# FROM £6

**MONDAY-FRIDAY UNTIL 4PM** 

# WRAPS & SOURDOUGH SUBS

All our wraps and sourdough subs come with skin-on fries.

## **CHEESY JOE**

Slow-cooked smoky BBQ beef with melted mozzarella and red onion. 894 kcal Sub / 967 kcal Wrap

## **POSH FISH FINGER**

Fish goujons with iceberg lettuce and tartare sauce. 985 kcal Sub / 1058 kcal Wrap

# **RAINBOW ROAD (VG)**

Spinach, tomato, red onion and mixed roasted peppers with vegan mayo, finished off with sliced avocado, a drizzle of almond pesto and basil. 1091 kcal Sub / 1164 kcal Wrap

## KICKIN' CHICKEN

Karaage coated chicken with mozzarella, Korean sweet sriracha sauce, spinach and spring onion. 1071 kcal Sub / 1144 kcal Wrap



# CRAFTED BURGERS

Our burgers are served in a toasted bun with ketchup, burger sauce, iceberg lettuce, chopped onion and gherkin, with skin-on fries and BBQ sauce. Choose beef patties 323 kcal, crispy coated chicken 418 kcal or THISTM Isn't Beef burger (VG) 249 kcal

### THE ITALIAN JOB

Garlic & herb sauce with pizza sauce, melting mozzarella and pepperoni. 1040 kcal excl. burger choice

# **VEGAN ALTERNATIVE AVAILABLE**

## THE MELT

Bacon, a burger cheese slice and BBQ sauce.

## WHY NOT ADD A LIL EXTRA TO YOUR BURGER?

**BEEF PATTY** +162 kcal **+2** 

**BACON** +34 kcal **+75p** 

BURGER CHEESE SLICE (V) +42 kcal +1

ONION RINGS +286 kcal +1

# LIGHT BITES

# **AVO & PESTO SALAD (VG)**

A vibrant, crisp salad consisting of quinoa, spinach, lightly roasted peppers, cucumber, spring onion, rocket, fresh avocado and peas tossed in a zingy lemon & almond pesto dressing. 369 kcal



GRILLED CHICKEN +138 kcal +2

# **BURRITO BOWL (V)**

With coriander & lime rice, fresh salsa, roasted peppers, sweet & sour onions, jalapeños, sour cream, guac & cheese sauce all served in a tortilla bowl. 646kcal

**TOP YOUR BURRITO BOWL WITH: GRILLED CHICKEN** +138 kcal +2

**SLOW-COOKED SMOKY BBQ BEEF** +134 kcal +2

# STONE-BAKED PIZZAS

Our pizzas are made from a hand-stretched, stone-baked sourdough base and topped with tomato sauce and mozzarella.

# A LOAD OF PEPPERONI

Loaded with spicy pepperoni. 1141kcal

# BARBIE CHICK

Grilled chicken, streaky bacon and red onion, drizzled with sticky BBQ sauce. 1160 kcal

# **EASY CHEESY (V-M)**

With fresh basil. 938 kcal

**VG-M ALTERNATIVE AVAILABLE** 948 kcal

Fancy something

saucy? Bump up

to an alcoholic

drink for

£2 extra

TREAT YOURSELF TO SOME GARLIC DOUGH BALLS +241 kcal +3

# QUENCH YOUR THIRST, PICK A SIP...

COCA COLA ORIGINAL TASTE 369ML 155 kcal

**DIET COKE 369ML** 1 kcal

COCA COLA ZERO SUGAR 369ML 3 kcal

SCHWEPPES LEMONADE 369ML 70 kcal

**SCHWEPPES TONIC 200ML** 42 kcal

**SCHWEPPES SLIMLINE** TONIC 200ML 4 kcal

**SCHWEPPES ORANGE** JUICE BOTTLE 200ML 94 kcal



**TANQUERAY GIN** 41.3% ABV

AMSTEL 4.1% ABV

FOSTER'S 3.7% ABV

**INCH'S CIDER 4.5% ABV** 

WHITE WINE 125ML 12% ABV

**RED WINE 125ML** 13% ABV

ROSÉ WINE 125ML 11.5% ABV

**BEAVERTOWN LAZER CRUSH 0.3%** 

**330ML** 89 kcal

HEINEKEN 0.0 330ML 69 kcal

PERONI 0.0% 330ML 76 kcal

RED BULL 250ML 115 kcal

**RED BULL SUGARFREE 250ML 8 kcal** 



Adults need around 2000 kcal a day

(V) Suitable for vegetarians. (VG) Suitable for vegans. (V-M) Made with vegetarian ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

# Do you have any allergies?

Please inform staff of any allergies before placing your order, even if you have eaten the dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally declarable allergens contained in our dishes. While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. All vegan cheese used in our dishes is non-dairy. Our burger cheese slice is processed. Fish and poultry dishes may contain bones. All weights are approximate uncooked. Ingredients are based on standard product formulations; variations may occur. Calories/nutritional values stated are subject to change. There is significant risk of cross-contamination in our deep fat fryers.