

LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

LUNCH

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

Cajun Chicken Roll 684 kcal	
Spicy Cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a toasted gluten free roll.	9.45
BLT Roll 714 kcal	
Crispy bacon, lettuce and juicy tomato in a toasted gluten free roll with mayonnaise.	9.45
Tuna and Cucumber Roll 744 kcal	
Tuna and cucumber in a toasted gluten free roll with zesty lemon mayonnaise, lettuce and tomato.	9.45
Add chips 405 kcal	for only 1.60

SALADS

Beautifully fresh!

Caesar Salad 714 kcal	
Crispy little gem lettuce and tomato, drizzled in a delicious Caesar dressing, topped with anchovies and Italian cheese shavings.	9.95
Add sliced chicken breast 259 kcal	3.15
Add poached salmon 168 kcal	4.20

STARTERS

Axle Jack Buttermilk Chicken Bites 513 kcal	
Tender chicken breast marinated in buttermilk, topped with red chillies and spring onions, served with Axle Jack Glaze and yoghurt dip.	8.50
Vegetable Tempura 403 kcal	
Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce.	7.50
Mediterranean King Prawns 446 kcal	
Baked in a tomato and herb sauce with feta cheese.	9.00



MAINS

Fish and Chips 1001 kcal	
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic!	15.25

GRILL

<i>Sizzling steak brought to you straight from the grill.</i>	
8oz Sirloin Steak 896 kcal	
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom.	20.50
Add béarnaise sauce 166 kcal	3.15
Add peppercorn sauce 171 kcal	3.15
Add Axle Jack Glaze 84 kcal	2.85



SIDES

Chunky Chips 404 kcal	3.70
Millionaire Fries 684 kcal	6.95
With truffle oil, Italian cheese and garlic mayo.	
Side Salad 49 kcal	4.20
Rocket, Tomato and Mozzarella 313 kcal	6.30
Tenderstem Broccoli 128 kcal	4.75
With lemon butter and chilli.	

DESSERTS

The perfect finish to every meal.

Vegan Ice Cream	3.95
Choose three scoops from:	
Chocolate 255 kcal Strawberry 241 kcal Vanilla 237 kcal	
Sorbet 209 kcal	3.95
Three scoops of your favourite flavour or enjoy a mixture! Choose from:	
Raspberry Lemon Mango	

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

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

Crispy Chick*n' Ciabatta 565 kcal	
Vegan fried Chick*n' with lettuce, tomato and mayo.	9.45
BLT Ciabatta 714 kcal	
Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise.	9.45
Lincolnshire Sausage Ciabatta 611 kcal	
Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta.	8.40
Tuna and Cucumber Ciabatta 744 kcal	
Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato.	9.45
Add chips 405 kcal	for only 1.60

STARTERS

<i>Get your meal off to a mouthwatering start.</i>	
Soup Of The Day 513 kcal	6.00
Ask your server for today's flavour of homemade soup served with fresh bread.	
Garlic and Rosemary Pizza 685 kcal	6.55

SALADS

Our fresh salad is ideal for those wanting a lighter bite or if you're leaving room for dessert!

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.	9.95
Add sliced chicken breast 259 kcal	3.15
Add poached salmon 168 kcal	4.20

MAINS

<i>Delicious dishes!</i>	
Fish and Chips 1001 kcal	
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic!	15.25
Mushroom and Truffle Risotto 509 kcal	
Creamy risotto with chestnut and Portabello mushrooms, topped with rocket and truffle oil.	15.65

GRILL

<i>Sizzling steak brought to you straight from the grill.</i>	
8oz Sirloin Steak 896 kcal	
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom.	20.50
Add Axle Jack Glaze 84 kcal	2.85



SIDES

Chunky Chips 404 kcal	3.70
Garlic Bread 685 kcal	6.55
Side Salad 49 kcal	4.20
Tenderstem Broccoli 128 kcal	4.75
With lemon butter and chilli.	

DESSERTS

The perfect finish to every meal.

Sticky Toffee Pudding	6.60
Served with dairy free ice cream.	
Vegan Ice Cream	3.95
Choose three scoops from:	
Chocolate 255 kcal Strawberry 241 kcal Vanilla 237 kcal	
Sorbet 209 kcal	3.95
Three scoops of your favourite flavour or enjoy a mixture! Choose from:	
Raspberry Lemon Mango	

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

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 768 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 8.50


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 5.45

DESSERTS

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

Vegan Ice Cream 
Choose two scoops from 3.30

Vanilla 158 kcal | Chocolate 170 kcal | Strawberry 160 kcal

TOTS DAIRY INTOLERANT

MAINS


Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.50

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 & Lucy's Fish Fingers and Chips 476 kcal
Breaded fish fingers, served with fries and ketchup. 6.50

Pastacadabra  237 kcal
Gluten-free pasta tubes in a tomato and garlic sauce 5.45

DESSERTS

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

Vegan Ice Cream 
Choose two scoops from 3.30

Vanilla 158 kcal | Chocolate 170 kcal | Strawberry 160 kcal