

WHILE YOU WAIT PERFECT TO SHARE

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

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

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.