

# LUNCH Menu

## SANDWICHES

All sandwiches available on Miller's artisan bakery white bread, granary bread, sourdough bread, gluten free bread or in a stone-baked ciabatta (+£2.50), served with sea salted crisps and a side salad garnish

<b>Chicken and Chorizo</b>	<b>£9.95</b>
With Mayonnaise, Tomatoes and Lettuce. <i>gluten free available, (L)</i>	
<b>Bacon, Lettuce, Tomato</b>	<b>£9.75</b>
With Mayonnaise, Tomatoes and Lettuce. <i>gluten free available, (L)</i>	
<b>Prawns Marie-Rose</b>	<b>£10.95</b>
<i>gluten free available, (L)</i>	
<b>Tuna and Sweetcorn Mayonnaise</b>	<b>£10.50</b>
<i>gluten free available, (L)</i>	
<b>Egg and Cress Mayonnaise</b>	<b>£8.25</b>
<i>under 600 calories, gluten free available, (L, V)</i>	
<b>Oak Smoked Salmon and Cucumber</b>	<b>£10.95</b>
<i>under 600 calories, (L)</i>	
<b>Honey Roast Ham Salad</b>	<b>£8.95</b>
<i>under 600 calories, gluten free available, lactose free available.</i>	
<b>Black Bean, Avocado, Rocket and Tomato Salsa</b>	<b>£8.25</b>
<i>under 600 calories, (L)</i>	
<b>Chicken and Bacon Club</b>	<b>£14.95</b>
Served with Fries and a Side Salad Garnish. <i>gluten free available, (V)</i>	
<b>Avocado and Mozzarella Club</b>	<b>£14.95</b>
Served with Fries and a Side Salad Garnish. <i>gluten free available, (V)</i>	
<b>Chargrilled Minute Steak Ciabatta</b>	<b>£18.50</b>
Sirloin Minute Steak with Rocket and a Caramelised Red Onion Chutney, served with Fries. <i>(L)</i>	
<b>Chargrilled Chicken and Bacon Ciabatta</b>	<b>£14.95</b>
With Mayonnaise, Tomato and Baby Gem, served with Fries. <i>(L)</i>	

## JACKET POTATOES

Served with a dressed side salad

<b>Cheddar Cheese</b>	<b>£8.95</b>
<i>under 600 calories, (G, V)</i>	
<b>Cheddar Cheese and Baked Beans</b>	<b>£9.95</b>
<i>under 600 calories, (G, V)</i>	
<b>Tuna and Sweetcorn Mayonnaise</b>	<b>£10.95</b>
<i>(cold filling) (G, L)</i>	
<b>Prawns Marie Rose</b>	<b>£13.95</b>
<i>(cold filling) (G, L)</i>	
<b>Chicken Chorizo Mayonnaise</b>	<b>£10.95</b>
<i>(cold filling) (G, L)</i>	

## OMELETTES

**Filled Omelettes** **£8.75**  
A traditional Three Egg Omelette complete with two fillings and a Side Salad garnish. *lactose free available, vegetarian option available, (G)*

**Fillings – choose two from:**

- Cheddar Cheese • Honey Roast Ham • Bacon • Mushrooms
- Cherry Tomatoes • Chorizo • Onions • Spinach • Peppers

**Additional fillings charged at £1.00 each**

**Plain 3 Egg Omelette** **£7.95**  
*under 600 calories, (G, L, V)*

## LIGHTER DISHES AND SALADS

<b>Avocado Caesar Salad</b>	<b>£13.95</b>
Caesar Dressing and Garlic and Thyme Croutons <i>under 600 calories, (gluten free and vegetarian options available)</i> Add grilled chicken, grilled salmon fillet or halloumi for £6.00	
<b>Edamame and Avocado Pokē Bowl</b>	<b>£11.50</b>
With Brown Rice, Cucumber, Mango, Pickled Red Cabbage Kimchi, Black Sesame, Radish and a Soy & Honey Dressing. <i>under 600 calories, (G, L, V, VE)</i> Add grilled chicken, grilled salmon fillet or halloumi for £6.00	
<b>Thai Crunch Salad</b>	<b>£10.95</b>
With Shredded Cabbages, Edamame, Peppers, Sugar Snaps, Spring Onions, Carrots and Thai Herbs with a Peanut and Ginger Dressing. <i>under 600 calories, (G, L, V, VE)</i> Add grilled chicken, grilled salmon fillet or halloumi for £6.00	
<b>Super Green Summer Salad</b>	<b>£10.95</b>
With Asparagus, Broad Beans, Apple, Avocado, Spinach, Baby Gem and a Green Goddess Dressing. <i>under 600 calories, (G, L, V, VE)</i> Add grilled chicken, grilled salmon fillet or halloumi for £6.00	
<b>Salt and Pepper Baby Calamari</b>	<b>£9.95</b>
With Chilli and Spring Onions and a Sweet Chilli and Honey Mayonnaise. <i>under 600 calories, (G, L)</i>	
<b>Dakgangjeong</b>	<b>£14.50</b>
Korean fried Chicken with Stir Fried Vegetables, Sticky Korean Barbecue Sauce and Sriracha Mayonnaise	
<b>Huevos Rancheros</b>	<b>£12.95</b>
Toasted Tortilla topped with Smashed Avocado, Tomato Salsa and Black Beans and served with 2 Poached Eggs. <i>gluten free available, (V)</i>	
<b>Chicken, Bacon &amp; Avocado Salad</b>	
Baby Leaves, Tomato, Cucumber and Radishes with Avocado, Grilled Chicken and Crispy Bacon Lardons, dressed with a Raspberry Vinaigrette. <i>Small £9.50 under 600 calories Large £18.95 (G, L)</i>	
<b>Smashed Avocado &amp; Poached Eggs</b>	<b>£10.50</b>
Sourdough Toast, Mixed Seeds. <i>under 600 calories, (L, V)</i> Add Smoked Salmon for £6.00	

### LUNCH MENU AVAILABLE

11.30am – 4pm Monday to Friday and 12pm – 4pm weekends

A 10% members discount will be applied when paying with your Membership Card.

To access all allergen, dietary and nutritional information, please scan the QR code with your smartphone.



DIETARY GUIDE: G – Gluten Free; L – Lactose Free; V – Vegetarian; VE – Vegan

