



Important Information

The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet. They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated September 2017.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kJ/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Nutrition Guide DN17	Typical nutrition values per average portion							
	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Breakfast & Brunch								
Full Breakfast	4,116	980	67	26	37	7	54	5.0
Add pan-fried potato hash with spinach and onion	1,285	306	8	4	49	4	6	0.9
Vegetarian Breakfast (v)	4,010	955	70	23	28	7	41	3.3
Add pan-fried potato hash with spinach and onion	1,285	306	8	4	49	4	6	0.9
Goji Berry Granola Pot (VE)	1,503	358	18	11	42	21	6	0.1
Buttermilk Pancakes (V)	2,251	536	11	5	95	56	12	1.6
Top with smoked back bacon	322	77	4	2	0	0	10	1.9
Eggs Florentine (v)	3,078	733	51	17	39	6	27	2.1
Add half a sliced avocado	1,159	276	24	5	2	1	2	0.2
Eggs Benedict	3,079	733	49	14	38	5	35	3.2
Add half a sliced avocado	1,159	276	24	5	2	1	2	0.2
Eggs Royale	3,390	807	57	16	38	5	35	3.7
Add half a sliced avocado	1,159	276	24	5	2	1	2	0.2
Poached egg pot	2,213	527	43	15	3	1	28	2.0
Huevos Rancheros (v)	2,459	585	35	8	38	5	21	1.6
Smoked Bacon Rustic Roll	3,007	716	23	9	97	32	29	4.8
Add pan-fried potato hash with spinach and onion	1,285	306	8	4	49	4	6	0.9
On sourdough								
Severn & Wye Smoked salmon and free range scrambled eggs	3,031	722	56	23	17	2	38	3.4
Poached free range eggs with seasonal mushrooms (V)	1,936	461	35	18	17	1	18	1.9
Smashed avocado with crumbled feta (V)	2,524	601	45	13	21	3	13	1.7
Toasted Sourdough (V) - add 2 toppings of your choice	323	77	0	0	15	0	3	0.5
Or build your own from below:								
Smoked back bacon	322	77	4	2	0	0	10	1.9

chorizo	394	94	8	3	0	0	5	0.6
Seasonal mushrooms (v)	968	230	23	15	2	0	3	1.1
Smashed avocado (v)	1,751	417	37	8	4	2	4	0.3
Beetroot houmous (v)	483	115	6	1	11	6	4	1.0
Grilled halloumi (v)	992	236	24	16	4	2	0	2.1
Crumbled feta (v)	815	194	16	11	1	1	12	1.7
Poached free range eggs (v)	647	154	11	3	0	0	13	0.4
Scrambled free range eggs (v)	1,903	453	41	20	2	2	20	0.6
Lobster, Bacon & Avocado Club	3,675	875	64	20	41	5	29	6.2
The Brunch burger	3,039	724	44	14	52	15	24	3.3
Reuben Toastie	2,455	585	26	12	39	6	47	4.3
Smoothies & Frappes								
Broccoli Boost (VE)	682	162	1	0	35	30	3	0.1
Super C (VE)	722	172	0	0	41	23	0	0.0
Berry Blast (VE)	517	123	0	0	28	28	0	0.0
Small Plates								
Stonebaked Garlic Flatbread (v)	4,421	1,053	59	28	101	8	27	3.6
Lamb koftas	2,300	548	26	19	18	5	26	1.1
Iberico ham croquettas	2,117	504	28	10	42	8	17	4.1
Salt And Pepper Calamari	2,111	503	17	16	19	47	9	2.8
Padron peppers	1,033	246	14	1	28	24	2	3.1
Chorizo & Halloumi Skewers	2,163	515	48	23	7	4	13	4.1
Seasonal mushroom tempura (VE)	2,631	627	53	1	32	15	4	1.6
Pan fried king prawns	1,721	410	18	2	37	2	23	2.9
Crushed Avacado & Tomato Bruschetta (VE)	2,512	598	24	4	73	7	15	2.3
Buttermilk Chicken Wings	2,758	657	26	7	46	25	58	2.7
Ginger Teriyaki Chicken Skewers	1,408	335	5	1	31	21	42	2.8
Pea, feta & mint falafel	2,284	544	37	9	32	5	17	2.1
Our Sharing Boards								
The Deli Board	9,286	2,211	127	65	146	20	115	15.3
The Mezze Board (v)	8,088	1,926	80	28	216	56	71	7.6

The Grazing Board	9,512	2,265	123	41	186	27	87	14.0
Chips & Dips								
Trio Of Fries	4,954	1,180	72	20	115	18	17	5.5
All Bar One Nachos (v)	3,831	912	54	28	70	8	34	5.9
All Bar One Nachos (v) - BBQ pulled pork with pineapple and black bean salsa	5,986	1,425	82	35	104	32	63	7.5
Sandwiches, Wraps & Bowls								
Served until 5pm. All sandwiches are served with a choice of salad, fries or a mug of tomato, vegetable and quinoa soup (try our sweet potato fries +£1)								
Chicken Quesadilla	1,777	423	14	5	54	12	19	2.4
Fillet Steak Sandwich	2,543	606	17	5	76	12	34	2.3
Grilled Chicken Focaccia	2,561	610	18	3	58	7	51	3.0
Reuben Toastie	2,455	585	26	12	39	6	47	4.3
Lobster, Bacon & Avocado Club	3,675	875	64	20	41	5	29	6.2
Rainbow Wrap (VE)	1,842	439	20	5	45	10	10	2.0
Fish Finger Wrap	2,343	558	30	5	52	4	18	1.8
Chicken, greens & grains	4,050	964	31	4	92	18	72	0.8
Greens & Grains	3,259	776	29	4	90	17	31	0.6
Prawn & Coconut Salad (+)	2,466	587	39	20	29	13	26	1.7

Our Burgers									
All our burgers are served in a glazed brioche bun with dill gherkin and fries. Choose from our own recipe handmade beef burger, cornflake & buttermilk fried chicken or, aubergine & harissa vegan burger. Swap to sweet potato fries for +£1									
The Mexican									
Beef	5,068	1,207	58	24	108	12	61	4.4	
Chicken	5,158	1,228	50	20	136	12	56	4.5	
Veggie Burger	4,568	1,088	49	17	127	13	30	5.1	
The Original									
Beef	5,316	1,266	69	28	101	9	60	5.2	
Chicken	5,406	1,287	61	24	129	9	55	5.3	
Veggie Burger	4,815	1,147	60	21	120	11	30	6.0	
The Vegan (ve)	3,732	889	33	8	120	11	23	4.4	
The Classic									
Beef	4,089	974	41	15	101	8	48	3.1	
Chicken	4,179	995	33	11	129	8	43	3.2	
Veggie Burger	3,589	854	32	9	120	10	18	3.9	
The Skinny									
Beef	2,369	564	28	9	33	8	43	1.2	
Chicken	2,459	586	19	5	61	8	37	1.3	
Veggie Burger	1,869	445	18	3	52	9	12	2.0	
The surf									
Beef	6,017	1,433	83	35	105	10	66	5.6	
Chicken	6,107	1,454	75	31	134	10	61	5.6	
Veggie Burger	5,517	1,314	74	29	124	12	35	6.3	
Make it your own									
Choose a burger and make it your own by adding any of the following:									
Extra patty	1,277	304	17	7	2	0	37	0.6	
Smoked back bacon	322	77	4	2	0	0	10	1.9	
Smoked Cheddar	699	166	14	9	0	0	10	0.7	
Grilled halloumi	710	169	13	5	1	1	13	1.1	
Crushed avacado	584	139	12	3	2	1	1	0.1	
Caramelised onions	155	37	0	0	8	6	0	0.0	
Burnt end chilli	1,117	266	13	4	22	18	16	0.8	

Fried egg	386	92	7	2	0	0	7	0.2
Main Plates								
Steak Frites	4,572	1,089	66	31	62	3	62	3.0
Tempura onion rings	3,616	861	67	17	61	3	1	4.5
Pan-fried king prawns	438	104	2	0	1	0	21	2.0
Fish & Chips								
	3,854	918	50	13	78	4	38	3.5
Smoked haddock & mustard fishcakes (add salad or fries choice)	1,554	370	13	5	45	7	16	2.1
Chicken Burrito (add salad or fries choice)	3,931	936	49	23	81	12	38	3.8
Piri-Piri Half Boneless Chicken (add salad or fries choice)	4,013	956	65	14	22	5	71	3.1
Lobster mac n cheese (add salad or fries choice)	3,847	916	47	30	76	8	43	5.9
Chicken katsu	2,949	702	32	13	67	11	33	3.3
Pad Thai (v)	2,196	523	11	2	82	37	19	2.9
Chicken breast	1,195	285	7	2	13	2	43	1.0
Pan-fried king prawns	772	184	5	1	13	2	21	1.8
Sliced beef fillet	1,058	252	11	5	13	2	24	0.7
Superfood Quinoa Bowl (GF/VE)	1,852	441	11	1	68	21	14	0.5
Garlic and lemon marinated halloumi	822	196	20	13	3	2	0	1.7
Chicken breast	825	196	3	1	0	0	42	0.5
Pan-fried king prawns	477	114	3	0	1	0	22	2.2
Thai Beef Salad	1,414	337	5	2	36	33	33	1.6
Miso Rice Bowl (Ve)	1,993	475	18	3	67	26	9	2.7
Chicken breast	825	196	3	1	0	0	42	0.5
Pan-fried king prawns	477	114	3	0	1	0	22	2.2
Sliced beef fillet	1,058	252	11	5	13	2	24	0.7
Tempura mushrooms	2,148	512	48	0	17	0	3	0.5
Sides								
Rustic bread and oil (v)	2,985	711	43	14	67	2	12	1.4
Fries (ve)	1,691	403	18	6	55	1	6	1.3

Sweet potato fries (ve)	2,123	505	30	5	55	15	3	1.4
Tempura onion rings (ve)	3,616	861	67	17	61	3	1	4.5
Pan-fried potato hash with spinach and onion (ve)	1,285	306	8	4	49	4	6	0.9
House salad with spiralised carrot, baby kale, brown rice, quinoa & preserved lemon (v & gf)	803	191	4	0	33	10	5	0.1
Lobster mac n cheese	1,630	388	20	13	31	4	20	2.6
Fries with burnt end beef chilli & monteray jack melt	2,476	590	31	14	58	3	19	2.3
Fries with smoked paprika and saffron aioli (v)	2,027	483	26	7	57	2	6	1.6
Fries with Parmesan, truffle oil and rosemary	2,174	518	28	11	55	1	12	1.6
Desserts								
Churros (v)	3,642	867	19	5	159	94	16	1.5
Belgian Chocolate Brownie (v)	3,054	727	32	16	101	74	7	0.5
Lime & Yuzu Pie (V)	1,567	373	18	9	46	36	7	0.7
Chocolate, Mascapone & Orange flavour Mousse Cake (v) - 250 calories	1,004	239	14	9	21	16	6	0.2
Ajay's cheesecake (V)	2,197	523	34	19	50	41	5	0.3
Bourbon Pecan Pie (v)	2,269	540	31	9	58	44	6	0.1
Raspberry Sorbet (VE)	992	236	0	0	57	56	0	0.2
Trio Of Ice Creams (v)	1,334	318	18	9	35	33	5	0.2
Coconut & vanilla rice pudding (ve)	1,403	334	20	11	35	31	3	0.9
Espresso								
Croissant (v)	935	223	25	16	0	0	0	0.0
Pain Au Chocolate (V)	1,785	425	23	11	47	14	6	0.8
Belgium Triple Choc Flpot Muffin	2,121	505	25	6	63	40	6	0.6
Blueberry Cheesecake Muffin	1,945	463	23	4	57	31	6	0.6
Carrot Cake Flower Pot Muffin	1,928	459	24	4	55	31	6	0.6
Lemon White Choc Muffin	1,940	462	22	4	60	37	6	0.5
Raspberry & Pistachio Traybake (v)	630	150	7	1	20	12	2	0.1
Small Appetites								
Breakfast	2,019	481	29	10	30	5	23	1.8

Houmous & dippers	3,104	739	35	3	81	6	22	1.9
Little pad thai	1,183	282	7	2	41	18	13	1.6
Homemade mini beef burger sliders	1,273	303	13	5	23	5	23	0.9
Grilled chicken breast	786	187	3	0	1	0	41	0.2
Cod goujons	1,287	306	17	3	23	2	14	1.2
add herby green rice with black beans	752	179	2	0	38		3	1.1
add fries	744	177	8	3	24	0	2	0.6
add fries and salad	1,011	241	9	3	35	4	4	0.6
add salad	402	96	2	0	17	5	2	0.1
Fresh fruit (VE)	538	128	0	0	27	25	2	0.0
Vanilla ice cream - Two scoops	1,022	243	13.9	7.9	25.7	25.6	3.7	0.15
Raspberry Sorbet - Two scoops	666	158	0.1	0.0	38.0	37.2	0.1	0.12
Chocolate brownie	1,929	459	20	10	65	50	5	0.3