

LUNCH MENU

SERVED 12 - 1600 DAILY

SOUP OF THE DAY £6.50

SERVED WITH BREAD ROLL & BUTTER

SELECTION OF 3 SALADS £10.95

THAI QUINOA AND STEAMED RICE SALAD WITH RED PEPPERS AND BASIL
VG GF

Allergens: sulphides

CAULIFLOWER COUSCOUS, ROASTED CARROTS, CHICKPEAS, SPRING
ONION, SESAME, RAISINS AND POMEGRANATE, WITH TUMERIC, CUMIN,
CORIANDER, MINT AND PINE NUTS VG GF

Allergens: sesame seeds, sulphides and pine nuts

ROASTED BROCCOLIS, STEAMED KALE AND ROASTED RED PEPPERS WITH
GARLIC AND CONFIT LEMON DRESSING VG GF

Allergens: garlic

SELECTION OF 3 SALADS WITH ONE PROTEIN £13.95

POACHED SALMON WITH PICKLED CUCUMBER, CAULIFLOWER, RADISHES
AND SWEET MUSTARD AND DILL DRESSING

Allergens: fish, sulphides, mustard and gluten

GRILLED CHICKEN BREAST WITH PARSLEY CRESS, GARLIC, LEMON AND
PARMESAN MAYONNAISE DRESSING

Allergens: eggs, milk, celery and sulphides

ROASTED AUBERGINE WITH POMEGRANATE SEEDS, POMEGRANATE
MOLASSES DRESSING AND CORIANDER CRESS VG GF

SANDWICHES

PEPPERED PASTRAMI WITH COS, GHERKINS AND RUSSIAN DRESSING ON
MALBRAN BREAD

Allergens: eggs, dairy, gluten, soya, celery, mustard and sulphides

SEVERN AND WYE SMOKED SALMON, FENNEL, RADISH AND SPRING
ONION SALAD WITH CREAM CHEESE TARTAR SAUCE ON NORFOLK
BLOOMER

Allergens: dairy, eggs, gluten, fish, mustard, sulphides

EGG, TOMATO AND AVOCADO ON TOMATO FARMHOUSE BREAD

Allergens: eggs, milk, gluten and celery

SPICED CHESTNUT MUSHROOMS, ROMESCO SAUCE AND ROCKET ON GF
BROWN BREAD V GF

Allergens: milk, eggs, mustard, sulphides