

# LUNCH

LUNCH  
AND A  
DRINK\*  
FROM  
8.50

AVAILABLE  
MON-FRI  
NOON-  
4PM

\*CHOOSE ANY MAIN, SIDE  
AND A DRINK FROM THE  
SECTIONS INSIDE

## 1 CHOOSE YOUR MAIN

### BURGERS

Our burgers are served in a soft glazed bun, with burger sauce, ketchup, chopped onion, gherkin and iceberg lettuce.

Served with a sticky BBQ dip

**SEASONED BEEF BURGER** 570 kcal

**BUTTERMILK BREADED  
CHICKEN BURGER** 607 kcal

**GRILLED CHICKEN BURGER** 402 kcal

### VEGAN BURGERS

Our vegan burgers are layered with lettuce in a toasted beetroot bun.

Served with a sticky BBQ dip and topped nachos as standard.

**MOVING MOUNTAINS®  
B12 BURGER (VG)** 907 kcal

**LOUISIANA CHICK'N™  
BURGER (VG-M)** 864 kcal

### WRAPS AND SUBS

Served on your choice of white or wheatbran wrap

#### SOUTHERN-FRIED CHICKEN

With iceberg lettuce and mayo

White sub roll 704 kcal. Wheatbran wrap 640 kcal

#### CHICKEN CLUB

With bacon, avocado, iceberg lettuce, tomato and mayo

White sub roll 735 kcal. Wheatbran wrap 671 kcal

#### HALLOUMI AND AVOCADO (V)

With iceberg lettuce, tomato and mayo

White sub roll 785 kcal. Wheatbran wrap 721

#### FISH FINGER(†)

With iceberg lettuce and tartare sauce

White sub roll 659 kcal. Wheatbran wrap 595 kcal

#### BBQ JACKFRUIT (VG)

With Violife grated mature, iceberg lettuce and vegan mayo

White sub roll 573 kcal. Wheatbran wrap 509 kcal

#### MEATBALL MARINARA

Pork meatballs in a tasty tomato sauce, topped with grated cheese, crispy bacon and spring onion

White sub roll 733 kcal. Wheatbran wrap 669 kcal

## 2 CHOOSE YOUR SIDE

**CHIPS** +373 kcal **OR FRIES (V)** +405 kcal

#### DRESSED SIDE SALAD (VG)

Avocado, soya bean, slow-roasted & fresh tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 301 kcal

**BEER-BATTERED ONION RINGS (V-M)** +397 kcal

**GARLIC BREAD (V)** +189 kcal

**GARLIC BREAD WITH CHEESE (V)** +252 kcal ..... **50P EXTRA**

**SWEET POTATO FRIES (V)** +513 kcal ..... **1.00 EXTRA**

#### ALMOND PESTO & ITALIAN HARD CHEESE

**TOPPED FRIES (V)** +489 kcal ..... **1.00 EXTRA**

#### ITALIAN HARD CHEESE & STREAKY BACON

**TOPPED FRIES** +504 kcal ..... **1.00 EXTRA**

## 3 CHOOSE YOUR DRINK

**16OZ GLASS OF COKE ZERO** 2 kcal, **DIET COKE** 1 kcal **OR SCHWEPPE'S  
LEMONADE** 70 kcal **330ml BOTTLE OF STRATHMORE WATER** 0 kcal

**TEA OR COFFEE** (Ask a team member to see our range and calorie information)

#### FOR 1.00 EXTRA

Upgrade your drink to a 175ml house wine or a pint of standard lager, cider or cask ale (under 4.5% ABV).

#### FOR 2.00 EXTRA

Go premium and choose from a selection of premium wine, lager, craft beer or ciders

If you switch to standard Coca-Cola 155 kcal, a 15p sugar-tax surcharge, per drink, will apply.

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#### DO YOU HAVE ANY ALLERGIES?

Please inform staff of any allergens before placing your order even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients.

Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. Ingredients are based on standard product formulations, variations may occur, and calories stated are subject to change.

Whilst 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. There is significant risk of cross-contamination in our deep fat fryers.

(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.