

LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

LUNCH

Served 12pm - 3pm. Enjoy a light lunch with our tempting choices.

Tuna Melt ^{688 kcal}

Tuna mixed with red onion, peppers and mayonnaise, on a toasted gluten-free bun topped with cheddar cheese. 9.45

Add chips ^{405 kcal} for only 1.60

SHARERS

Nachos ^{(Serves 2-3) 442 kcal}

Smothered in guacamole, jalapeños, salsa, sour cream and cheese. Take it to the next level with Cajun chicken. 10.50

Add Cajun chicken ^{114 kcal} 3.70

Vegan Nachos ^{(Serves 2-3) 351 kcal}

Smothered in guacamole, jalapeños, salsa and dairy free cheese. 10.50

STARTERS

BBQ Wings ^{645 kcal}

Sticky BBQ chicken wings with BBQ dip. 9.45

Spicy Wings ^{679 kcal}

Spicy chicken wings covered in Frank's Xtra Hot Sauce. 9.45

MAINS

Fish and Chips ^{1001 kcal}

Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! 16.30

Hunters Chicken Stack ^{1143 kcal}

Succulent chicken breast and crispy bacon, covered in melted Cheddar cheese and BBQ sauce, served with chips and coleslaw. 15.25

Mushroom Gluten-free Pasta ^{(Vg) 939 kcal}

Pan-fried mushrooms in a creamy garlic sauce wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil, and fresh chillies. 13.65



Rump Steak ^{896 kcal}

Prime 8oz rump steak, grilled to perfection, served with chunky chips, grilled tomato, and mushroom. 18.50

Add peppercorn sauce ^{46 kcal} 3.15

Add Axle Jack Glaze ^{84 kcal} 3.15

SALADS

Caesar Salad ^{(V) 714 kcal}

Crispy little gem lettuce, tomato, drizzled in a delicious Caesar dressing and topped with Italian cheese shavings. 10.50

Add sliced chicken breast ^{259 kcal} 3.15

BURGERS

House Burger ^{1197 kcal}

A juicy beefburger with crispy lettuce, sliced beef tomato and burger sauce in a gluten free bun. 13.15

Bacon ^{109 kcal} 1.60

Cheese ^{(V) 131 kcal} 1.60

Mozzarella ^{(V) 92 kcal} 1.60

Chilli jam ^{(Vg) 116 kcal} 1.60

Frank's Hot Sauce ^{(Vg) 12 kcal} 1.60

SIDES

Skinny Fries ^{(Vg) 438 kcal} 4.20

Chunky Chips ^{(Vg) 404 kcal} 4.20

Mixed Leaf Salad ^{(Vg) 50 kcal} 5.25

Spicy Corn ^{(Vg) 265 kcal} 4.20

Herby peas ^{(Vg) 153 kcal} 4.20

DESSERTS

Chocolate Fudge Brownie ^{(V) 690 kcal}

A gooey chocolate brownie with a delicious melt-in-the-middle centre. Served with a scoop of vanilla ice cream. 7.90

Vegan Ice Cream ^(Vg) 6.30

Choose three scoops from: 6.30

Chocolate ^{255 kcal} | Strawberry ^{241 kcal} | Vanilla ^{237 kcal}

Sorbet ^{(Vg) 209 kcal} 6.30

Three scoops of your favourite flavour or enjoy a mixture! Choose from: 6.30

Raspberry | Lemon | Mango

Knickerbocker Sundae ^{(V) 657 kcal}

Vanilla ice cream layered with raspberry, strawberry, meringue and whipped cream, topped with a flake and a cherry on the top. A true classic! 7.90

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

DAIRY INTOLERANT

LUNCH

Falafel Wrap ^{(Vg) 391 kcal}

Falafel wrap with guacamole, salsa, served with dressed salad. 9.45

Add chips ^{405 kcal} for only 1.60

STARTERS

BBQ Wings ^{645 kcal}

Sticky BBQ chicken wings with BBQ dip. 9.45

Spicy Wings ^{679 kcal}

Spicy chicken wings covered in Frank's Xtra Hot Sauce. 9.45

Garlic Bread ^{(Vg) 409 kcal} 5.25

Vegetable Potstickers ^{(Vg) 300 kcal}

Pan-fried Asian dumplings filled with vegetables and served with sweet chilli sauce. 7.50

Creamy Garlic Mushrooms ^{(Vg) 458 kcal}

Rich and creamy garlic mushrooms served on a toasted ciabatta. 7.50

SHARERS

Vegan Nachos ^{(Vg) (Serves 2-3) 351 kcal}

Smothered in guacamole, jalapeños, salsa and dairy free cheese. 10.50

Add pulled pork ^{216 kcal} 5.25

Add Cajun chicken ^{114 kcal} 3.70

Garden State Sharer ^{(V) (Serves 3-4) 390 kcal}

Falafel, potstickers, crispy jalapenos, corn tortillas, served with dips. 15.95

SALADS

The Soul Bowl ^{401 kcal}

A colourful bowl of mixed beans, tenderstem broccoli, roasted vegetables, giant cous cous, fresh spinach with a basil and lemon dressing. 10.50

Add sliced chicken breast ^{259 kcal} 3.15

Add Vegan Fried Chick'n ^{(Vg) 168 kcal} 3.50

MAINS

Fish and Chips ^{1001 kcal}

Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! 16.30

Mushroom Penne ^{(Vg) 939 kcal}

Pan-fried mushrooms in a creamy garlic sauce wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil, and fresh chillies. 13.65

Chicken Katsu Curry ^{1104 kcal}

Panko chicken with aromatic coconut sauce, served on a bed of rice with a lime and coriander garnish. 15.25

Balti Pie ^{(Vg) 932 kcal}

Cauliflower and spinach Balti pie with baby potatoes, vegetables and gravy. 11.95

All Day Brunch ^{1626 kcal}

Our classic all-day full English breakfast served with chips. 15.25



Rump Steak ^{896 kcal}

Prime 8oz rump steak, grilled to perfection, served with chunky chips, grilled tomato, and mushroom. 18.50

Add Axle Jack Glaze ^{84 kcal} 3.15

BURGERS

House Burger ^{1197 kcal}

A juicy beefburger with crispy lettuce, sliced beef tomato and burger sauce. 13.15

Chick'n Burger ^{(Vg) 1294 kcal} 14.50

A fried vegan 'Chick'n' burger served with garlic mayo, lettuce tomato and BBQ sauce. 14.50

Bacon ^{109 kcal} ± 1.60

BBQ pulled pork ^{251 kcal} 5.25

Chilli jam ^{(Vg) 116 kcal} 1.60

Frank's Hot Sauce ^{(Vg) 12 kcal} 1.60

SIDES

Skinny Fries ^{(Vg) 438 kcal} 4.20

Chunky Chips ^{(Vg) 404 kcal} 4.20

Garlic Bread ^{(Vg) 685 kcal} 7.30

Mixed Leaf Salad ^{(Vg) 50 kcal} 5.25

Spicy Corn ^{(Vg) 265 kcal} 4.20

Herby peas ^{(Vg) 153 kcal} 4.20

DESSERTS

Key Lime Pie ^{(Vg) 314 kcal} 7.00

Served with lemon sorbet. 7.00

Vegan Ice Cream ^(Vg) 6.30

Choose three scoops from: 6.30

Chocolate ^{255 kcal} | Strawberry ^{241 kcal} | Vanilla ^{237 kcal}

Sorbet ^{(Vg) 209 kcal} 6.30

Three scoops of your favourite flavour or enjoy a mixture! Choose from: 6.30

Raspberry | Lemon | Mango

Sticky Toffee Pudding ^{(Vg) 538 kcal}

Warm sponge drenched in toffee sauce, served with dairy free ice cream. 6.95

KIDS LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

MONSTER MEAL DEAL FOR £9.95

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

Starters

Perfect for a quick nibble, or for those with a smaller appetite.

Rainbow Sticks  34 kcal
Fresh carrot, cucumber and peppers. 1.05

Mains


Yummy meals for rumbly tummys!
Served with a side of peas, beans or sweetcorn.

Bacon Cheeseburger 754 kcal 6.65
Chargrilled burger in a gluten-free bun, topped with melted cheese and bacon.

Desserts

Cheeky Chocolate Brownie 327 kcal
Chocolate and vanilla ice-cream, with fudgy brownie pieces and chocolate sauce. 4.50

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.50

Vegan Ice Cream 
Choose two scoops from 3.30
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

DAIRY INTOLERANT

MONSTER MEAL DEAL FOR £9.95

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

Starters

Perfect for a quick nibble, or for those with a smaller appetite.

Rainbow Sticks  34 kcal
Fresh carrot, cucumber and peppers. 1.05

Crunchy Garlic Bread  218 kcal
Crispy bread covered in garlic butter. 1.60

Mains

Yummy meals for rumbly tummys!
Served with a side of peas, beans or sweetcorn.

Kicking Chicken Fajita Wrap 758 kcal
Chargrilled chicken with onions, peppers and dairy-free cheese, served with chunky chips. 6.65

BBQ Chick*n' Wrap 612 kcal
Vegan 'Chick*n' in a warm tortilla with BBQ sauce, served with chunky chips. 6.65

Bacon Cheeseburger 754 kcal
Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon. 6.65

Desserts

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.50

Vegan Ice Cream 
Choose two scoops from 3.30
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal



TOTS GLUTEN INTOLERANT


Mains

Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.95

Choose a side from peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

Pastacadabra  234 kcal
Gluten-free pasta tubes in a tomato and garlic sauce 5.75

Desserts

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.50

Vegan Ice Cream 
Choose two scoops from 3.30

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

TOTS DAIRY INTOLERANT

Mains

Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.95

Choose a side from peas, beans or sweetcorn.


Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

Pirate Jenny's Fish Fingers and Chips 476 kcal
Breaded fish goujons, served with fries and ketchup. 6.85

Pastacadabra  237 kcal
Pasta tubes in a magic tomato and garlic sauce. 5.75

Desserts

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.50

Vegan Ice Cream 
Choose two scoops from 3.30

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal