

WHILE YOU WAIT PERFECT TO SHARE

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| Homemade toasted sourdough with extra virgin olive oil & balsamic vinegar | 4 |
| Antipasti of olives | 4 |
| Grilled salt & pepper padron peppers | 4.5 |
| Cumberland sausage & chorizo bites | 7 |
| Homemade corn nachos with fresh chilli, crushed avocado, tomato salsa & crème fraiche | 7 |
| Pea & mint houmous with crunchy vegetables & homemade sourdough | 6.5 |

STARTERS

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| Soup of day served with homemade toasted sourdough | 5 |
| Potted smoked mackerel pâté with watercress & homemade sourdough toast | 7.5 |
| Vine tomato, basil & balsamic bruschetta (DF) | 7 |
| Piri piri chicken tenders, mixed leaf served with a mango & vine tomato salsa (GF)(DF) | 7 |
| Homemade smoked haddock & pea fishcake served with a vine tomato & rocket salad with a side of citrus mayo | 8 |
| Lemon & garlic king prawns served with mixed leaf & crème fraiche (GF) | 8 |
| Sliced duck breast on a bed of Asian slaw (GF)(DF) | 8 |
| Beetroot, feta & walnut salad (GF) *Nuts | 6.5 |

MAINS

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| Thai red curry with red pepper, sugar snap peas, kale & coconut & lime rice served with a grilled flatbread (DF) | 14 | Add Chicken or prawns | 3 |
| 8oz rump steak au poivre with tenderstem broccoli & honey glazed carrots (GF) | 18 | | |
| Lemon & rosemary pan fried sea bass fillets with asparagus, green beans & vine tomatoes (GF)(DF) | 17.5 | | |
| Sweet potato & pumpkin seed risotto (VG) | 13 | | |
| Honey glazed duck breast with sesame seed stir fried noodles red pepper & tenderstem broccoli with a choice of sweet chili or hoisin sauce | 18.5 | | |
| Chicken breast wrapped in streaky bacon stuffed with spinach & pine nuts served on a bed of sweet potato mash with a tomato & olive sauce Nuts | 15 | | |
| A Goodness Bowl of pomegranate couscous, quinoa, curly kale, tenderstem broccoli, beetroot & vine tomatoes finished with mixed seeds & a pomegranate dressing (DF) *Nuts | 14 | Add Piri piri Chicken, king prawns or sriracha spiced tofu | 3 |
| Spinach & ricotta tortellini in a creamy sun blushed pesto sauce served with a rocket & parmesan salad and a side of homemade toasted sourdough *Nuts | 14 | | |

SIDES 4.75 each

- Salt & pepper potato wedges (GF)(DF)
- Tenderstem broccoli (GF)(DF)
- Sautéed curly kale, sugar snap & garden peas (GF)(DF)
- Sweet potato wedges (GF)(DF)
- Mixed leaf salad (GF)(DF)
- Asian Slaw (GF)(DF)
- Beetroot, feta, watercress & walnut salad (GF) *Nuts

(DF) - Dairy free (GF) - Gluten free (all bread can be substituted to GF) (VG) - Vegan *Nuts - contains nuts
Please advise your waiter if you have any allergies.