

# 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. **9.95**

**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. **11.05**

**Add Cajun chicken** 114 kcal **3.70**

**Vegan Nachos** (Serves 2-3) 351 kcal  
Smothered in guacamole, jalapeños, salsa and dairy free cheese. **11.05**

## STARTERS

**BBQ Wings** 645 kcal  
Sticky BBQ chicken wings with BBQ dip. **9.95**

**Spicy Wings** 679 kcal  
Spicy chicken wings covered in Frank's Xtra Hot Sauce. **9.95**

## MAINS

**Fish and Chips** 1001 kcal  
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **17.30**

**Hunters Chicken Stack** 1143 kcal  
Succulent chicken breast and crispy bacon, covered in melted Cheddar cheese and BBQ sauce, served with chips and coleslaw. **15.75**

**Mushroom Gluten-free Pasta** Ve 939 kcal  
Pan-fried mushrooms in a creamy garlic sauce wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil, and fresh chillies. **14.20**



**Rump Steak** 896 kcal  
Prime 8oz rump steak, grilled to perfection, served with chunky chips, grilled tomato, and mushroom. **19.45**

**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. **11.05**

**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. **13.65**

**Bacon** 109 kcal **2.10**

**Cheese** V 131 kcal **2.10**

**Mozzarella** V 92 kcal **2.10**

**Chilli jam** Ve 116 kcal **2.10**

**Frank's Hot Sauce** Ve 12 kcal **2.10**

## SIDES

**Skinny Fries** Ve 438 kcal **4.20**

**Chunky Chips** Ve 404 kcal **4.20**

**Mixed Leaf Salad** Ve 50 kcal **5.25**

**Spicy Corn** Ve 265 kcal **4.20**

**Herby peas** Ve 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** Ve  
Choose three scoops from: **6.85**

**Chocolate** 255 kcal | **Strawberry** 241 kcal | **Vanilla** 237 kcal

**Sorbet** Ve 209 kcal  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: **6.85**

**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** Ve 391 kcal  
Falafel wrap with guacamole, salsa, served with dressed salad. **9.95**

**Add chips** 405 kcal *for only 1.60*

## STARTERS

**BBQ Wings** 645 kcal  
Sticky BBQ chicken wings with BBQ dip. **9.95**

**Spicy Wings** 679 kcal  
Spicy chicken wings covered in Frank's Xtra Hot Sauce. **9.95**

**Garlic Bread** Ve 409 kcal **5.25**

**Vegetable Potstickers** Ve 300 kcal  
Pan-fried Asian dumplings filled with vegetables and served with sweet chilli sauce. **7.90**

**Creamy Garlic Mushrooms** Ve 458 kcal  
Rich and creamy garlic mushrooms served on a toasted ciabatta. **7.90**

## SHARERS

**Vegan Nachos** (Serves 2-3) 351 kcal  
Smothered in guacamole, jalapeños, salsa and dairy free cheese. **11.05**

**Add pulled pork** 216 kcal **5.25**

**Add Cajun chicken** 114 kcal **3.70**

**Garden State Sharer** (Serves 3-4) 390 kcal  
Falafel, potstickers, crispy jalapeños, corn tortillas, served with dips. **16.80**

## SALADS

**The Soul Bowl** Ve 401 kcal  
A colourful bowl of mixed beans, tenderstem broccoli, roasted vegetables, giant cous cous, fresh spinach with a basil and lemon dressing. **11.05**

**Add sliced chicken breast** 259 kcal **3.15**

**Add Vegan Fried Chick'n** Ve 168 kcal **3.70**

## MAINS

**Fish and Chips** 1001 kcal  
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **17.30**

**Mushroom Penne** Ve 939 kcal  
Pan-fried mushrooms in a creamy garlic sauce wilted spinach and black pepper, sprinkled with dairy-free cheese shavings, basil, and fresh chillies. **14.20**

**Chicken Katsu Curry** 1104 kcal  
Panko chicken with aromatic coconut sauce, served on a bed of rice with a lime and coriander garnish. **15.75**

**Balti Pie** Ve 932 kcal  
Cauliflower and spinach Balti pie with baby potatoes, vegetables and gravy. **12.60**

**All Day Brunch** 1626 kcal  
Our classic all-day full English breakfast served with chips. **15.75**



**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. **13.65**

**Chick'n Burger** Ve 1294 kcal  
A fried vegan 'Chick'n' burger served with garlic mayo, lettuce tomato and BBQ sauce. **15.25**

**Bacon** 109 kcal **2.10**

**BBQ pulled pork** 251 kcal **5.25**

**Chilli jam** Ve 116 kcal **2.10**

**Frank's Hot Sauce** Ve 12 kcal **2.10**

## SIDES

**Skinny Fries** Ve 438 kcal **4.20**

**Chunky Chips** Ve 404 kcal **4.20**

**Garlic Bread** Ve 685 kcal **5.25**

**Mixed Leaf Salad** Ve 50 kcal **5.25**

**Spicy Corn** Ve 265 kcal **4.20**

**Herby peas** Ve 153 kcal **4.20**

## DESSERTS

**Key Lime Pie** Ve 314 kcal  
Served with lemon sorbet. **7.00**

**Vegan Ice Cream** Ve  
Choose three scoops from: **6.30**

**Chocolate** 255 kcal | **Strawberry** 241 kcal | **Vanilla** 237 kcal

**Sorbet** Ve 209 kcal  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: **6.30**

**Raspberry | Lemon | Mango**  
**Sticky Toffee Pudding** Ve 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 £10.45

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 7.00  
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. 3.70

**Vegan Ice Cream**   
Choose two scoops from 3.15  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

## DAIRY INTOLERANT

### MONSTER MEAL DEAL FOR £10.45

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. 2.10

### 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. 7.00

**BBQ Chick\*n' Wrap** 612 kcal  
Vegan 'Chick\*n' in a warm tortilla with BBQ sauce, served with chunky chips. 7.00

**Bacon Cheeseburger** 754 kcal  
Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon. 7.00

### Desserts

**Fizzy Fruit and Sorbet** 133 kcal  
Seasonal fresh fruit with orange sorbet. 3.70

**Vegan Ice Cream**   
Choose two scoops from 3.15  
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. 3.70

**Vegan Ice Cream**   
Choose two scoops from 3.15

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** 478 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. 3.70

**Vegan Ice Cream**   
Choose two scoops from 3.15

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal