

LUNCH DEAL

3 COURSES 14.49 / 2 COURSES 12.49

INCLUDES FREE UNLIMITED SALAD (WORTH £6.99!)

STARTERS

GARLIC BREAD **V**

Soft garlic bread 384kcal.

Cheesy garlic bread **V 412kcal**
and **vegan option available **Ve****
314kcal

NACHOS **V**

With cheese sauce, guacamole, salsa,
sour cream and jalapeños 534kcal

VEGAN NACHOS **Ve**

With guacamole, salsa and
jalapeños 438kcal

BREADED MUSHROOMS **V**

With garlic mayo dip 418kcal

TOMATO & BASIL SOUP **Ve**

With chives and bread roll 203kcal

**GO LARGE
CHIPS +99p**
SWAP TO
DIRTY FRIES +1.49
OR **SWEET POTATO
FRIES +1.49**
for calories see sides
on main menu

MAINS

SIMPLY CHICKEN

A chicken breast with a home-baked jacket
potato, peas, ratatouille and our speciality
chicken gravy 611kcal

THE BEEF CLASSIC BURGER

6oz[#] beef burger topped with melted Monterey
Jack cheese, back bacon, baby gem lettuce,
tomato and burger sauce in a toasted
brioche-style bun with chips 1118kcal

Double-up +£2.50 supplement 1272kcal

THE CHICKEN CLASSIC BURGER

Chicken breast topped with melted Monterey
Jack cheese, back bacon, baby gem lettuce,
tomato and burger sauce in a toasted
brioche-style bun with chips 1047kcal

Double-up +£2.50 supplement 1382kcal

UPGRADE YOUR BURGER GAME

HALF RACK OF BBQ RIBS 316kcal 5.99

PRIME CHICKEN WINGS 350kcal 5.99

LOADED ONION RINGS **V 847kcal 4.49**

MAC 'N' CHEESE **V 302kcal 3.99**

7oz[#] GAMMON

With grilled pineapple, a fried
free-range egg, served with chips,
garden peas, tomato and onion rings
1139kcal

CAMEMBERT & CHERRY TOMATO TART **V**

In a puff pastry case, served with a home-baked
jacket potato and slaw 909kcal

THE NACHO BEAN BURGER **Ve**

Spiced chipotle bean burger topped with melting
Cathedral City plant based slice, tomato salsa,
guacamole, tortilla chips and jalapeños. 1346kcal

Double-up +£2.50 supplement 1586kcal

WHOLETAIL WHITBY SCAMPI

Crispy scampi with chips, tartare sauce and your
choice of mushy or garden peas 1155kcal

CHILLI NON CARNE **Ve**

Made with meat-free mince, jackfruit and sweet
potato with golden rice. Topped with guacamole,
fresh chilli and spring onion 604kcal

BALANCED BOWLS 3 of your 5 a day, rich in vitamin C and folate, all for 750 calories or less!

A juicy salad base of baby gem lettuce, buckwheat, broad beans, peppers, cucumber, crunchy slaw,
spring onion & red chilli tossed in a low fat vinaigrette, and topped with your choice of:

CHARGRILLED CHICKEN BREAST

384kcal

GRILLED HALLOUMI **V**

744kcal

CHARGRILLED RUMP STEAK

617kcal **+£2**

DESSERTS

TREACLE SPONGE **V**

451kcal. With your choice of real dairy ice cream
99kcal, custard 100kcal or fluffy cream 102kcal

SUNDAE BEST WAFFLE **V**

A Belgian waffle topped with real dairy ice cream
with your choice of raspberry, strawberry, Belgian
chocolate, Sicilian lemon or toffee sauce 651kcal

SUNDAE BEST **V**

Real dairy ice cream. Choice of raspberry,
strawberry, Belgian chocolate, Sicilian lemon or
toffee sauce, and a sugar cone wafer 308kcal

VEGAN SUNDAE BEST **Ve**

Vanilla iced dessert drizzled with your choice of
raspberry, strawberry, Belgian chocolate 724kcal

NO ROOM FOR DESSERT? SWAP FOR A HOT DRINK INSTEAD**

HOT DRINKS

TEA 56kcal 2.99

GREEN TEA 0kcal 2.99

PEPPERMINT TEA 0kcal 2.99

LEMON & GINGER

TEA 0kcal 2.99

CRANBERRY &

RASPBERRY TEA 0kcal 2.99

AMERICANO 60kcal 2.99

DECAF AMERICANO

37kcal 2.99

CAPPUCCINO 93kcal 3.49

LATTE 108kcal 3.49

BAILEYS® LATTE* 4.99

LIQUEUR LATTE* 4.99

ICED LATTE 124kcal 3.49

FLAT WHITE 84kcal 3.49

ESPRESSO 9kcal 2.49

HOT CHOCOLATE 219kcal 3.49

FLAVOURED

COFFEE* 190kcal 3.99

SHOT OF SYRUP 50p

Caramel, vanilla or gingerbread

Alpro Oat alternative available

LAVAZZA
TORINO, ITALIA, 1895

A medium-roasted blend of
100% Arabica beans



Allergen information: 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.

Not available on bank holidays. **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. * = This dish contains alcohol. # All weights stated are approximate and prior to cooking. **Excludes Baileys® Latte and Liqueur Latte. † Our fish has been carefully filleted however some small bones may remain. Any tips you're kind enough to give are kept by our team. All dishes are subject to availability. Vitamin C contributes to normal psychological function. Folate contributes to normal homocysteine metabolism. Adults need around 2000kcal a day. Calories are correct at time of print. ©Mitchells & Butlers 2023.