

SMALL PLATES, 3 FOR 22*

SYLVAN POST

Korean barbecue chicken bites, sesame seeds, spring onion ^{573kcal} **9.5**

Crispy squid, garlic aioli, lime & spring onion (GIF) ^{485kcal} **9.5**

Halloumi fries, hot honey drizzle, pickled chilli (V) ^{835kcal} **9**

Honey & mustard chipolatas ^{911kcal} **7.5**

Lamb kofta, spiced aubergine, tzatziki, pickled red onion (GIF) ^{626kcal} **8**

Hummus, cucumber, pepper & pomegranate salsa, flatbread (PB) ^{695kcal} **7.5**

Chorizo croquettes, smoked paprika mayo ^{834kcal} **8**

Rosemary & sea salt focaccia, marinated olives (PB) ^{975kcal} **6.5**

Padron peppers, smoked sea salt, lemon (GIF, PB) ^{133kcal} **7**

SHARERS

Nachos, cheese, homemade tomato salsa, guacamole, soured cream, jalapeños (GIF, V) ^{2061kcal} **15.5**

Mezze board, spiced aubergine, hummus, olives, tzatziki, flatbread, crudites (V) ^{1254kcal} **17.5**

MAINS

Fish & chips, mushy peas, tartare sauce (GIF) ^{1622 kcal} **17.5**

Pan fried gnocchi, asparagus, peas, broad beans, lemon gremolata (PB) ^{891kcal} **14.5**

Pan roasted chicken supreme, braised baby gem, peas, bacon, tarragon pesto (GIF) ^{769kcal} **18.5**

Smoked haddock fishcakes, creamed spinach, poached egg ^{713kcal} **14.5**

Beer & treacle gammon ribeye, fried egg, chips ^{1590kcal} **15**

Flat iron steak, garlic butter, watercress, fries (GIF) ^{1291kcal} **19.5**

Bang bang chicken salad, chilli, peanuts, watercress, sesame & peanut dressing ^{669kcal} **15.95**

Sweet potato, spinach & chickpea curry, basmati rice, flatbread (PB) ^{1016kcal} **14.5**

Korean BBQ chicken burger, crunchy sesame slaw, lettuce, fries ^{1381kcal} **16.5**

Double cheeseburger, pickles, burger sauce, fries ^{1476kcal} **16.5**

- add bacon ^{428kcal} **2**

SIDES

Skinny fries (GIF, PB) ^{487kcal} **5**

Fat chips (GIF, PB) ^{665kcal} **5**

Beer-battered onion rings (PB) ^{667kcal} **4.5**

Creamed spinach (GIF, V) ^{504kcal} **4**

PUDDINGS

Sticky toffee pudding, toffee sauce, salted caramel ice cream (V) ^{1331kcal} **7**

Chocolate brownie, chocolate sauce, vanilla ice cream (GIF, PB) ^{642kcal} **6.5**

Lemon cheesecake, raspberry sorbet (V) ^{617kcal} **6**

Selection of ice cream, please ask the team for today's flavours (PB, GIF options available) **6**

LUNCH DISHES £8.5* • MON-FRI, 12-5PM

Served with a handful of fries

Classic smashed cheeseburger, pickles, burger sauce, pickles ^{965cal}

Fish finger bap, lettuce, tartare sauce ^{1069kcal}

Buttermilk fried chicken burger, lettuce, mayo ^{1205kcal}

Toasted focaccia, hummus, tomato, avocado & rocket salad, pepper & pomegranate salsa (PB) ^{1142kcal}

Before you order your food and drink, please inform a member of staff if you have a food allergy or intolerance. A voluntary 12.5% service charge will be added to your bill today, all of which goes directly to the team. Please ask your server to remove this if you would rather it were not added. Due to shared fryers being used in our kitchen some fried items may contain gluten, dairy, crustaceans or fish. Please speak to a member of our team. Key for Symbols: Vegetarian (v), Plant based (pb), gluten ingredient free (gif)