

NIBBLE OR SHARE

£5 each
2 for £8

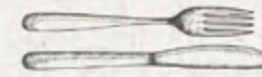
- Ham hock and crushed pea crostini mint drizzle
- Goats' cheese crostini onion marmalade **V**
- Polpette mini meatballs in pomodoro sauce
- Crispy halloumi bites chilli jam **V**
- Hummus vegetable crudités **VG NGCI**
- Baked breads virgin olive oil and balsamic **V**
- Mixed olives in a herb oil **VG NGCI**
- Honeyed sherry chorizo smoked paprika mayo **NGCI**

STARTERS {AND LITE BITES}

- Honey and sesame chicken **NGCI** £7
Asian slaw, hoisin dip
- Garlic and rosemary pizza bread **V** £6
- Mozzarella topped garlic & rosemary pizza bread **V** £7
- Salt and pepper squid £8.50
Citrus mayonnaise
- Traditional Caesar salad £6.50
Cos lettuce, croutons, anchovies, and Parmesan, bound in a creamy Caesar dressing
- Roasted vegetable flatbread **VG** £7
- Roasted potato skins generously filled with:
Mature Cheddar and fresh chives **V** £6.50
or Smoked bacon and mature Cheddar £6.50
- Marinated chicken wings
Choose from harissa with yoghurt dip, or sticky BBQ with sour cream, both served with celery sticks
6 wings £6.50
12 wings £11
- Homemade soup of the day **V** £6.50
Baked bread roll
- Tiger prawns and chorizo pil pil **NGCI** £7.50
Spring onion and tomato in a garlic chilli oil
- Baked Camembert **V** £8
Caramelised onion marmalade, artisan bread
- Mozzarella and tomato salad **V NGCI** £6.50
Fresh basil, pesto dressing
- The Nachos £7.50
Our homemade crunchy nachos with melted Monterey Jack cheese, topped with guacamole, sour cream, jalapeños and salsa **V**

With The Kitchen's chilli con carne £9.50

MAIN STREET



- Roasted lamb rump **NGCI** £19
Dauphinoise potatoes, green beans and a red wine jus
- Stone bass **NGCI** £16.50
Olive crushed new potatoes, wilted greens and salsa verde
- The Kitchen's pie of the day ... £15
Ask your server for today's offering
- The Kitchen's braised chilli con carne £15
A chunky wholesome beef chilli, finished with a touch of organic dark chocolate, wild rice, guacamole and corn chips
- Roasted aubergine, courgette, red pepper and goats' cheese timbale **V** £15
Sweet potato fries (**VG with roast vine tomatoes in place of goats' cheese**)
- Smoked salmon linguine £13.50
Bound in a creamy dill sauce
- Tomahawk of pork in a cider mustard sauce **NGCI** £22.50
Creamed potato and seasonal vegetables
- Spaghetti and meatballs £13.50
Pomodoro sauce, shaved Parmesan
- Roast breast of chicken **NGCI** £15.50
Mushroom and marsala cream, pomme purée and wilted greens
- Chickpea, butternut squash and spinach curry **V** £15
Basmati rice, naan bread, mango chutney, raita and poppadoms (**VG with hummus in place of raita**)
- Chicken Malabar £16
A wonderful curry from Mangalore, served with basmati rice, naan bread, mango chutney, raita and poppadoms
Our curries have a fragrant medium heat flavour, traditional to their South Indian roots, please ask if you would like extra heat. Both are NGCI with a gluten free flatbread in place of naan and poppadoms.
- 10oz sirloin steak £24.50
Chargrilled to order, thick cut chips, roasted vine tomatoes and your choice of peppercorn or Béarnaise sauce
- 8oz steak and frites £18
8oz flat iron brushed with garlic and rosemary oil, skin on fries, rocket and Parmesan garnish
- Beer battered haddock £15.50
Thick cut chips, smashed peas and tartare sauce
- Roasted salmon fillet £16.50
Béarnaise sauce, skin on fries and balsamic roasted vine tomatoes

BURGERS {MEAN BUSINESS}

- Soft warm pretzel bun, crisp lettuce, tomato, thick cut chips. All our 6oz prime beef burgers, chicken fillet and grilled halloumi options can double or triple up for £2 per patty.
- The Mexican £16
Prime beef burger loaded with The Kitchen's chilli con carne, Monterey Jack cheese and sour cream
- Grilled halloumi **V** £15
Hummus and balsamic roasted red pepper
- Buttermilk Southern-fried chicken fillet £15
Sriracha mayonnaise
- Grilled gluten free chicken breast and gluten free bun available.
Naked burger, swap your chips or bun for a mixed salad.
- BCM £15
Prime beef burger topped with crisp bacon, Monterey Jack cheese and mustard mayonnaise
- The Tower £16
Prime beef burger piled with two onion rings and coleslaw
- Black 'n' Blue £15
Cajun dusted prime beef burger, smothered with melted blue cheese

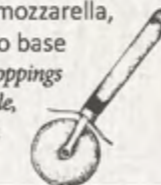


HEALTHY OPTIONS & SALADS

- Tiger prawn spaghetti £15
In a spinach, lemon, chilli and garlic oil (422 cal)
 - Protein plate **NGCI** £18
8oz flat iron steak, avocado, tenderstem broccoli, green beans and kale in a zesty rosemary, garlic and chilli oil (433 cal)
 - Chicken breast skewers and baked avocado **NGCI** £15
On a vegetable ratatouille, lightly topped with torn buffalo mozzarella (435 cal)
 - Farmhouse salad £14
Slow cooked ham hock, avocado, celery, shredded iceberg, Cheddar cheese, boiled egg, tomato and croûtes in a light honey mustard dressing (793 cal) (**NGCI without the croûtes**)
 - Teriyaki salmon £16
On a bed of sweet chilli stir fried noodles and salad vegetables (828 cal)
 - Sweet chilli stir fry **VG NGCI** £12
Crisp salad vegetables and noodles, lightly fried in a sweet chilli sauce (583 cal)
With grilled chicken breast £16
 - Traditional Caesar salad £12
Cos lettuce, croutons, anchovies, and Parmesan, bound in a creamy Caesar dressing (447 cal)
With grilled chicken breast £16
 - Greek salad **V NGCI** £13
Fresh flavours of green leaves, olives, feta cheese, red onion, cucumber, tomato, oregano and olive oil (220 cal)
- Calorie counts are shown as a guide, but due to the fresh nature of products, these may vary.*

ARTISAN PIZZAS

- Gluten free bases available.
- Americano £15
Pepperoni, mozzarella, chilli, tomato base
- Farmhouse £14.50
Roast ham, mozzarella, mushrooms, tomato base
- Pizza con Carne ... £15
The Kitchen's home-made chilli topped with mozzarella, crispy bacon, mushrooms, peppers and jalapeños, finished with a sour cream drizzle
- Texan Chicken £15
Sliced chicken, crispy bacon, mozzarella, red onion, BBQ base
- Vegetarian feast **V** £13.50
Olives, mushrooms, red pepper, tomato, red onion, mozzarella, rocket, tomato base
- Margherita **V**.. £12.50
Tomato, fresh basil, mozzarella, tomato base
Extra toppings available, £1 each



SANDWICHES

- Served with your choice of skin on fries **VG**, mixed salad **VG NGCI**, or a mug of homemade soup **V**. *Gluten free bread available.*
- American grilled cheese sandwich, with dill pickles on the side **V** £8.50
- Slow cooked ham hock, fried egg and piccalilli ... £10.50
- Crushed avocado, balsamic glazed tomato, rocket and roasted red pepper in a beetroot & rye sourdough **V** £12
- Smoked salmon and cream cheese bagel £11.50
- Hummus, roasted red pepper, olive and rocket wrap **VG** £8.50
- The B.L.T. with mayonnaise £10.50
- Real fish fingers, with tartare sauce & smashed peas £10.50
- Chicken and bacon triple layer club, with boiled egg, lettuce and mayonnaise £12.50
- Mature Cheddar, lettuce, tomato and crunchy pickle **V** £8.50
- Philly steak sub, onions, peppers and melted Emmental in a beetroot and rye sourdough £13

SIDESHOW

£3.50 each
or 2 for £6

- Dauphinoise potatoes **V NGCI**
- Tenderstem broccoli, red chilli, olive oil **VG NGCI**
- Sautéed mushrooms **V NGCI**
- Wilted greens **VG NGCI**
- Rocket and Parmesan salad **NGCI**
- Crispy onion rings **V**
- Thick cut chips **VG**
- Skin on fries **VG**
- Sweet potato fries with sour cream dip **V**
- Creamy mash **V NGCI**
- Fresh seasonal vegetables **VG NGCI**
- Buttered new potatoes **V NGCI**
- Greek salad side **V NGCI**

SWEET STUFF

Too good not to... £7 each

- Hot Nutella doughnut bites **V** Whipped cream
- Sticky toffee pudding **V** Vanilla ice cream
- Warm pear frangipane **V** Custard
- Banoffee cheesecake **V** Vanilla ice cream, rum flambéed banana
- Triple chocolate terrine **V** Berry compote, vanilla ice cream
- Today's homemade crumble **V**
- Chocolate brownie smores
Chocolate brownie pieces, chocolate and vanilla ice creams, finished with toasted marshmallows
- Fresh fruit & sorbet glory
VG NGCI Naturally dairy free, ribboned with fruit coulis

CHEESEBOARD **V** £8

Crumbly Stilton, ripe Brie and mature Cheddar with fresh pear, celery, a plum and ginger chutney, and biscuits





White Wines

Familiar, favourite whites	Bottle	175ml	250ml
Short Mile Bay Chardonnay Australia	£19.50	£5.15	£7.30
Antonio Rubini Pinot Grigio, Pavia Italy	£20.50	£5.25	£7.50
Bespoke Chenin Blanc, Western Cape South Africa	£22.00		
Vidal Sauvignon Blanc, Marlborough New Zealand	£28.00	£6.90	£9.55
Classy, curious whites			
Paco & Lola Lolo Tree Albariño, Rías Baixas Spain	£24.25		
Gavi, Ca' Bianca Italy	£24.90		
Picpoul de Pinet, Réserve Mirou France	£26.40	£6.35	£8.95

Rosé Wines

	Bottle	175ml	250ml
Corte Vigna Pinot Grigio Rosé delle Venezie Italy	£19.50	£5.15	£7.30
Lavender Hill White Zinfandel USA	£22.00	£5.50	£7.70

Red Wines

Classic, comforting reds	Bottle	175ml	250ml
Casa Vista Merlot, Central Valley Chile	£19.50	£5.15	£7.30
Berri Estates Shiraz Australia	£24.25	£5.75	£8.25
Élevé Pinot Noir, Vin de France France	£24.90		
Luna del Sur Malbec, San Juan Argentina	£26.40	£6.35	£8.95
Stylish, original reds			
Solandia Primitivo, Puglia Italy	£20.00		
Esporão Alandra Tinto, Alentejo Portugal	£22.00	£5.50	£7.70
Rare Vineyards Carignan Vieilles Vignes France	£28.00		

Sparkling Wine & Champagnes

	Bottle	125ml
Bottega Gold Prosecco Brut (20cl) Italy	£12.95	
Il Baco da Seta Prosecco Extra Dry Italy	£30.90	£6
Galanti Spumante Rosé Italy	£30.90	
Champagne		
G.H.Mumm Cordon Rouge France	£47.50	



Spirituality

Havana Club 7 Year Old Rum 25ml	£4.95
Recommended with Franklin's Ginger Ale	
Grey Goose Vodka	£4.95
Recommended with Franklin's Pink Grapefruit and Bergamot Tonic, garnished with grapefruit wedge	
Kraken Black Spiced Rum	£4.95
Recommended with Franklin's Ginger Beer, garnished with lime wedge	
Gentleman Jack Tennessee Whiskey	£4.95
Recommended with Franklin's 1886 Cola	

SOBER SOCIAL

with Franklin & Sons

Valencian Orange & Pink Grapefruit with Lemongrass	£3.50
1886 Cola with West African Cola Nut & Colombian Coffee Bean	£3.50
Lemon & English Elderflower with Crushed Juniper	£3.50
Wild Strawberry & Scottish Raspberry with Cracked Black Pepper	£3.50

COFFEES & TEAS

Cappuccino	primo £2.80 medio £3.20
Latte	primo £2.80 medio £3.20
Americano	primo £2.45 medio £2.75
Hot Chocolate	primo £3.20 medio £3.50
Espresso	sgl £2.00 dbl £3.50
Tea	£2.45



CRAFT BEER

Meantime London Pale Ale	£4.95
Freedom Pils	£4.50
Redchurch Bethnal Pale Ale	£4.95
Brewgooder Clean Water Lager	£4.50



Whitley Neill Rhubarb and Ginger Gin	£4.50
Recommended with Franklin & Sons Natural Indian Tonic Water	
LoneWolf Gin	£4.50
Recommended with Franklin & Sons Pink Grapefruit Tonic with Bergamot	
Tanqueray Flor de Sevilla Gin	£4.50
Recommended with Franklin & Sons Rosemary Tonic with Black Olive	
Sipsmith Sloe Gin	£4.50
Recommended with Franklin & Sons Natural Light Tonic Water	
Pinkster Gin	£4.50
Recommended with Franklin & Sons Sicilian Lemon Tonic	

All weights are precooked. Prices include VAT at the current rate. FOOD ALLERGIES: Please ask a member of our team for information on allergens contained in our dishes. Dishes may contain nuts. 125ml glasses available on all wines served by the glass.
 V Suitable for vegetarians VG Suitable for vegans NGCI No gluten containing ingredients
 VG/NGCI available denotes dishes for which there is a vegan or gluten free version available, please ask your server for more details.