

LUNCH A LA CARTE





SMALL BITES

OLIVES vg 4

Harlequin olives in herbs 86KCA

BREAD BASKET vg 5

A mixture of bread from Nena's Bakery 570KCAL

SPICED NUTS vg 4.5

STARTERS

Cashews, almonds, giant corn and chickpeas with sweet smoked paprika 392KCAL

CHARCUTERIE BOARD 9.5

CHICKEN LIVER PÄTÉ 8.5

Coppa ham, truffle saucisson, Bayonne ham & cornichons with toasted sourdough bread 698KCAI

Served with red onion jam & sourdough

Breadcrumbed squid with a Provençal

Crab, avocado, cucumber, capers, shallots & mayonnaise served on multi-seed

COURGETTE FRIES 5.5.

Served with red pepper & harissa mavonnaise 358

CHEESE GOUGÈRES v 4.5

Emmenthal baked choux pastries with a Dijon mustard dressing 112KCAI

CHEESEBOARD 7.5

A selection of French cheeses served with a red onion jam & sourdough croûtes 437KG

WARM BEETROOT SALAD vg 8.5

Black garlic dressing, rosemary croutons, endive & toasted pistachios 454

ROASTED SQUASH & CARROT SOUP *vg* 7

Truffle & parsley oil served with toasted sourdough bread 343KCAL

SANDWICHES

WELSH RAREBIT TOASTED SANDWICH 12

A toasted cheese & ham sandwich on sourdough bread with a Guinness & mustard sauce served with skinny fries 799KCAL or a green salad 624KCAL

CHICKEN CLUB TOASTED SANDWICH 12

Grilled chicken breast, avocado, streaky bacon, tomato & Dijon mustard on sourdough bread served with either a green salad 830KCA or skinny fries 1008KCA

OPEN PULLED MUSHROOM & PESTO TOASTED SANDWICH vg 12

Pulled Fable™ mushrooms, creamy pesto and cherry tomatoes on toasted multi-seed sourdough bread served with either a green salad 750KCAL or skinny fries 921KCAL

CHEESEBURGER 16

6oz beef patty with cheddar, red onion jam & tomato, served with skinny fries 1457KCAL Add streaky bacon 1 154KCAL

VEGAN BURGER vg 15

Red onion jam, vegan cheese, vegan mayonnaise & tomato, served with skinny fries 1234

MAINS

toast 650KG

CALAMARI 9

mayonnaise 606KCA

CRAB ON TOAST 9.5

sourdough toast 249KCAL

MINUTE STEAK 16

Served with skinny fries, rocket & garlic butter 592KCA

BEEF BOURGUIGNON 18

6 hour slow-cooked beef, mushrooms & bacon lardons served with potato purée 597KCA

GRILLED HALF CHICKEN 16

Served with watercress, skinny fries & a sauce of your choice 1015KCAL

GRILLED SEABREAM 16

Served with a red pepper beurre blanc & sautéed new potatoes 700KCAL

FISH PIE 15.5

Haddock, prawns & salmon in a white wine & leek sauce topped with potato purée and a herb & cheese crust. Served with sautéed garlic vegetables 773KCAI

MUSSELS & CHIPS 15

Shetland mussels in a white wine cream sauce with skinny fries 786KCAL

FISH & CHIPS 16

Haddock fried in a beer batter, skin on chips, served with crushed peas & tartare sauce 994KCAI

TABBOULEH vg 11

Roasted butternut squash & courgette, cauliflower harissa couscous, chickpeas, spinach & rocket topped with coconut yoghurt 511KCAL Add grilled chicken 5 192KCAI

PESTO LINGUINE WITH GRILLED CHICKEN 14

Grilled chicken breast on a creamy basil pesto linguine with roasted courgettes, squash, tomatoes & parmesan 1255KCAL

QUICHE LORRAINE 14

A traditional French egg, cheese & bacon tart served with a green salad & skinny

SALADS

MARKET vg 12

Avocado, roasted butternut squash, baby gem lettuce, hazelnuts, pomegranate seeds & French beans 73 Add grilled chicken breast 5 192KCAL

TUNA NIÇOISE 17

Grilled Yellow Fin Tuna steak, French beans, anchovies, cherry tomatoes, baby gem, new potatoes, olive tapenade, soft boiled egg & mustard vinaigrette 669K

CHICKEN CAESAR SALAD 15

Grilled chicken breast, baby gem, streaky bacon, soft boiled egg, anchovies, Caesar dressing & rosemary sourdough croutons

SIDES

SKINNY FRIES vg 4 204KCAL

TRIPLE COOKED TRUFFLE CHIPS vg 5 337KCAL

GRATIN POTATOES v 4.5

With Comté cheese & thyme 226KCAI

TOMATO & PESTO SALAD V 4.5 168KCA

GREEN SALAD vg 4.5 59KCAL

SAUTÉED GARLIC VEGETABLES vg 4.5

French beans, Chantenay carrots, Tenderstem broccoli 157KCAI

SAUTÉED BABY POTATOES vg 4.75

With spring onion & tarragon 250KCA

MINTED PEAS v 4.5

With lettuce and onions 143KCAL

SAUCES

Peppercorn 3 114KCAL, Bernaise 3 245KCAL, Wild Mushroom 3, 112KCAL Garlic Butter 2 106KCAL





