

Pulse



LUNCH MENU FROM £10

Everyday from 12:00 to 15:00

PUMPKIN CREAM GNOCCHI [V]

*Pumpkin cream, sage, potato gnocchi, walnuts, parmesan
(add extra parmesan +£1)*

RED LENTIL DAHL [PB]

Coconut red lentil curry, homemade flatbread & pickles

BARLEY & ROASTED SQUASH SALAD [PB]

*Barley, squash, tomatoes, red onions, capers, black olives,
broccoli, pumpkin seeds, balsamic vinaigrette*

SAUSAGE RAGÙ RIGATONI

*Red wine and fennel sausage ragù rigatoni pasta,
parmesan (add extra parmesan +£1)*

GRILLED CHICKEN CIABATTA

*Grilled chicken thigh, paprika, garlic mayo, lettuce,
jalapeno relish, pickled cucumber*

CHICKEN MILANESE (£12)

Breaded chicken breast, served with fries or salad

CLASSICS

Monday to Sunday - Available all day

FISH & CHIPS £18

Beer battered cod, fries, tartare sauce, green pea purée

STEAK & FRIES £19

Grilled 8oz sirloin steak, fries & chimichurri sauce



NIBBLES

OLIVES [PB] <i>Nocellara olives, stone in</i>	4
BREAD [PB] <i>Extra virgin olive oil, balsamic vinegar</i>	4.5
TOTOPOS [PB] <i>Fried corn tortilla chips, guacamole</i>	5.5
FRIES	5.5

BITES

SHORT RIB NUGGETS <i>Braised short rib, hoisin sauce, pickles</i>	9
CHICKEN WINGS <i>Choose your sauce Korean/ BBQ/ Buffalo</i>	8
CHICKEN BITES <i>Breaded chicken, coriander slaw, lime mayo</i>	8
GRILLED KING PRAWNS <i>Paprika garlic mayo</i>	9.5
PLANT BASED BITES [PB] <i>Plant-based meat, coriander slaw, lime mayo</i>	8
GRILLED BROCCOLI [PB] <i>Black sesame seeds mayo, chilli oil</i>	8
TEMPURA MUSHROOMS [PB] <i>Mushrooms, bean miso dip</i>	8.5
CHEESE BOMBS [V] <i>Jalapeno relish</i>	8
PULSE FRIES <i>Cheese, crispy bacon, shallots, curry mayo</i>	10

BURGERS

Sesame brioche burger bun & fries, served with lettuce and gherkins

THE CLASSIC <i>Double beef patty, cheese, burnt onions, pulse sauce</i>	16.5
PULSE BURGER <i>Double beef patty, cheese, braised short rib ,cheese bomb, jalapeño relish, pulse sauce</i>	18
CHICKEN <i>Breaded chicken thigh, coriander slaw, korean spicy mayo</i>	16
PLANT BASED BURGER [PB] <i>Plant based meat patty, guacamole, lime mayo, plant based brioche bun</i>	15

SAUCES & EXTRAS £2

Streaky Bacon, Cheese, Fried Egg, Guacamole

TACOS

All our tacos are served in pairs on corn tortillas with guacamole

SHORT RIB <i>Salsa criolla, fried shallots</i>	12
CHICKEN <i>Coriander slaw, jalapeños</i>	11
GRILLED PRAWNS <i>Lettuce, mango sauce, roasted corn</i>	11.5
MUSHROOMS [PB] <i>Pickled cabbage, sticky miso sauce</i>	11

SALADS

PEARL BARLEY & SQUASH [PB] <i>Barley, roasted squash, tomatoes, red onion, olives, capers, broccoli, pumpkin seeds & balsamic vinaigrette</i>	12
ASIAN [PB] <i>Carrot, rice noodles, cucumber, spring onion, pepper, gem lettuce, mint, coriander, cashews, chilli & lemon dressing</i>	11.5
KALE CAESAR [V] <i>Kale, avocado, croutons, parmesan, soft boiled egg, plant based caesar dressing</i>	13

[Add chicken or prawns for 4]

PLATTERS

THE VICTORY (4 pax) <i>Short rib nuggets, cheese bombs, chicken bites, grilled prawns, 4 chicken tacos & a bowl of fries</i>	45
THE UNDERDOG [V] (4 pax) <i>Plant based bites, grilled broccoli, tempura mushrooms, cheese bombs, 4 mushroom tacos & a bowl of fries</i>	45

TACOS PLATTER (8 tacos)	Choose
Chicken £35	Prawn £36
Mushrooms £35	Short Rib £38

CHICKEN WINGS £25 (20 wings)	Choose
Spicy Korean Sauce	
BBQ Sauce	
Buffalo Sauce	

DESSERTS

CHOCO BOMBS [V] <i>Fried dumplings stuffed with hazelnut chocolate</i>	7
STICKY TOFFEE & BISCOFF CAKE [PB] <i>Sticky toffee sponge, biscoff icing</i>	7
ICE CREAM [PB] <i>Chocolate or Vanilla</i>	5

