

# PUB & KITCHEN

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

## GLUTEN INTOLERANT

### LUNCH

AVAILABLE FROM 12PM - 3PM

**TUNA MELT** 688 kcal **9.45**

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

**ADD CHIPS** 405kcal **1.70**


### STARTERS & SHARERS

**PRAWN COCKTAIL** 531 kcal **7.50**

Shredded lettuce topped with Atlantic prawns in a Marie Rose sauce, served with a gluten-free roll and lemon.

**SOUP OF THE DAY** 513 kcal **5.80**

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 NACHOS**  (Serves 2-3) 351 kcal **10.45**

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

### MAINS

**HUNTERS CHICKEN STACK** 1143 kcal **15.25**


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



**RUMP STEAK** 842 kcal **18.50**

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

**Add Peppercorn Sauce** 46 kcal **2.50**

**Add Axle Jack Glaze** 84 kcal  **2.50**

**CAESAR SALAD**  714 kcal **10.45**

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

**Add Sliced Chicken Breast** 259 kcal **3.15**

**FISH AND CHIPS** 1001 kcal **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**

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

**KNICKERBOCKER SUNDAE**  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!


 **SUITABLE FOR VEGETARIANS**

 **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.

## DAIRY INTOLERANT

### LUNCH

**FALAFEL WRAP**  391 kcal **9.45**


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

**ADD CHIPS** 405kcal **1.70**

### STARTERS

**PRAWN COCKTAIL** 531 kcal **7.50**

Shredded lettuce topped with Atlantic prawns in a Marie Rose sauce, served with brown bread and lemon.

**CREAMY GARLIC MUSHROOMS**  458 kcal **7.50**

Rich and creamy garlic mushrooms served on a toasted ciabatta.

**SOUP OF THE DAY** 513 kcal **5.80**

Ask the team for today's flavour. Served with fresh bread.

**GARLIC BREAD**  409 kcal **6.60**

### SHARERS


**VEGAN NACHOS**  (Serves 2-3) 351 kcal **10.45**

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

### MAINS

**FISH AND CHIPS** 1001 kcal **15.50**

Hand-battered fish, chunky chips, tartar sauce and peas.

**BALTI PIE**  932 kcal **11.95**

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

**CHICK'N BURGER**  1294 kcal **14.50**

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

### STACKED BURGER - CLASSIC

Simply grilled burger with burger sauce.

**Two Patties** 731kcal **13.25**

**Three Patties** 871kcal **14.00**

### PIZZAS

**VEGAN MARGHERITA**  946 kcal **14.35**

Rich tomato base topped with dairy-free cheese.


**BBQ CHICKEN AND BACON** 1438 kcal **16.00**


BBQ base, topped with tender chicken, crispy bacon and dairy-free cheese.


**PEPPERONI** 1375 kcal **16.00**

Rich tomato base topped with grated dairy-free cheese and loads of pepperoni.

### 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**  538 kcal **6.55**

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

# KIDS LIFESTYLE AND ALLERGEN MENU

## GLUTEN INTOLERANT

### STARTERS

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

RAINBOW STICKS **Vg** 34 kcal 1.05  
Fresh carrot, cucumber and peppers.

### MAINS

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

BONKERS BACON CHEESEBURGER **567 kcal** 7.00  
Chargrilled burger in a gluten-free roll, topped with melted cheese and bacon with chunky chips.

### DESSERTS

CHEEKY CHOCOLATE BROWNIE **327 kcal** 4.75  
Chocolate ice-cream, with fudgy brownie pieces and chocolate sauce.

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

VEGAN ICE CREAM **Vg** 4.00  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

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.

### STARTERS

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

RAINBOW STICKS **Vg** 34 kcal 1.05  
Fresh carrot, cucumber and peppers.

GRUNCHY GARLIC BREAD **Vg** 218 kcal 2.10  
Crispy bread covered in garlic butter.

### MAINS

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

BBQ CHICK\*N WRAP **Vg** 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.

### DESSERTS

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

VEGAN ICE CREAM **Vg** 4.00  
Choose two scoops from:  
Chocolate 170 kcal  
Strawberry 160 kcal  
Vanilla 158 kcal



## TOTS GLUTEN INTOLERANT

### MAINS

PASTACADABRA **Vg** 234 kcal 5.75  
Gluten-free pasta tubes in a tomato and garlic sauce.

### DESSERTS

FIZZY FRUIT AND SORBET **Vg** 133 kcal 3.65  
Seasonal fresh fruit with orange sorbet.

VEGAN ICE CREAM **Vg** 3.15  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

## TOTS DAIRY INTOLERANT

### MAINS

PASTACADABRA **Vg** 234 kcal 5.75  
Gluten-free pasta tubes in a tomato and garlic sauce.

SCRATCH & LUCY'S FISH FINGERS AND CHIPS **Vg** 476 kcal 6.85  
Breaded fish fingers, served with fries and ketchup.

### DESSERTS

FIZZY FRUIT AND SORBET **Vg** 133 kcal 3.65  
Seasonal fresh fruit with orange sorbet.

VEGAN ICE CREAM **Vg** 3.15  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

MAKE IT A  
MEAL DEAL  
FOR £8.95

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.

MAKE IT A  
MEAL DEAL  
FOR £8.95

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.