


NO GLUTEN-CONTAINING INGREDIENTS

These meals are made with ingredients that don't intentionally contain gluten. But since we handle gluten in our kitchens, we can't guarantee it's completely gluten-free. That means it's not suitable for people with coeliac disease. If you're ordering from this menu, please let a team member know.


SMALLER BITES

Halloumi Heat & Sweet 
Grilled halloumi coated with sweet chilli sauce. 463 kcal

Tomato & Basil Soup 
With seeded bread roll & butter. 410 kcal

THE GRILL

Our grills are dished up with half a grilled tomato and peas.


Gammon Steak
With mash or a side salad, a fried egg and grilled pineapple.
 **mash** 801 kcal **side salad** 620 kcal

10oz Rump Steak
With mash or a side salad.
 **mash** 666 kcal **side salad** 485 kcal

EXTRAS

 **Fried Egg**  104 kcal
 **Peppercorn Sauce**  74 kcal

LUNCH

Shroom & Blue Loaded Jacket 
Mushrooms with blue cheese, Cheddar, spring onion and butter. 948 kcal

Cheesy Beans Loaded Jacket 
With butter. 670 kcal
Vegan option available.  528 kcal

Brie & Tomato Roll 
With mayo, lettuce and tomato salsa, dished up with a dressed salad. 605 kcal

Chicken & Smoked Ham Hock Terrine
With caramelised red onion chutney, mixed leaves and seeded bread roll & butter. 416 kcal

Corn Fritters 
With a garlic & herb dip. 315 kcal

PUB FAVES


The Melt Burger
Our big and juicy beef burger with smoked streaky bacon, burger cheese and burger sauce, in a soft seeded brown roll with lettuce, onion and gherkin dished up with a dressed side salad. 598 kcal

Smoked Haddock & Mozzarella Fishcakes
With a dressed mixed salad and tartare sauce. 459 kcal

Chicken Tikka Masala
With pilau rice and mango chutney. 718 kcal

Cauliflower & Red Pepper Curry 
With rice. 646 kcal

Shepherd's Pie
Lamb in a red wine sauce with carrot, onion and celery, topped with mash and Cheddar, with peas and gravy. 585 kcal

Hearty House Salad 
Tomato, cucumber, mixed peppers, red onion, spring onion and mixed leaves with brown rice, quinoa, edamame beans, corn fritters and a garlic & herb dressing. 576 kcal

Hot & Cheesy Loaded Roll 
Cheddar, piri-piri hot sauce and spring onion. 359 kcal

SWEET STUFF

Forest Fruits Sundae 
Vanilla flavour ice cream, berry compote, raspberry coulis and Belgian chocolate sauce, topped with rainbow sprinkles. 509 kcal
Vegan option available.  349 kcal

Bakewell Tart 
Warmed, with your choice of:
 **Non-dairy custard** 395 kcal
 **Non-dairy vanilla flavour ice cream** 392 kcal

Vanilla Flavour Ice Cream 
Three scoops, with Belgian chocolate sauce 389 kcal

The Daily Crumble (VG)
With your choice of non-dairy custard or non-dairy vanilla flavour ice cream.

Chat to a team member for today's choices and calorie info.

ON THE SIDE

Mash  209 kcal
Side Salad  28 kcal

Adults need around 2000 kcal a day, so make them delicious.

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ALLERGY & DIETARIES



VEGGIE & VEGAN

SMALLER BITES

Mac & Cheese Bites

With a hot honey Buffalo dip. 352 kcal

Corn Fritters

With a garlic & herb dip. 315 kcal

Tomato & Basil Soup

With bread & butter. 360 kcal

Vegan option available.  268 kcal

Halloumi Heat & Sweet

Grilled halloumi coated with sweet chilli sauce. 463 kcal

Hot & Cheesy Garlic Bread

Garlic bread loaded with Cheddar, piri-piri hot sauce, crispy onion and spring onion. 482 kcal
Vegan option available.  444 kcal

Big Blue Garlic Bread

Mushrooms, onion and blue cheese sauce. 622 kcal


SHARER


Grande Nachos

Doritos® loaded with cheese sauce, jalapeños, spring onion, tomato salsa and garlic & herb sauce. 1017 kcal recommended for 2



 Suitable for vegetarians.  Suitable for vegans.

 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. Ingredients are based on standard product formulations; variations may occur.

 Contains alcohol.

Calories/nutritional values stated are subject to change. Fish and poultry dishes may contain bones and/or shell. Weights stated are uncooked weights. Our burger cheese is processed. Biscoff is a registered trademark of Lotus Bakeries.

LUNCH LOADED JACKETS

Shroom & Blue

Mushrooms with blue cheese, Cheddar, spring onion and butter. 948 kcal

Cheesy Beans

With butter. 670 kcal

Vegan option available.  528 kcal

TOASTIE

Honey Buffalo Brie

Brie, hot honey Buffalo sauce and spring onion, dished up with a side of chips. 930 kcal


WRAPS & BAGUETTES

Dished up with a side of chips.

Tortilla wrap +276 kcal

Baguette +331 kcal

BBQ Chick'n

Buttermilk-style fillet with lettuce, sticky BBQ sauce and garlic & herb sauce. 807 kcal
Vegan option available.  746 kcal

Brie & Tomato

With mayo, lettuce and tomato salsa. 770 kcal

ON THE SIDE

10 Beer-Battered Onion Rings 661 kcal

Chips 373 kcal

Waffle Fries 450 kcal

Skin-On Fries 455 kcal



Waffle Fries

Mash 209 kcal

Side Salad 28 kcal

Cheesy Garlic Bread 618 kcal

Garlic Bread 369 kcal

PUB FAVES


Katsu Chick'n

 buttermilk-style fillet and curry sauce with rice, peas, and spring onion.  686 kcal
Veggie option available.  787 kcal

Mac 'n' Cheese

With garlic bread and a dressed mixed salad. 944 kcal

Cauliflower & Red Pepper Curry

With rice 646 kcal, or swap to chips and make it veggie.  747 kcal

Hearty House Salad

Tomato, cucumber, mixed peppers, red onion, spring onion and mixed leaves with brown rice, quinoa, edamame beans and a garlic & herb dressing. 302 kcal

  Corn Fritters  +275 kcal

  Buttermilk-Style Fillet  +188 kcal

The Fiesta Grande Platter

Quorn Buttermilk-style fillet topped with peppers & onion, dished up with grilled corn, tomato salsa rice, corn fritters and Doritos loaded with jalapeños, tomato salsa and garlic & herb sauce. 1171 kcal

All-Day Veggie Brekkie

Two THIS™ Isn't Pork sausages, two fried eggs, two hash browns, baked beans, mushrooms, grilled tomato, toast and butter. 972 kcal

The Fiery Plant

THIS™ Isn't Beef burger with burger cheese, caramelised onion, crispy onion, piri-piri hot sauce and burger sauce, in a soft glazed bun with lettuce, onion and gherkin, dished up with a side of skin-on fries. 1050 kcal

Vegan option available.  924 kcal



Mac 'n' Cheese

SWEET STUFF

Billionaire's Chocolate Fudge Cake


Chocolate fudge cake topped with chocolate honeycomb, salted caramel sauce and Belgian chocolate sauce, with a scoop of vanilla flavour ice cream. 630 kcal

Honeycomb Cheesecake

Toffee cheesecake topped with chocolate coated honeycomb pieces, toffee sauce and dark chocolate, with a scoop of vanilla flavour ice cream and Belgian chocolate sauce. 646 kcal

OUR
FAVE

Forest Fruits Sundae

Vanilla flavour ice cream, berry compote, raspberry coulis and Belgian chocolate sauce, topped with rainbow sprinkles. 509 kcal
Vegan option available.  328 kcal

Bakewell Tart

Warmed, with your choice of:

 Non-dairy custard 395 kcal

 Non-dairy vanilla flavour ice cream 392 kcal

Vanilla Flavour Ice Cream

Three scoops, with your fave sauce.

 Belgian chocolate sauce 389 kcal

 Biscoff sauce 448 kcal

Loaded Churros

Churros topped with dried raspberries, popping candy, Biscoff sauce and Belgian chocolate sauce. 787 kcal

The Daily Crumble

With your choice of non-dairy custard or non-dairy vanilla flavour ice cream.

Chat to a team member for today's choices and calorie info.



Loaded Churros

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