

LUNCH MENU

2 COURSES 15.95 • 3 COURSES 19.95

AVAILABLE MONDAY TO FRIDAY 12-5PM

STARTERS

CHIPOTLE STICKY CHICKEN fried chicken, smoky chilli jam 627kcal • 7.25

RUSTIC TOMATO & BASIL SOUP toasted pine nuts, warm rustic bread,
Netherend Farm salted butter (v) 360kcal • 6.25 **Vegan alternative available**

PANKO-BREADED BRIE plum & apple chutney (v) 479kcal • 6.50

SMOKED TROUT & HORSERADISH RILLETTE toasted artisan breads,
lemon oil 370kcal • 7.75

MAINS

NOURISH BOWL hummus, giant couscous, avocado, roasted cauliflower & squash, mooli,
pomegranate seeds, watercress, blood orange dressing (ve) 603kcal • 11.75

*Top your Nourish Bowl with: Grilled halloumi (v) 240kcal / Falafel (ve) 149kcal • 3.00 |
Grilled chicken breast 267kcal / King prawns 68kcal • 4.00 | Beef fillet 210kcal / Roasted salmon fillet
376kcal • 5.00*

CHARGRILLED GAMMON STEAK & FRIED EGGS rustic thick-cut chunky chips,
honey-roasted pineapple 782kcal • 12.25

SMOKED HADDOCK FLORENTINE FISHCAKES* poached Copper Maran egg,
lemon velouté, sautéed spinach 403kcal. Served with your choice of a house salad (ve) 71kcal
or fries (v) 446kcal • 15.25

SWEET POTATO MASSAMAN CURRY sticky jasmine rice, green beans, spring onion,
coriander, red chilli (ve) 513kcal • 13.95

MARGHERITA PIZZA mozzarella, cherry tomatoes, basil (v) 995kcal • 10.50

*All our sandwiches are freshly prepared and served with your choice of fries (v) 445kcal,
soup (v/ve) 441 or less kcal or house salad (ve) 71kcal*

FILLET STEAK SANDWICH caramelised red onion chutney, rocket,
beef dripping sauce 626kcal • 12.95

POSH FISH FINGER SANDWICH tempura-battered cod, lemon aioli, tomato & spring
onion salsa, toasted ciabatta 675kcal • 11.95

DESSERTS

HOME-BAKED CHOCOLATE BROWNIE Belgian chocolate sauce,
Bourbon vanilla ice cream (v) 661kcal • 6.95

SICILIAN LEMON POSSET vanilla sablé biscuits (v) 370kcal • 6.95

MINI DESSERT Choose from: home-baked chocolate brownie (v) 353kcal, apple & damson crumble (v)
296kcal, lemon posset (v) 118kcal, white chocolate cheesecake 125kcal • 5.95

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ALLERGEN & DIETARY INFORMATION

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know before ordering.

(v) = made with vegetarian ingredients, (ve) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. *Contains alcohol. Fish dishes may contain small bones. All items are subject to availability. All calories are correct at the time of menu print. Live nutrition information is available online. Please note an optional service charge will be added to the bill for tables of 6 or more.

Adults need around 2000kcal a day.