

## Available Tuesday to Saturday Lunchtimes

### Pre-Appetisers:

Toasted ciabatta, olive oil, balsamic vinegar	£3.00
Garlic ciabatta	£3.00
Cheesey garlic ciabatta	£4.00
Assorted olives in house marinade	£2.90
Pistachio nuts	£1.80

### Starters:

<b>Soup of the Day</b>	£5.50
<i>Fresh homemade soup, char-grilled ciabatta, butter</i>	
<b>Warm Roasted Beetroot, Chantenay Carrots and New Potato Salad</b>	£5.50
<i>Served with ricotta cheese and chick peas, finished with balsamic dressing</i>	
<b>Prawn Cocktail</b>	£6.75
<i>Prawns in a traditional Marie Rose sauce, crisp baby gem lettuce and brown bread and butter</i>	
<b>Ham Hock and Apple Terrine</b>	£6.00
<i>Spiced apple chutney and crisp breads</i>	
<b>Smoked Mackerel Pate</b>	£6.50
<i>Horseradish crème fraiche, citrus slaw and crispbreads</i>	

### Fresh Homemade Sandwiches:

<i>White or brown bread from our local baker with dressed leaves, crisps and coleslaw</i>	
Hand carved ham with whole grain mustard and tomato	£7.00
Mature cheddar and homemade tomato chutney	£6.50
Prawns in Marie-rose sauce and baby gem lettuce	£7.50
Grilled goats cheese and roasted Mediterranean vegetables	£7.50

### Hot Filled Jacket Potatoes:

<i>Dressed leaves, mixed bean salad. Extra filling at £1.80</i>	
Tuna, red onion and capers in mayonnaise	£8.50
Mature cheddar and baked beans	£7.80
Mature cheddar and homemade coleslaw	£7.80
Prawns in Marie-rose sauce topped with cucumber and tomato	£8.50
Crème fraiche, bacon and chives	£8.10

### Ciabattas:

<i>Dressed leaves, and French fries</i>	
4oz rump steak (medium-rare), homemade onion chutney, blue cheese and onion rings	£10.50
Hand battered Fish fingers, tartare sauce, baby gem, served with coleslaw	£9.50
Chicken and bacon caesar served with parmesan croutons	£9.50
Grilled goats cheese and roasted Mediterranean vegetables melt with coleslaw	£9.00
Pulled pork, BBQ sauce, french fries, coleslaw, mixed dressed leaves and onion rings	£9.00

### Sides:

Mixed dressed salad - £3.60    Chunky chips - £3.00    French fries - £3.00    Onion rings - £2.80

**Please see our black board for today's specials, or ask a member of the team**

**Food Allergies and Intolerances: Before you order your food and drinks please speak to our staff if you want to know about our ingredients'**

## Main Courses

### Chicken Caesar Salad

*Char grilled chicken breast, crisp baby gem lettuce, homemade croutons, Caesar dressing* **£11.00**

### Home-made Fishcakes

*Smoked haddock and cheddar, creamed leeks, tomato dressing, pesto, toasted almonds, new potatoes* **£13.50**

### Bower Beef Burger

*Homemade burger with blue cheese, spicy tomato chutney, smoked bacon, fries, coleslaw* **£13.00**

### Fish & Chips

*Freshly battered fish of the day, pea puree, hand cut chunky chips and tartare sauce* **£13.50**

### Halloumi Burger (v)

*Pan fried Halloumi cheese, field mushroom, sliced tomato, brioche bun, fries, BBQ mayonnaise* **£12.50**

### Whole-tail Scampi

*Breaded whole tail scampi, hand cut chunky chips, homemade tartare sauce, garden peas* **£13.00**

### Hand Carved Ham

*Hand carved ham, fried free range eggs, garden peas and homemade chunky chips* **£10.00**

### Risotto

*Butternut squash, feta cheese, spinach and pumpkin seeds, with parmesan crisp* **£12.00**

### Beef Lasagne

*Homemade beef lasagne, dressed leaves and garlic ciabatta* **£12.75**

## Home Made Puddings Selection

**£6.00**

*Coconut panna cotta with mango & Malibu compote, toasted coconut and dark chocolate shavings*

*Squidgy chocolate brownie, chocolate sauce with cream or ice cream*

*Baileys crème brûlée with homemade shortbread*

*Creamy vanilla rice pudding with red wine poached pear*

*Meringue with whipped cream, chocolate ganache and sweetened hazelnuts*

*Warm bakewell tart with vanilla ice cream and raspberry coulis*

**Dairy Ice Creams and Fruit Sorbets (3 scoops)** **£4.50**

*Choose from strawberry, vanilla, or chocolate ice creams, lemon or raspberry sorbets*

### Children's Choice

*Pork bangers* **£5.50**

*Whole-tail breaded scampi* **£5.50**

*Deep fried breaded chicken dippers* **£5.50**

*Homemade fish fingers* **£5.50**

**All the above with French Fries, mash or new potatoes and salad, beans or peas**

*Cheesy pasta* **£5.00**

### Children's Pudding Selection

**£3.50**

*Squidgy chocolate brownie with chocolate sauce, cream or ice cream*

*Creamy vanilla rice pudding with strawberry jam*

*Dairy ice cream; chocolate, strawberry or vanilla*