

# YOUNG ADULTS MENU

Available all day every day

— Smaller portions for smaller appetites for **ONLY £8.95** —

## Salmon Fishcakes (518 kcal)

New potatoes and dressed salad leaves

## Pan Fried Sea Bass Fillet (771 kcal)

Crushed potato, stem broccoli and a creamy sauce

## Hunters Chicken (921 kcal)

Bacon, cheese and BBQ sauce.

Served with fries and garden peas

## Seafood Basket (742 kcal)

Fish goujons and scampi, served with fries, mushy peas and tartare sauce

## Chargrilled Rump Steak (797 kcal)

Fries, onion rings, garden peas and pepper sauce

## Three Cheese & Leek Pie (v) (1555 kcal)

Shortcrust pastry, cheese & chive sauce, thick-cut chips, mushy peas or beans

## Chicken Caesar Salad (464 kcal)

Grilled chicken, shaved cheese, focaccia croutons and Caesar dressing

## Honey Glazed Ham (816 kcal)

Thick-cut chips and two fried eggs

# CHILDREN'S MENU

Available all day every day

— 2 Courses **£7.95** or 3 Courses **£9.95** —

## STARTERS

### Seasonal Soup of the Day (v) (453 kcal)

Warm bread & butter

### Baked Garlic Bread with Cheese (336 kcal)

### Quinoa Hummus (vv) (272 kcal)

Toasted pitta bread and carrot sticks

### Nachos (v) (147 kcal)

Topped with cheese, salsa and sour cream

## MAINS

### Crispy Chicken Strips (980 kcal)

BBQ sauce, fries and garden peas

### Grilled Beef Burger (887 kcal)

Lettuce, tomato and fries

### Fish & Chips (670 kcal)

Mushy peas

### Pork Sausages (792 kcal)

Fries and peas or beans

### Vegan Fish Fingers (vv) (600 kcal)

Fries and mushy peas

### Honey Glazed Ham (580 kcal)

Thick-cut chips and fried egg

## SUNDAY LUNCH

(Not included in the 3 course option)

All our Sunday lunches are served with traditional vegetables, roast potatoes, home-made Yorkshire pudding and real gravy

Roast Chicken (920 kcal) **£8.25**

Roast Turkey (995 kcal) **£8.25**

Crispy Pork Belly (1277 kcal) **£8.25**

12 Hour Roast Beef (999 kcal) **£8.95**

## DESSERTS

### Chocolate Brownie (v) (618 kcal)

Vanilla ice cream

### Banana Split (v) (549 kcal)

Vanilla ice cream and chocolate sauce

### Strawberry Frozen Yoghurt (v) (235 kcal)

### Chocolate Cookie & Ice Cream Sundae (v) (636 kcal)

Full allergen information is available on request. Please ask our team for details when ordering

both food and drink. All weights noted are approximate and prior to cooking. (v) vegetarian dishes (vv) vegan / Gluten Free options are available on request.

Children need around 1400 - 1800 kcal a day, dependant on age.