

# LUNCH SET MENU

2 COURSES FOR 18.75 | 3 COURSES FOR 22.75

AVAILABLE MONDAY – FRIDAY 12-5PM

## TO START

### CHICKEN LIVER & BRANDY PARFAIT\*

Cherry amaretto compote, toasted bread 420kcal

### CREAMY BAKED MUSHROOMS\* (v)

Vintage Cheddar & white port sauce, garlic & rosemary pangrattato crumb, ciabatta 404kcal

### PAN-FRIED KING PRAWNS WITH CHILLI & FETA\*

Tomato & chipotle chilli sauce, lemon gremolata, toasted ciabatta 274kcal

### SPICED CARROT & CORIANDER SOUP (ve)

Pesto, baked carrot crisps 340kcal

## MAINS

### MARGHERITA PIZZA (v)

Mozzarella, cherry tomatoes, basil 984kcal

### CHARGRILLED GAMMON STEAK & FRIED EGGS

Rustic thick-cut chunky chips, honey-roasted pineapple 816kcal

### COD & CHORIZO FISHCAKES\*

Poached Copper Maran egg, lemon velouté, sautéed spinach 279kcal. Served with your choice of salad 42kcal or fries 445kcal

### BUTTERMILK CHICKEN BURGER

Crispy chicken, shredded slaw, baby gem lettuce, garlic aioli, chilli jam, fries, pickles 1240kcal

### NOURISH BOWL (ve)

Hummus, mixed grains, avocado, roasted cauliflower & squash, rainbow slaw, pomegranate seeds, blood orange dressing 573kcal

**TOP WITH:** Feta (v) 145kcal +3.00 | Sea bass fillets 226kcal +4.00 | Grilled chicken breast 267kcal / King prawns 68kcal +4.00 | Beef fillet 210kcal +5.00

### FRESHLY BATTERED LINE-CAUGHT COD & CHIPS

Minted pea purée, chunky tartare sauce, lemon 1328kcal

### ROASTED CELERIAC STEAK (ve)

Parsnip purée, caramelised shallots, exotic mushrooms, pesto 425kcal

## SANDWICHES

*Available as part of the lunch set menu but can also be ordered separately.*

All our sandwiches are freshly prepared and served with your choice of fries (v) 445kcal or house salad (ve) 42kcal

### FILLET STEAK SANDWICH

Caramelised red onion chutney, rocket, beef dripping sauce, toasted ciabatta 658kcal 14.50

### TEMPURA KING PRAWN SANDWICH

Crab & lemon aioli, tomato & spring onion salsa, toasted ciabatta 568kcal 13.75

### GRILLED CHICKEN AND MOZZARELLA SANDWICH

Rocket, roasted red pepper tapenade, toasted bread 710kcal 13.75

### HUMMUS & CHARGRILLED VEGETABLE

SANDWICH (ve)

Tomato & spring onion salsa, rocket, ciabatta 625kcal 12.75

## DESSERTS

### ICE CREAM OR SORBET & HOME-BAKED TRIPLE CHOCOLATE COOKIE (v)

366kcal. Choose three scoops from: Sorbet: coconut 201kcal or raspberry (ve) 127kcal Ice Cream: double chocolate 267kcal, Bourbon vanilla 204kcal, stem ginger 240kcal or honeycomb (v) 219kcal

### HOME-BAKED CHOCOLATE BROWNIE (v)

Amaretti biscuit crumb, chocolate sauce, Bourbon vanilla ice cream 676kcal

### APPLE & DAMSON CRUMBLE (v)

530kcal. Choose from: Bourbon vanilla ice cream 204kcal or custard 80kcal **Vegan alternative available**

### MINI DESSERT & HOT DRINK (v)

Choose from: Apple & damson crumble (v) 296kcal, home-baked chocolate brownie (v) 345kcal, white chocolate cheesecake 145kcal or berries pavlova (v) 277kcal

## ALLERGEN & DIETARY INFORMATION

Adults need around 2000kcal a day. All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. 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, or need help accessing our allergen information, please let us know before ordering. (v) = made with vegetarian ingredients, (ve) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. \*Contains alcohol. Fish dishes may contain small bones. Weights stated are approximate uncooked weights. Calories are correct at time of menu print. Live nutrition information is available online.