



healthier options

APPETISERS / SMALL PLATES

£4.95 each or 3 for £13.25 to share

Falafel (vv)

Spicy jalapeño and tangy salsa

Chickpea and Tahini Hummus (vv)

Raw vegetables for dipping

Bread Selection (v)

Balsamic dip

Roasted Spiced Cauliflower (v)

Maple glaze and crème fraîche

Sautéed Field Mushrooms (vv)

Dressed rocket

HEALTHY MAINS

Harissa Spiced and Baked Lamb £14.95

Minted cous cous.

Poached Chicken Breast £12.95

Tender stem broccoli, pepper and mushroom dry stir fry

Chargrilled Rump Steak £15.95

Baked vine tomatoes, mushrooms and wilted greens

Sea Bass and Scallops £16.95

Served on a pea and prawn risotto (cheese and butter free)

Chickpea Sweet Potato and Spinach Curry £11.95

Braised turmeric rice

Full allergen information is available.

Please ask our team for details when ordering both food and drink.

All weights noted are approximate and prior to cooking

(v) denotes vegetarian dishes (vv) vegan (gf) gluten free

All allergen information on our drinks selection is provided by our suppliers and is correct at the time of publication

DRINKS MENU

To accompany your meal, why not choose something from our healthier drinks menu. From non-alcoholic beers to low calorie wines, there is something for everyone to enjoy.

LAGERS & BEERS

Beer Studio Seared Saaz 330ml 4.2% abv (vv) (v)

Corona 330ml 4.5% abv (vv) (v)

Greens Glorious Pils 330ml 4.5% abv (vv) (v) (gf)

Heineken Non Alc. 330ml 0.0% abv (vv) (v)

Peroni 330ml 5.1% abv (vv) (v)

Skinny Lager 330ml 4.0% abv (vv) (v) (gf)

WINES & SPARKLING WINE

Bon Voyage Sauvignon Blanc 0.5% abv (gf)
Non Alc. 70cl

Domaine Pugibet 9% abv (vv) (v) (gf)

Skinny Prosecco 70cl 11% abv (v) (vv) (gf)

SOFT DRINKS

(various flavours available to enjoy - please ask at the bar)

Feel Good 750ml - made for sharing (v) (gf)

Fever Tree Tonics 200ml (vv) (v) (gf)

Fentimans Botanicals 275ml Various

Frobishers 100% Juices 250ml (v) (vv) (gf)

Mr Fitzpatrick Cordials (vv) (v) (gf)

Pepsi Max by the glass (vv) (v)

Fancy something else? Please ask our bar staff about our standard drink selection.