 85 kcal
Salted Caramel 84 kcal
Hazelnut 78 kcal
Gingerbread 35 kcal



A blend of beans from Sumatra, Honduras, Peru and Brazil selected for the perfect roast.

SMOOTHIES

SUPERFOOD SMOOTHIE 4.60
Banana, strawberries, blueberries, raspberries, blackcurrant, spinach, matcha, chai seed, cacao, guarana, apple juice.

REPLENISH SMOOTHIE 4.60
Pineapple, apple, spinach, kale, ginger, lemon zest, spirulina, chlorella, wheatgrass, barley grass, apple juice.