

Three courses for £22

Choose selected dishes with the **S** symbol

Starters *Get started with a tasty plate.*

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|----------------|---|--|
| S | Homemade soup of the day <i>(v/ve) (gf available) (24)</i> Sourdough roll | <i>(ask for kcal)</i> £7.50 |
| S | Tangy rarebit on sourdough roll <i>(v)</i> Dressed rocket | <i>(722kcal)</i> £6.95 |
| S | Houmous & flatbread <i>(ve)</i> Roasted pea and mint falafel, pomegranate seeds | <i>(510kcal)</i> £7.95 |
| <600 | Chicken liver & brandy pâté <i>(gf available) (24)</i> Caramelised onion chutney, sourdough croutes | <i>(437kcal)</i> £8.50 |
| S | Nachos <i>(v) (gf) (24)</i> Tomato salsa, sour cream, guacamole, jalapeños, cheese | <i>(702kcal small)</i> £6.95 <i>(1227kcal large)</i> £10.95 |
| S | Vegan nachos <i>(ve) (gf) (24)</i> Tomato salsa, guacamole, jalapeños, vegan cheese | <i>(626kcal small)</i> £6.95 <i>(1158kcal large)</i> £10.95 |

Seasonal salads

The perfect choice for a lighter and healthier meal.

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|----------|--|---|
| S | Caesar salad <i>(24)</i> Cos lettuce, Italian hard cheese, boiled egg croutons, anchovies, Caesar dressing | <i>(486kcal small)</i> £7.50 <i>(667kcal large)</i> £11.50 |
| S | Mambonito salad <i>(ve) (gf)</i> Black rice, avocado, azuki beans, chimichurri dressing | <i>(221kcal small)</i> £7.50 <i>(442kcal large)</i> £11.50 |

Customise your salad the way you like it! **£5.00 each**
streaky bacon (373kcal) (gf) | **grilled halloumi** (402kcal) (v) (gf)
chargrilled chicken breast (220kcal) (gf) | **grilled salmon** (278kcal) (gf)
Gochujang chicken skewer (178kcal) | **seasoned tofu** (179kcal) (ve) (gf)

HANA + DANGO

A S I A N T A P A S

Choose any three Hana Dango dishes for £23

| | |
|---|--------------------------------|
| Spicy Korean fried chicken Korean hot sauce, spring onions and sesame seeds | <i>(689kcal)</i> £9.50 |
| Sticky Ribs Gochujang sauce | <i>(929kcal)</i> £8.95 |
| <600 Crab korokke Satay sauce | <i>(568kcal)</i> £9.50 |
| <600 Crispy duck rolls Peking sauce | <i>(584kcal)</i> £9.50 |
| <600 Veggie spring rolls <i>(v)</i> Sweet chilli sauce | <i>(519kcal)</i> £8.95 |
| Shichimi squid Shichimi seasoning, spring onion, chillies & spicy mayo | <i>(687kcal)</i> £8.95 |
| Korean Loaded Fries <i>(v)</i> Wasabi mayo, gochujang sauce, sesame, | <i>(1128kcal)</i> £6.50 |

Brunch menu

Available daily from 10am - 12pm

Thick sliced bloomer toast *(v) (ve available)*
With fruit jam or honey

(518kcal) **£3.95<600**

Eggs on toast *(v)*

£4.95<600

Thick sliced bread, choose from;

Fried **(676kcal)**

Poached **(587kcal)**

Scrambled **(588kcal)**

Filled brioche style bun

£5.95<600

Choose from

Back bacon **(510kcal)**

Pork sausage **(520kcal)**

Vegan sausage **(602kcal) (ve)**

Fried egg **(473kcal) (v)**

Omelette *(v) (gf)*

(383kcal) **£6.95<600**

Dressed leaf and carrot salad

Add your favourite fillings, £2.95 each

mushroom (11kcal) (ve) (gf) | **tomato** (9kcal) (ve) (gf)

cheese (159kcal) (v) (gf) | **ham** (25kcal) (gf)

Avocado on toast *(ve) (gf available)*

(559kcal) **£4.50<600**

On thick sliced toast

Add - poached egg (80kcal) (v) (gf) **£1.95**

Sandwiches

Except where stated, sandwiches available on white or brown bloomer or spinach tortilla wrap. Gluten-free bread on request.

The club *(gf available) (tortilla wrap not available)*

(1681kcal) **£15.50**

Toasted triple decker sandwich with chicken, bacon, rocket, tomato, egg mayonnaise served with fries, pickled slaw

Vegan club *(ve) (gf available) (tortilla wrap not available) (1399kcal)*

£14.95

Toasted triple decker sandwich with crispy THIS™ isn't bacon rashers, grilled vegetables, rocket, tomato, vegan mayonnaise served with fries, pickled slaw

Fish finger sandwich *(gf not available)*

(1540kcal) **£13.50**

Hand-battered haddock goujons, rocket, tartare sauce served with fries, pickled slaw

Chicken hot wrap *(gf not available)*

(1364kcal) **£13.50**

Harissa marinated chicken breast, mango chutney, mayonnaise, in a spinach wrap served with fries, pickled slaw

Croque monsieur

(1302kcal) **£13.50**

Toasted thick sliced bloomer, ham, mustard rarebit, served with fries, pickled slaw

Ham, tomato and rocket sandwich *(24) (691kcal)*

£9.95

Served with crisps, pickled slaw

Cheese & onion chutney sandwich *(v) (24) (951kcal)*

£9.95

Served with crisps, pickled slaw

Vegan cheese & onion chutney sandwich *(ve) (24)*

(854kcal) **£9.95**

Served with crisps, pickled slaw

Tuna mayonnaise & cucumber sandwich *(24)*

(939kcal) **£9.95**

Served with crisps, pickled slaw

Take-in or wait-in. Room service to suit you.

Want to try our take-in service? We're ready when you are.

It's free to collect, or we still offer traditional room service for a £3.95 tray charge. Full menu available 11.30am-10pm.

Pizza & Pasta

Margherita *(v) (gf available)*

(982kcal) **£12.95**

Good old classic – tomato, mozzarella & basil

Pepperoni *(gf available)*

(1184kcal) **£14.50**

Our classic margherita topped with pepperoni

Vegetariana *(v/ve) (gf available)*

(1133kcal) **£13.29**

Red peppers, spinach and roast red onion on a cheese & tomato base finished with sweet balsamic glaze

Extra pizza toppings, **£2.95 each**

chargrilled mixed vegetables (41kcal) (ve) (gf) | **jalapeños** (6kcal) (ve) (gf)

ham (50kcal) (gf) | **extra cheese** (159kcal) (v) (gf) | **vegan cheese** (159kcal) (ve) (gf)

chorizo (146kcal) (gf) | **mushrooms** (11kcal) (ve) (gf) | **anchovies** (88kcal) (gf)

pineapple (25kcal) (ve) (gf) | **pepperoni** (216kcal) (gf) | **olives** (64kcal) (ve) (gf)

Bolognese *(ve) (gf available)*

(578kcal) **£13.79**

Spaghetti topped with our own slow cooked

Bolognese sauce

Pomodoro mozzarella *(v/ve) (gf available)*

(436kcal) **£11.49**

Rigatoni with baby plum tomatoes in traditional tomato sauce topped with fresh torn mozzarella

Spicy sausage *(gf available)*

(869 kcal) **£15.29**

Spicy penne pasta, nduja, tomato sauce and melting mozzarell

Macaroni cheese *(v) (24)*

(1063kcal) **£16.95**

Puccia garlic bread, dressed carrot & crisp leaf salad

Lentil Rigatoni *(ve) (24)*

(520kcal) **£14.95**

Rich tomato sauce

Customise just the way you like it! **£5.00 each**

streaky bacon (373kcal) (gf) | **grilled halloumi** (402kcal) (v) (gf)

chargrilled chicken breast (220kcal) (gf) | **grilled salmon** (278kcal) (gf)

Gochujang chicken skewer (178kcal) | **grilled tofu** (179kcal) (ve)

House favourites

Serving up a selection of all-time favourites from home & away.

S **Hand-battered haddock & chips**

(1236kcal) **£18.95**

Mushy peas, tartare sauce

Pie of the day *(gf)*

(Ask for kcal) **£19.50**

For todays flavour please speak to a member of the team

Green vegetables, gravy with your choice of new potatoes,

mash, colcannon mash or chips

S **Sweet potato dhal** *(ve) (24)*

(1071kcal) **£17.50**

Jewelled rice, poppadoms, mango chutney

S **Sri Lankan chicken curry** *(24)*

(1150kcal) **£17.50**

Jewelled rice, poppadoms, mango chutney

Add your favourite curry accompaniments - **£3.95 each**

naan bread (231kcal) (ve) | **poppadoms & mango chutney** (318kcal) (ve)

onion bhajis (339kcal) (ve) | **vegetable pakoras** (151kcal) (ve)

Finish with a treat

Save some room! We've got some delicious desserts, with a moment of joy in every mouthful.

Pear & ginger crumble cake *(ve) (24) (437kcal)*

£7.95

Vegan vanilla ice cream

Lemon baked Alaska *(v) (24) (416kcal)*

£7.95

Clotted cream vanilla ice cream, raspberry coulis

Bakewell tart *(v) (24) (425kcal)*

£7.95

Clotted cream vanilla ice cream or custard

Warm chocolate brownie *(v) (688kcal)*

£7.95

Clotted cream vanilla ice cream

Belgian chocolate mousse *(v) (560kcal)*

£7.95

Chocolate ice cream, chocolate sauce

<600 Fewer than 600Kcal per serving.

Adults need around **2000 kcal** a day.