

## STARTERS

- FP** HOMEMADE SOUP OF THE DAY with ciabatta and Netherend Farm salted butter (v) £6.25
- FP** TEMPURA OYSTER MUSHROOMS Lightly battered, with a soy, lime & ginger dip (v) £6.95
- FP** DUCK LIVER & PORT PARFAIT with a spiced fruit & sloe gin chutney, served with rustic toast £7.50
- FP** DEEP-FRIED BRIE in panko breadcrumbs with a spiced fruit & sloe gin chutney (v) £6.50
- FP** CARAMELISED GOATS' CHEESE with roasted pear, chopped hazelnuts, chicory, balsamic glaze and toasted ciabatta (v) £7.25

## MAINS

### 650 CALORIES OR LESS

- ROASTED SALMON FILLET with pan-fried samphire, broccoli & baby spinach, confit tomatoes and lemon olive oil *2367kJ/562kcal* £14.95
  - SPICED AUBERGINE COCONUT CURRY with sesame, broccoli, sticky Jasmine rice and a scorched red chilli (ve) £12.50
  - FP** STIR-FRIED BEEF FILLET SALAD with cucumber, tomato, red onion, spring onions, coriander, red chilli, and a soy, lime & ginger dressing  
*This dish is high in protein* **FP** Small £9.50 | Large £13.50
  - FP** WHOLEFOOD SALAD with black rice, quinoa, avocado, broccoli, spinach and seeds, with a pineapple, lemongrass & ginger dressing (ve)  
*1491kJ/355kcal. This dish is low in saturated fat* £9.95
- Add: Truffled goats' cheese (v) £2.00 | Chargrilled chicken breast £4.00 | Lamb koftas £3.50 | Grilled halloumi (v) £3.00 | Roasted salmon fillet £5.00*
- CHICKEN, BACON & AVOCADO SALAD with baby gem lettuce, spinach and tenderstem broccoli with a cider & honey mustard dressing £12.95

## HOUSE SPECIALS

- ROTISSERIE HALF CHICKEN with skinny fries, garlic confit and preserved lemon aioli £13.95  
*Finished with your choice of flavour: truffle, chimichurri or BBQ*
- FP** CHARGRILLED GAMMON STEAK & FRIED EGGS with twice-cooked chunky chips and honey-roasted pineapple £10.95
- BATTERED HALLOUMI with twice-cooked chunky chips, minted pea purée and tartare sauce (v) £12.50
- FP** KING PRAWN, CRAB & CHORIZO LINGUINE with white wine, tomatoes, garlic & chilli **FP** Small £10.50 | Large £13.95

## PIZZAS

*If you prefer a lighter pizza, we can replace the centre with a baby spinach & tomato salad.*

- POLLO AMERICANO PIZZA Chicken, thyme roasted mushrooms and mozzarella, on a BBQ tomato base £12.95
  - PADANA PIZZA Goats' cheese, caramelised red onion chutney, and mozzarella with rocket (v) £11.25
  - FP** MARGHERITA PIZZA Mozzarella, cherry tomatoes and basil (v) £10.50
  - DIABLO PIZZA Chorizo, pepperoni, bacon, pork & fennel sausage, mozzarella, jalapeños and red chilli £13.95
- Add: Jalapeños (v) | Red peppers (v) | Pineapple (v) | Flat mushroom (v) | Goats' cheese (v) £1.50  
Bacon | Chorizo | Hand-pulled chicken £2.00*

## SANDWICHES

*All our sandwiches are freshly prepared, and come served with your choice of fries (v), soup (v) or house salad (ve).*

- KING PRAWN, SEAFOOD AND LOBSTER SESAME ROLL in a slow-roasted tomato Marie Rose sauce £10.95
- FP** BEER-BATTERED COD FISH FINGER SANDWICH with tartare sauce £8.95
- FILLET STEAK SANDWICH with caramelised red onion chutney rocket and beef dripping sauce £10.95
- FP** MEZZE FLATBREAD Beetroot hummus base, topped with roasted chickpeas, Greek-style salad, seeds, avocado and rocket (ve) £8.95

## DESSERTS

- FP** WARM HOME-BAKED CHOCOLATE BROWNIE with Belgian chocolate sauce and Bourbon vanilla ice cream (v) £6.75
- FP** ICE CREAM OR SORBET & HOME-BAKED TRIPLE CHOCOLATE COOKIE Choose three scoops from Bourbon vanilla, honeycomb, pecan praline, double chocolate or strawberry ice cream, blood orange or coconut milk sorbet (v) £5.50
- FP** APPLE, PLUM & DAMSON CRUMBLE topped with a Demerara crumb, served with vanilla (v) or soya (ve) custard £6.25
- FP** MINI DESSERT & A HOT DRINK Choose from home-baked chocolate brownie, white chocolate & blackcurrant cheesecake tower, apple, plum & damson crumble or Belgian chocolate & hazelnut mousse (v) *Mimi desserts are 350kcal or less* £5.25

### ALLERGEN & DIETARY INFORMATION:

Our easy to use allergen guide is available on the food section of our website or the Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information.

Our food and drinks are prepared in food areas where cross contamination may occur, and our menu descriptions do not include all ingredients.

If you have any questions, allergies or intolerances, please let us know before ordering.

(v) = made with vegetarian ingredients, (ve) = made with vegan ingredients, however some of our preparation and cooking methods could affect this. Dishes containing fish or hand-pulled chicken may contain small bones. Some of our dishes contain alcohol. Weights stated are approximate uncooked weights. All items are subject to availability. The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.



LUNCH

