

LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT


SANDWICHES

Enjoy a light lunch with our choice of tempting toasties, ciabbatas and wraps. Served 12-3pm.


Tuna Melt 688 kcal
Tuna mixed with red onion, peppers, cucumber and mayonnaise on a toasted gluten-free roll topped with melted cheddar. 8.55

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 pulled pork or cajun chicken. 9.45

Add Cajun chicken 114 kcal 3.00

Vegan Nachos  (Serves 2-3) 351 kcal
Smothered in guacamole, jalapeños, salsa and dairy free cheese. 9.45

STARTERS *The ideal way to kick off your meal.*

BBQ Wings 645 kcal
Sticky BBQ chicken wings with BBQ dip. 3 for 6.15 | 6 for 8.05
516 kcal 799 kcal

Spicy Wings 679 kcal
Spicy chicken wings covered in Frank's Xtra Hot Sauce. 3 for 6.15 | 6 for 8.05
400 kcal 684 kcal

MAINS

Fish and Chips 1001 kcal
Hand battered fish, chunky chips, tartare sauce and peas. 14.50

Hunters Chicken Stack 1143 kcal
Suoculent chicken breast and crispy bacon, covered in melted Cheddar cheese and BBQ sauce, served with chips and coleslaw. 13.50

Mushroom Penne  939 kcal
Gluten-free pasta with pan-fried mushrooms in a creamy garlic sauce, wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil, and fresh chillies. 13.15



Rump Steak 842 kcal
8oz Rump served with chunky chips, grilled tomato, and mushroom. 16.65

Add peppercorn sauce 46 kcal 3.00

Add Axle Jack Glaze 84 kcal  3.00

SALADS

Fancy something lighter? Saving room for dessert? Feel like being good for the day? Then our fresh salad is the perfect choice!

Caesar Salad  714 kcal
Crispy little gem lettuce, tomato, drizzled in a delicious Caesar dressing and topped with Italian cheese shavings. 9.45

Add sliced chicken breast 259 kcal 3.00

BURGERS *100% British beef burgers!*

House Burger 1197 kcal
A juicy beefburger with crispy lettuce, sliced beef tomato and burger sauce in a gluten free bun. 11.95

Bacon 109 kcal 1.50

Cheese  131 kcal 1.50

Mozzarella  92 kcal 1.50

Chilli Jam  116 kcal 1.50

Frank's Hot Sauce  12 kcal 1.50

Feeling hungry?
Then double up your burger for only £3.70

SIDES

Skinny Fries  438 kcal 3.50


Chunky Chips  404 kcal 3.50

Mixed Leaf Salad  50 kcal 4.50

DESSERTS

End your meal with a treat - or skip the other dishes completely and go straight to dessert! You could even share one - but why halve the enjoyment?

Knickerbocker

Sundae  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! 7.00




Chocolate Fudge Brownie  690 kcal

A gooey chocolate brownie with a delicious melt-in-the-middle centre. Served with a scoop of vanilla ice cream. 7.00

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

SANDWICHES

Falafel Wrap  391 kcal
Falafel wrap with guacamole, salsa, served with dressed salad. 8.55

Add chips 405 kcal for only 1.60

SHARERS

Vegan Nachos  (Serves 2-3) 351 kcal
Smothered in guacamole, jalapeños, salsa and dairy free cheese. 9.45

Add pulled pork 216 kcal 4.50

Add Cajun chicken 114 kcal 3.00

STARTERS

Garlic Bread  409 kcal 4.50

Creamy Garlic Mushrooms  458 kcal
Rich and creamy garlic mushrooms served on a toasted ciabatta. 6.80


BBQ Wings 645 kcal
Sticky BBQ chicken wings with BBQ dip. 3 for 6.15 | 6 for 8.05
516 kcal 799 kcal

Spicy Wings 679 kcal
Spicy chicken wings covered in Frank's Xtra Hot Sauce. 3 for 6.15 | 6 for 8.05
400 kcal 684 kcal

MAINS

Fish and Chips 1001 kcal
Hand battered fish, chunky chips, tartare sauce and peas. 14.50

Balti Pie  932 kcal
Cauliflower and spinach Balti pie with baby potatoes, vegetables and gravy. 10.80

Mushroom Penne  939 kcal
Pan-fried mushrooms in a creamy garlic sauce wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil, and fresh chillies. 13.15

BURGERS

Chick'n Burger  1294 kcal
A fried vegan 'Chick'n' burger served with garlic mayo, lettuce tomato and BBQ sauce. 13.05

House Burger 1197 kcal
A juicy beefburger with crispy lettuce, sliced beef tomato and burger sauce. 11.95

Bacon 109 kcal 1.50


BBQ pulled pork 251 kcal 4.50

Chilli jam  116 kcal 1.50

Frank's Hot Sauce  12 kcal 1.50

Feeling hungry?
Then double up your burger for only £3.70

PIZZAS

Vegan Margherita  946 kcal
Rich tomato base topped with dairy-free cheese. 12.95


Pepperoni 1375 kcal
Rich tomato base topped with grated dairy-free cheese and loads of pepperoni. 14.50

BBQ Chicken and Bacon 1438 kcal
BBQ base, topped with tender chicken and crispy bacon and dairy-free cheese. 14.50

SIDES

Skinny Fries  438 kcal 3.50

Chunky Chips  404 kcal 3.50

Garlic Bread  409 kcal 4.50

Mixed Leaf Salad  50 kcal 4.50

DESSERTS

Sticky Toffee Pudding  538 kcal
Served with dairy-free ice cream. 6.20

KIDS LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

MONSTER MEAL DEAL FOR £9.40

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 6.30
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. 4.25

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.30

Vegan Ice Cream 
Choose two scoops from 3.15

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

DAIRY INTOLERANT

MONSTER MEAL DEAL FOR £9.40

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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. 6.30

BBQ Chick*n' Wrap 612 kcal
Vegan 'Chick*n' in a warm tortilla with BBQ sauce, served with chunky chips. 6.30

Bacon Cheeseburger 754 kcal
Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon. 6.30

Desserts

Fizzy Fruit and Sorbet 133 kcal
Seasonal fresh fruit with orange sorbet. 3.30

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 8.00

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 5.20

Desserts

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. 3.30

Ice Cream
Choose two scoops from 2.85

Chocolate 291 kcal | Vanilla 269 kcal

TOTS DAIRY INTOLERANT

Mains

Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.00

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.

Scratch and Lucy's Fish Fingers and Chips 476 kcal
Breaded fish goujons, served with fries and ketchup. 6.15

Pastacadabra  237 kcal
Pasta tubes in a magic tomato and garlic sauce. 5.20

Desserts

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. 3.30

Ice Cream
Choose two scoops from 2.85

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal