

# LUNCH & DRINK

GRAB A TASTY LUNCH DISH  
AND REFRESHING SIP

Monday - Friday 12 - 4pm only

From only  
**£8**



**SOCIAL PUB  
AND KITCHEN**



## WRAPPERS' DELIGHT

YOUR CHOICE OF FLATBREAD OR WRAP SERVED WITH SKIN-ON-FRIES

### CRISPY CHICKEN

Crispy chicken strips, salt, pepper & chilli mayo, mixed leaves, cheese & sticky BBQ sauce, topped with fresh tomato salsa and sweet & sour onion. 1093 kcal (excluding bread option) flatbread +262 kcal, wrap +288 kcal

### DONER KEBAB

Chicken & beef doner strips, mint mayo, mixed leaves and sweet chilli & lime sauce, topped with fresh tomato salsa, sweet & sour onion and coriander. 1125 kcal (excluding bread option) flatbread +262 kcal, wrap +288 kcal

### TANDOORI CHICKEN

Tandoori chicken pieces, mint mayo, mixed leaves and PEPPADEW® pepper sauce, topped with fresh tomato salsa, coriander. 970 kcal (excluding bread option) flatbread +262 kcal, wrap +288 kcal

### CRISPY COATED SMOKED TOFU (VG)

Crispy coated smoked tofu bites, salt, pepper & chilli mayo, mixed leaves, PEPPADEW® pepper sauce & pieces and garlic & herb sauce, topped with fresh tomato salsa. 1300 kcal (excluding bread option) flatbread +262 kcal, wrap +288 kcal

## CRAFTED BURGERS

SERVED IN A TOASTED BUN WITH BURGER SAUCE. ICEBERG LETTUCE, CHOPPED ONION AND GHERKIN. WITH SKIN-ON FRIES AND BBQ SAUCE.

### THE CAESAR

Crispy coated chicken, baby gem lettuce, salt, pepper & chilli mayo and garlic & herb sauce, finished with Italian cheese. 1422 kcal.

### THE MEATY MELT

Topped with a burger cheese slice, streaky bacon and sticky BBQ sauce. 821 kcal excl. burger choice

**CHOOSE FROM A SUCCULENT BEEF PATTY (+287 kcal) OR CRISPY COATED CHICKEN (+418 kcal)**

### THE VEGAN MELT (VG)

Topped with Sheese® sauce and sticky BBQ sauce. 804 kcal excl. burger choice.

**CHOOSE FROM GRILLED THIS™ ISN'T BEEF BURGER (+249 kcal), OR CRISPY COATED SMOKED TOFU (+371 kcal) VEGGIE MELT ALSO AVAILABLE 801 kcal excl. burger choice.**

Adults need around 2000 kcal a day



## STONE BAKED PIZZAS

**MADE FROM A HAND STRETCHED SOURDOUGH BASE, TOPPED WITH TOMATO SAUCE AND MOZZARELLA**

### BARBIE CHICK

Smoked chicken thigh strips, streaky bacon and sweet & sour onion, drizzled with sticky BBQ sauce. 1282 kcal

### A LOAD OF PEPPERONI

Full-loaded spicy pepperoni – the clue's in the name. 1138 kcal

### EASY CHEESY (V-M)

The classic, finished with fresh basil. 934 kcal

VG-M ALTERNATIVE AVAILABLE 924 kcal



(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. **Do you have any allergies?** Please inform staff of any allergies before placing your order, even if you have eaten the 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. **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.** All vegan cheese used in our dishes is non-dairy. Our burger cheese slice is processed. Fish and poultry dishes may contain bones. All weights are approximate uncooked. Ingredients are based on standard product formulations; variations may occur. Calories/nutritional values stated are subject to change. There is significant risk of cross-contamination in our deep fat fryers. Adults need around 2000 kcal a day.

## OUR RATED PLATES

### AVO SALAD (VG)

Baby gem lettuce, rocket, avocado, roasted peppers, sweet & sour onion, tomatoes, spring onion and a garlic & herb sauce dip. 446 kcal

### BUDDHA BOWL (V)

Zesty coriander & lime rice, mango, tomato & onion salsa, sweetcorn riblets, roasted peppers, sour cream, red chilli and coriander. 472 kcal

### TOP YOUR RATED PLATE WITH

ADD CRISPY COATED CHICKEN +418 kcal +1.00

ADD TANDOORI CHICKEN +254 kcal +1.00

ADD GRILLED HALLOUMI (V) +375 kcal +1.00

ADD AVOCADO (VG) +228 kcal +1.00

## PICK A SIP

### COCA COLA ORIGINAL TASTE

369ML 155 kcal

### DIET COKE 369ML 1 kcal

### COCA COLA ZERO SUGAR

369ML 2 kcal

### SCHWEPPES LEMONADE 369ML 70 kcal

### SCHWEPPES TONIC 200ML 42 kcal

### SCHWEPPES SLIMLINE TONIC

200ML 4 kcal

### SCHWEPPES ORANGE JUICE BOTTLE

200ML 94 kcal

### FANCY SOMETHING SAUCY? UPGRADE YOUR DRINK FOR £2 EXTRA

### TANQUERAY GIN 41.3% ABV

### AMSTEL 4.1% ABV

### INCH'S CIDER 4.5% ABV

### WHITE WINE 125ML 12% ABV

### RED WINE 125ML 13% ABV

### ROSÉ WINE 125ML 11.5% ABV

### HEINEKEN 0.0% 330ML 69 kcal

### PERONI 0.0% 330ML 76 kcal

### DAYS LAGER 0% 330ML 73 kcal

### OASIS SUMMER FRUITS 330ML 59 kcal

### RED BULL 250ML 115 kcal

### RED BULL SUGARFREE 250ML 8 kcal

### RED BULL PINK FOREST

FRUIT 250ML 5kcal

