

# LUNCH & DRINK

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.

Sub 800 kcal / Wrap 873 kcal

### POSH FISH FINGER

Fish goujons with iceberg lettuce and tartare sauce.

Sub 985 kcal / Wrap 1058 kcal

### 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. Sub 993 kcal / Wrap 1066 kcal

### KICKIN' CHICKEN

Karaage coated chicken with mozzarella, Korean sweet sriracha sauce, spinach and spring onion.

Sub 977 kcal / Wrap 1050 kcal

OUR FAVE!

## 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. 370 kcal

#### TOP YOUR SALAD WITH:

**GRILLED CHICKEN** +130 kcal

### 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. 716 kcal

#### TOP YOUR BURRITO BOWL WITH:

**GRILLED CHICKEN** +130 kcal

**SLOW-COOKED SMOKY BBQ BEEF** +89 kcal



## 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 402 kcal, buttermilk-coated chicken 325 kcal or Quorn™ buttermilk-style fillet burger (VG) 188 kcal, then pick your topper.

### DIGGIN' IT (V)

Grilled mushroom and a burger cheese slice topped with chipotle mayo. 1008 kcal excl. burger choice

#### VEGAN ALTERNATIVE AVAILABLE

1095 kcal excl. burger choice

### THE MELT

Bacon, a burger cheese slice and BBQ sauce.

854 kcal excl. burger choice

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

**BEEF PATTY** +183 kcal

**BACON** +34 kcal

**BURGER CHEESE SLICE (V)** +42 kcal

**ONION RINGS** +286 kcal

## 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. 1262 kcal

### BARBIE CHICK

Grilled chicken, streaky bacon and red onion, drizzled with sticky BBQ sauce. 1297 kcal

### EASY CHEESY (V-M)

With fresh basil. 1058 kcal

**VG-M ALTERNATIVE AVAILABLE** 1060 kcal

#### TREAT YOURSELF TO SOME

**GARLIC DOUGH BALLS** +241 kcal



## QUENCH YOUR THIRST, PICK A SIP...

**COCA-COLA 369ML** 155 kcal

**DIET COCA-COLA 369ML** 1 kcal

**LEMONADE 369ML** 70 kcal

**SCHWEPES TONIC 200ML** 42 kcal

**SCHWEPES SLIMLINE TONIC 200ML** 4 kcal



### TANQUERAY GIN

41.3% ABV

**AMSTEL** 4.1% ABV

**FOSTER'S** 3.7% ABV

**COORS LIGHT DRAUGHT** 4% ABV

**INCH'S CIDER** 4.5% ABV

**HEINEKEN 0.0 300ML** 69 kcal

Fancy something saucy? Bump up to an alcoholic drink

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.

DRINK SENSIBLY

1SPK\_LMTR\_NOPRICE