## EN INTOLERANT

### INCH

**AVAILABLE FROM 12PM - 3PM** 

9.45

1.70

10.45

9.45

1.70

6.60

#### TUNA MELT 688 kcal

Tuna mixed with red onion, peppers and mayonnaise, topped with cheese on a gluten-free roll.

ADD	CHIPS	405kcal
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## **STARTERS & SHARERS**

PRAWN COCKTAIL 531 kcal	7.50
Shredded lettuce topped with Atlantic	;
prawns in a Marie Rose sauce, served w	vith a
gluten-free roll and lemon.	
SOUP OF THE DAY 513 kcal	5.80

SOUP OF THE DAY 513 kcal Ask the team for today's flavour. Served with a gluten-free roll.

NACHOS 👽 (Serves 2-3) 442 kcal	10.50
Smothered in guacamole, jalapeños,	salsa,
sour cream and cheese. Take it to the	next
level with cajun chicken.	
Add Cajun Chicken 114 kcal	3.70

#### VEGAN NACHUS 🐼

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

# **PUB & KITCHEN**

NO QUESSWORK HERE -WE'VE ID'D THE USUAL SUSPECTS FOR YOU!

## MAINS

#### HUNTERS CHICKEN STACK 1143 koal 15.25

Succulent chicken breast and crispy bacon, covered in melted cheddar cheese and BBO sauce, served with chips and coleslaw.

	RUMP STEAK 842 kcal	18.50
	Prime 8oz rump steak, grilled to perfection, served with chunky of	chips,
	grilled tomato, and mushroom.	
	Add Peppercorn Sauce 46 kcal	2.50
	Add Axle Jack Glaze 84 kcal	2.50
CAES	SAR SALAD 👽 714 kcal	10.45

#### CAESAR SALAD T14 kgal

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Crispy little gem lettuce, tomato, drizz	led
in a delicious Caesar dressing and topp	bed
with Italian cheese shavings.	
Add Sliced Chicken Breast 259 kcal	3.15

FISH AND CHIPS 1001 kgal 15.50 Hand-battered fish, chunky chips, tartar sauce and peas.

#### **STACKED BURGER - CLASSIC**

Simply grilled burger with burger sauce in a gluten-free roll.

Two Patties 731kcal	13.25
Three Patties 871kcal	14.00

## SIDES

SKINNY FRIES 🐼 438 kcal	4.20
CHUNKY CHIPS 🐼 404 kcal	4.20
MIXED LEAF SALAD 🐼 50 kcal	5.25

## DESSERTS

#### **CHOCOLATE FUDGE** BROWNIE @ 604 kcal

6.95

Gooey chocolate brownie with a delicious melt-in-the-middle centre, served with triple chocolate ice cream.

#### KNICKERBOCKER SUNDAE O 657 kcal 7.35

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

#### **DAIRY INTOLERANT**

## **IINCH**

FALAFEL WRAP 391 kcal Falafel wrap with guacamole, salsa, served with dressed salad. ADD CHIPS 405kcal

## **STARTERS**

PRAWN COCKTAIL 531 kcal	<b>7.50</b>
Shredded lettuce topped with Atlantic	
prawns in a Marie Rose sauce, served w	vith
brown bread and lemon.	

<b>CREAMY GARLIC</b> <b>MUSHROOMS ©</b> 458 keal Rich and creamy garlic mushrooms served on a toasted ciabatta.	7.50
<b>SOUP OF THE DAY</b> 513 kcal Ask the team for today's flavour. Served with fresh bread.	5.80

GARLIC BREAD 309 kcal

S	H	A	R	E	R	S

#### **VEGAN NACHOS** @ [Serves 2-3] 351 kcal

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

## MAINS

FISH AND CHIPS 1001 kcal	15.50
Hand-battered fish, chunky chips, tar	tar
sauce and peas.	
BALTI PIE 🐼 932 kcal	11.95
Cauliflaurer and aningah Dalti nig	

Cauliflower and spinach Balti pie with mash, vegetables and gravy.

CHICK'N BURGER 🐼 1294 kcal	14.50
A fried vegan chick'n burger served w	/ith
garlic mayo, lettuce tomato and BBQ	sauce.

#### **STACKED BURGER - CLASSIC**

Simply grilled burger with burger sau	uce.
Two Patties 731kcal	13.25
Three Patties 871kcal	14.00

## SIDES

SKINNY FRIES 🐼 438 kcal	4.20
CHUNKY CHIPS 🐼 404 kcal	4.20
GARLIC BREAD 🐼 409 kcal	6.60
MIXED LEAF SALAD 🐼 50 kcal	5.25

## **DESSERTS**

STICKY TOFFEE PUDDING 338 kcal 6.55

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

#### **SUITABLE FOR VEGETARIANS W** SUITABLE FOR VEGANS

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.

10.45

# **KIDS LIFESTYLE AND ALLERGEN MENU**

## **GLUTEN INTOLERANT**

### MAINS

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

BONKERS BACON CHEESEBURGER 567 kcal Chargrilled burger in a gluten-free roll, topped with melted cheese and bacon with chunky chips.

### DESSERTS

7.00

CHEFKY CHOCOLATE BROWNIE 327 kcal Chocolate ice-cream, with fudgy brownie pieces and chocolate sauce.	4.75 ,
FIZZY FRUIT AND SORBET 🏵 133 kcal Seasonal fresh fruit with orange sorbet.	3.70
VEGAN ICE GREAM 🍲 Choose two scoops from:	4.00
Chocolate 170 kcal Strawberry 160 kcal Vanilla	158 kcal

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1.05

### MAKE IT A MEAL DEAL FOR £10.45 PICK A STARTER, 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.

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105

2.10

STARTERS

Perfect for a quick nibble, or for

Fresh carrot, cucumber and peppers.

those with a smaller appetite.

RAINBOW STICKS CO 34 kcal

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

RAINBOW STICKS CO 34 kcal Fresh carrot, cucumber and peppers.

CRUNCHY GARLIC BREAD Co 218 Kcal Crispy bread covered in garlic butter.



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

BBO CHICK\*N WRAP 3 612 kcal 7.00 Vegan 'Chick\*n' in a warm tortilla with BBQ sauce, served with chunky chips.

KICKING CHICKEN FAJITA WRAP 758 kcal 7.00 Chargrilled chicken with onions, peppers and dairy-free cheese, served with chunky chips.

BONKERS BACON CHEESEBURGER 567 kcal 7.00 Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon with chunky chips.

## DAIRY INTOLERANT

## DESSERTS

FIZZY FRUIT AND SORBET 🐼 133 kcal 3.70 Seasonal fresh fruit with orange sorbet.

4.00

#### VEGAN ICE CREAM 🐼

Choose two scoops from: Chocolate 170 kcal Strawberry 160 kcal Vanilla 158 kcal

## TOTS GLUTEN INTOLERANT

PASTAGADABRA 🐼 234 <sub>kcal</sub> 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.	3.65
VEGAN ICE CREAM 👀 Choose two scoops from: Chocolate 170 kcal   Strawberry 160 kcal   Vanilla 158 kcal	3.15

## TOTS DAIRY INTOLERANT

PASTAGADABRA 🐼 234 <sub>kcal</sub> Gluten-free pasta tubes in a tomato and garlic sauce.	5.75
SCRATCH & LUCY'S FISH FINGERS AND CHIPS 👁 476 kcal Breaded fish fingers, served with fries and ketchup.	6.85
DESSERTS	
FIZZY FRUIT AND SORBET 🐼 133 kcal Seasonal fresh fruit with orange sorbet.	3.65
VEGAN IGE GREAM 👁 Choose two scoops from:	3.15

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

PICK 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.

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