

# LUNCH & DRINK

GRAB A TASTY LUNCH  
DISH AND REFRESHING SIP

MONDAY – FRIDAY 12 – 4PM ONLY

FROM  
£10.00

## PICK A DISH

### WRAPS & FLATBREADS

ALL SERVED WITH SKIN-ON FRIES AND AVAILABLE AS WRAP OR FLATBREAD

#### CRISPY CHICKEN

Crispy chicken strips, salt, pepper & chilli mayo, mixed leaves, cheese & sticky BBQ sauce, topped with fresh tomato salsa, sweet & sour onion. 1093 kcal (excluding bread option) flatbread +281 kcal / wrap +288 kcal

#### TANDOORI CHICKEN

Tandoori chicken pieces, mint mayo, mixed leaves and PEPPADEW® pepper sauce, topped with fresh tomato salsa, coriander. 970 kcal (excluding bread option) flatbread +281 kcal / wrap +288 kcal

#### CRISPY COATED SMOKED TOFU (VG)

Crispy coated smoked tofu bites, salt, pepper & chilli mayo, mixed leaves, PEPPADEW® pepper sauce & pieces and garlic & herb sauce, topped with fresh tomato salsa. 1300 kcal (excluding bread option) flatbread +281 kcal / wrap +288 kcal

### SMASHING BURGERS

DELICIOUSLY CRISPY STACKED BURGERS, SERVED IN A TOASTED BUN, TOPPED WITH ICEBERG LETTUCE, PICKLES, HOUSE BURGER SAUCE SERVED WITH A SIDE OF SKIN-ON FRIES AND A POT OF BBQ SAUCE.

#### CLASSIC SMASH MELT

Two beef smash patties with a caramelised onion & garlic umami glaze, topped with streaky bacon and burger cheese slices. 1348 kcal

#### CHICKEN CAESAR

Crispy coated chicken, smothered in garlic & herb sauce and finished with Italian hard cheese. 1445 kcal

#### CLASSIC VEGGIE MELT (V)

Two plant-based beef-style burgers, topped with vegan bacon and burger cheese slices. 1379 kcal

VG ALTERNATIVE AVAILABLE 1476 kcal



CLASSIC SMASH MELT

### STONE-BAKED PIZZAS

MADE FROM A HAND STRETCHED SOURDOUGH BASE, TOPPED WITH TOMATO SAUCE AND MOZZARELLA

#### A LOAD OF PEPPERONI

Fully-loaded spicy pepperoni – the clue's in the name. 1151 kcal

#### TEXAS BBQ

Shredded chicken, streaky bacon and sweet & sour onion, drizzled with sticky BBQ sauce. 1120 kcal

#### EASY CHEESY (V-M)

The classic, finished with fresh basil. 934 kcal (VG-M) ALTERNATIVE AVAILABLE 924 kcal

### BOWLS

ALL ARE A SOURCE OF PROTEIN, SERVED WITH SOYA BEANS, AND A GRAIN & VEGETABLE MIX BASE.

#### MEXICAN CHICKEN BOWL

Fajita-spiced chicken, onion & pepper mix, turtle beans, fresh tomato salsa, and jalapeños. Served with sour cream and guac. 494 kcal

#### TANDOORI CHICKEN BOWL

Tandoori chicken pieces, roasted curry-spiced sweet potato & chickpeas, sliced cucumber & coriander. Served with a mint sour cream and mango chutney dip. 658 kcal

#### PREFER PLANT-BASED PROTEIN? SWAP FOR CRISPY TOFU (VG)

Tandoori Crispy Tofu Bowl (VG) 563 kcal  
Mexican Crispy Tofu Bowl (VG) 814 kcal

## PICK A SIP

#### COCA-COLA 330ML

Coca-Cola Zero Sugar (1 kcal)  
Coca-Cola Classic (139 kcal)  
Diet Coke (1 kcal)

FANTA ORANGE 330ML CAN (63 kcal)

APPLETISER 275ML BOTTLE (129 kcal)

#### OASIS 330ML CAN

Exotic (59 kcal) / Summer Fruits (7 kcal)

#### SCHWEPES 200ML BOTTLE

Lemonade (36 kcal) / Orange Juice (94 kcal)  
Tonic (42 kcal) / Light Tonic (4 kcal)

SODA & CORDIAL (4 kcal)

#### COSTA COFFEE 250ML

Caramel Iced Latte (140 kcal) / Iced Latte (145 kcal)

## FANCY SOMETHING SAUCY? UPGRADE YOUR DRINK FOR £2.50 EXTRA

AMSTEL 4.1% ABV

BIRRA MORETTI 4.6% ABV

BIRRA MORETTI SALE DI MARE 4.6% ABV

HEINEKEN 5.0% ABV

PERONI NASTRO AZZURRO 5.0% ABV

GUINNESS 4.2% ABV

HEINEKEN 0.0% 330ml (69 kcal)

DAYS LAGER 0.0% 330ml (33 kcal)

GUINNESS 0.0% 538ml (91 kcal)

INCH'S CIDER 4.5% ABV

WHITE WINE 175ml / 10% ABV

RED WINE 175ml / 12.5% ABV

ROSÉ WINE 175ml / 10% ABV

#### RED BULL 250ML CAN

Original (115 kcal) / Sugarfree (8 kcal)

#### MONSTER ENERGY 500ML CAN

Ultra (10 kcal) / Mango Loco (240 kcal)  
Pipeline Punch (180 kcal)



(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. Adults need around 2000 kcal a day.