

Allergen Information (allergens listed in bold)

Light Meals

Chickpea and Artichoke Salad
Green pesto and baby leaf salad (V and VE if served without pesto)
(Pesto: **pine nuts**)

Spicy Crab Cakes
Dill coleslaw and baby leaf salad
(wheat flour, crustacean, fish, egg, mustard, celery, wheat barley)

Spinach and Goats Cheese Tart
Balsamic dressing and baby leaf salad (V)
(milk, wheat gluten)

Greek Feta and Olive Salad
Served with pitta bread (V)
(Milk)

Chestnut Mushrooms on Toast
Served in a creamy tarragon sauce on granary toast (V)
(Mushrooms: cream; Bread: wheat gluten)

Smoked Chicken Caesar Salad
Topped with shaved parmesan and a Caesar dressing
(Dressing: milk, cheese, anchovy)

Main Meals

6oz Lamb Burger
Topped with tzatziki served in a rosemary focaccia
with chunky chips and baby leaf salad
(Burger: wheat soya, milk egg, celery mustard; Focaccia: wheat barley; Tzatziki:
dairy milk)

Beer Battered Cod and Chunky Chips
Cod fillet in crispy Henley Gold beer batter with garden peas and a classic
tartare sauce
(fish, gluten)

Mediterranean Vegetable Ratatouille
With garlic ciabatta (VE available if served without garlic ciabatta)
(Ciabatta: dairy)

Boeuf Bourguignon
Warm crusty bread and baby leaf salad (GF if served without crusty bread)
(Crusty Bread: wheat gluten)

Thai Red Chicken Curry
Long grain rice and mini vegetable spring rolls (GF if served without spring rolls)
(Sauce: dairy, crustacean)

Desserts

All served with a scoop of vanilla pod ice cream

Plum and Apple Tart (VE and GF)
(Pecan nuts, Ice Cream: dairy)

White Chocolate and Raspberry Panna Cotta (V)
(soya, milk; Ice Cream: dairy)

Belgian Waffle (V)
(wheat gluten, egg, milk; Ice Cream: dairy)

Summer Pudding (V)
(wheat gluten, soya; Ice Cream: dairy)

Strawberry and Rhubarb Cheesecake (GF)
(milk; Ice Cream: dairy)

Lunch Snacks

Gluten free bread is also available

Brie and Avocado Bloomer Sandwich (V)
(Bread: wheat gluten; Brie: milk)

Plaice Goujon Sandwich with Tartar Sauce
(fish; Breadcrumb coating: wheat gluten, egg; Tartar Sauce: eggs,
mustard)

Cheddar, Mozzarella and Tomato Toastie (V)
(Bread: wheat gluten; Cheese: milk)

Mature Cheddar, Ham and Pickle Baguette
(Bread: wheat gluten; Cheese: milk)

Tuna, Cucumber and Mayonnaise Sandwich
(fish; Mayonnaise: egg; Bread: wheat gluten)

Classic BLT Bloomer Sandwich
(Bread: wheat gluten; Mayo: egg)

Children's Menu

Penne Pasta in Pomodoro Sauce (VE)
(Pasta: wheat gluten)

Cod Fillet Fish Fingers, Chunky Chips and Peas
(Fish Finger: fish, gluten, egg; Chips: wheat gluten)

Handmade Lean Beef Burger
Served with Chunky Chips and Salad
(Burger: wheat gluten, mustard; Bun: wheat gluten; Chips: wheat
gluten)

Cheese and Tomato French Bread Pizza (VE)
Served with a Green Salad
(Bread: wheat gluten; Topping: milk)

Cheese, Ham and Tomato French Bread Pizza
Served with a Green Salad
(Bread: wheat gluten; Topping: milk)

Battered Mini Chicken Fillets, Chunky Chips and Salad
(Chicken Nuggets: egg, wheat gluten; Chips: wheat gluten)

**Veggie Plate of Houmous, Pitta, Vegetable Sticks
and Cherry Tomatoes** (VE)
(Houmous: sesame seeds, Pitta Bread: wheat gluten)

Side Dishes and Extras

Houmous with Pitta Bread (V)
(Houmous: sesame seeds, Pitta Bread: wheat gluten)

Chunky Chips (V)
(wheat gluten)

Chunky Chips with Mature Cheddar, Salsa and Spicy Jalapeños (V)
(Chips: wheat gluten; Topping: milk)

Mini Vegetable Spring Rolls with Sweet Chilli Dip (V)
(Vegetable Spring Rolls: wheat gluten, sulphite, soy bean, celery)

Garlic Bread (V)
(wheat gluten)

Sweet Chilli dip (V)
(sesame)

Tartar sauce (V)
(egg, mustard)

Balsamic Dressing (V)
(malt extract from barley)