



**Lunch Menu** (12 ~ 5pm Monday ~ Saturday)

**EGGS**

- French toast** (eggy brioche) maple syrup £5 add pancetta £6.50  
**V Omelette**, asparagus, spinach & feta £6.75 add smoked salmon £8.25  
**Croque-madame** (brioche, Gruyère cheese, ham & egg) £7  
**V Poached eggs Benedict** (with ham), **Florentine** (wilted spinach), or **Royale** (smoked salmon) £6.50  
 (homemade muffin & hollandaise sauce) add extra toppings £1.50

**SANDWICHES**

- (with a piquillo pepper dressed side salad)  
**V Falafel wrap** (corn tortilla), roasted peppers, hummus £6.50  
 Char-grilled chicken, Parma ham, mozzarella £7.25  
 Minute steak, caramelised onion, Shropshire Blue cheese £8  
 Ham, field mushroom, Gruyère £7.25  
**V The Greek** (cucumber, olives, feta, red onion, sun dried tomato & oregano) £6.50

**BREAD / OLIVES**

- V Greek olives**, sun dried tomatoes £3.50  
**V Hummus**, paprika tortilla shards £3.50  
**V Focaccia**, olive oil, balsamic £3  
**Bruschetta** (pesto & Grana Padano) £3.50

**STARTERS**

- V Soup of the day**, focaccia bread £5  
**Seared King scallops**, smoked salmon, peas, courgette, broad beans, pickled asparagus £9.50  
**'Big Papa Ray's' chicken wings**, lime salsa £7.50  
**Mackerel fillet**, pickled carrots & mooli, charred asparagus, samphire, horseradish cream £7.50  
**Vegan Saffron vegetable cous cous**, sweet potato skins, sun dried tomatoes £6.50  
**Smoked chicken liver & whiskey parfait**, beetroot compote, toasted sour dough £6.50  
**V Deep fried piquillo peppers** (with feta cheese) mini Greek salad £6.50

**SALADS** (all £9.50)

- Goats cheese salad**, roasted peppers, sun dried tomatoes, pine nuts, pesto  
**Chicken Caesar salad**, anchovies, pancetta, croutons, Grana Padano, poached egg, Caesar dressing  
**V Greek Salad**, cucumber, black olives, red onion, sun dried tomato, feta cheese, oregano

**MAIN COURSES**

- Free range chicken suprême**, peas, courgette, soy beans, spinach, roasted garlic potato croquettes £14.50  
**Gressingham duck breast**, fondant potato, spring greens, heritage carrots, pickled cherries, jus £16.50  
**Pork fillet**, Shropshire Blue soufflé, wilted spinach, grilled asparagus, new potatoes, Dijon jus £15  
**Aged sirloin steak** (8oz) with fries, roasted tomato & shallot, field mushroom £19.75  
 Choose red wine jus, Shropshire Blue cheese sauce, peppercorn sauce or Dijon mustard jus  
**Angus beef burger**, toasted brioche, pancetta, lettuce, fries & onion ring £13  
 Choose mozzarella, Shropshire Blue or Gruyère cheese  
**Roasted monkfish tail, Parma ham**, baby leek & mussel meat chowder,  
 buttered new potatoes & crispy roquette £19.75  
**Moules-frites Marinière** with sour dough £11.50  
**Fish & chips** (beer battered haddock), minted crushed peas, tartare (small / large) £8.50 / £13.50  
**Vegan Thai green curry**, sweet potato, asparagus, spinach, coconut milk, wild basmati rice £11.50  
**V Falafel burger**, toasted brioche, roasted peppers, spinach, feta, courgette fries & onion ring £11.50

**SIDE DISHES**

- |  |       |                      |       |                            |       |
|--|-------|----------------------|-------|----------------------------|-------|
| Fries & aioli  | £3    | Chunky chips & aioli | £3    | Heritage carrots           | £3.50 |
| Dressed leaves   | £2.75 | Courgette fries      | £3.50 | Wilted spinach & pine nuts | £3.50 |
| Crispy onion rings   | £3    | Cheesy garlic bread  | £3.50 | Buttered new potatoes      | £3    |
| Summer veg (peas, broad beans, courgettes & spinach) £3.50 |       |                      |       |                            |       |

Please ask for childrens menu or allergen information sheet if required