

# PUB & KITCHEN

NO GUESSWORK HERE -  
WE'VE ID'D THE USUAL  
SUSPECTS FOR YOU!

## GLUTEN INTOLERANT

### LUNCH

AVAILABLE FROM 12PM - 3PM

**TUNA MELT** 688 kcal **9.00**

Tuna mixed with red onion, peppers and mayonnaise, topped with cheese on a gluten-free roll.

**ADD CHIPS** 405kcal **1.70**

### STARTERS & SHARERS

**PRAWN COCKTAIL** 531 kcal **7.15**

Shredded lettuce topped with Atlantic prawns in a Marie Rose sauce, served with a gluten-free roll and lemon.

**SOUP OF THE DAY** 513 kcal **5.50**

Ask the team for today's flavour. Served with a gluten-free roll.

**NACHOS**  [Serves 2-3] 442 kcal **9.95**

Smothered in guacamole, jalapeños, salsa, sour cream and cheese. Take it to the next level with cajun chicken.

**Add Cajun Chicken** 114 kcal **3.50**

**VEGAN NACHOS**  [Serves 2-3] 351 kcal **9.95**

Smothered in guacamole, jalapeños, salsa and dairy free cheese.

### MAINS

**HUNTERS CHICKEN STACK** 1143 kcal **14.50**

Succulent chicken breast and crispy bacon, covered in melted cheddar cheese and BBQ sauce, served with chips and coleslaw.



**RUMP STEAK** 842 kcal **17.55**

Prime 8oz rump steak, grilled to perfection, served with chunky chips, grilled tomato, and mushroom.

**Add Peppercorn Sauce** 46 kcal **2.40**

**Add Axle Jack Glaze** 84 kcal  **2.40**

**CAESAR SALAD**  714 kcal **9.95**

Crispy little gem lettuce, tomato, drizzled in a delicious Caesar dressing and topped with Italian cheese shavings.

**Add Sliced Chicken Breast** 259 kcal **3.00**

**FISH AND CHIPS** 1001 kcal **14.75**

Hand-battered fish, chunky chips, tartar sauce and peas.

**STACKED BURGER - CLASSIC**

Simply grilled burger with burger sauce in a gluten-free roll.

**Two Patties** 731kcal **12.60**

**Three Patties** 871kcal **13.30**

### SIDES

**SKINNY FRIES**  438 kcal **4.00**

**CHUNKY CHIPS**  404 kcal **4.00**

**MIXED LEAF SALAD**  50 kcal **5.00**

### DESSERTS

**CHOCOLATE FUDGE BROWNIE**  604 kcal **6.60**

Goey chocolate brownie with a delicious melt-in-the-middle centre, served with triple chocolate ice cream.

**KNICKERBOCKER SUNDAE**  657 kcal **7.00**

Vanilla ice cream layered with raspberry, strawberry, meringue and whipped cream, with a flake and a cherry on the top. A true classic!

 **SUITABLE FOR VEGETARIANS**

 **SUITABLE FOR VEGANS**

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

## DAIRY INTOLERANT

### LUNCH

**FALAFEL WRAP**  391 kcal **9.00**

Falafel wrap with guacamole, salsa, served with dressed salad.

**ADD CHIPS** 405kcal **1.70**

### STARTERS

**PRAWN COCKTAIL** 531 kcal **7.15**

Shredded lettuce topped with Atlantic prawns in a Marie Rose sauce, served with brown bread and lemon.

**CREAMY GARLIC MUSHROOMS**  458 kcal **7.15**

Rich and creamy garlic mushrooms served on a toasted ciabatta.

**SOUP OF THE DAY** 513 kcal **5.50**

Ask the team for today's flavour. Served with fresh bread.

**GARLIC BREAD**  409 kcal **6.25**

### SHARERS

**VEGAN NACHOS**  [Serves 2-3] 351 kcal **9.95**

Smothered in guacamole, jalapeños, salsa and dairy free cheese.

### MAINS

**FISH AND CHIPS** 1001 kcal **14.75**

Hand-battered fish, chunky chips, tartar sauce and peas.

**BALTI PIE**  932 kcal **11.35**

Cauliflower and spinach Balti pie with mash, vegetables and gravy.

**CHICK'N BURGER**  1294 kcal **13.75**

A fried vegan chick'n burger served with garlic mayo, lettuce tomato and BBQ sauce.

**STACKED BURGER - CLASSIC**

Simply grilled burger with burger sauce.

**Two Patties** 731kcal **12.60**

**Three Patties** 871kcal **13.30**

### PIZZAS

**VEGAN MARGHERITA**  946 kcal **13.65**

Rich tomato base topped with dairy-free cheese.

**BBQ CHICKEN AND BACON** 1438 kcal **15.20**

BBQ base, topped with tender chicken, crispy bacon and dairy-free cheese.

**PEPPERONI** 1375 kcal **15.20**

Rich tomato base topped with grated dairy-free cheese and loads of pepperoni.

### SIDES

**SKINNY FRIES**  438 kcal **4.00**

**CHUNKY CHIPS**  404 kcal **4.00**

**GARLIC BREAD**  409 kcal **6.25**

**MIXED LEAF SALAD**  50 kcal **5.00**

### DESSERTS

**STICKY TOFFEE PUDDING**  538 kcal **6.20**

Warm sponge drenched in toffee sauce, served with dairy free ice cream.

# KIDS LIFESTYLE AND ALLERGEN MENU

## GLUTEN INTOLERANT

### STARTERS

Perfect for a quick nibble, or for those with a smaller appetite.

**RAINBOW STICKS**  34 kcal 1.05  
Fresh carrot, cucumber and peppers.

### MAINS

Yummy meals for rumbling tummys! Served with a side of peas, beans or sweetcorn.

**BONKERS BACON CHEESEBURGER** 567 kcal 6.65  
Chargrilled burger in a gluten-free roll, topped with melted cheese and bacon with chunky chips.

### DESSERTS

**CHEEKY CHOCOLATE BROWNIE** 327 kcal 4.50  
Chocolate ice-cream, with fudgy brownie pieces and chocolate sauce.

**FIZZY FRUIT AND SORBET**  133 kcal 3.50  
Seasonal fresh fruit with orange sorbet.

**VEGAN ICE CREAM**  3.80  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

**MAKE IT A MEAL DEAL FOR £9.95**  
**PICK A STARTER, MAIN, DRINK AND DESSERT!**

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi or lemonade.

## DAIRY INTOLERANT

### STARTERS

Perfect for a quick nibble, or for those with a smaller appetite.

**RAINBOW STICKS**  34 kcal 1.05  
Fresh carrot, cucumber and peppers.

**GRUNCHY GARLIC BREAD**  218 kcal 1.60  
Crispy bread covered in garlic butter.

### MAINS

Yummy meals for rumbling tummys! Served with a side of peas, beans or sweetcorn.

**BBQ CHICK\*N WRAP**  612 kcal 6.65  
Vegan 'Chick\*n' in a warm tortilla with BBQ sauce, served with chunky chips.

**KICKING CHICKEN FAJITA WRAP** 758 kcal 6.65  
Chargrilled chicken with onions, peppers and dairy-free cheese, served with chunky chips.

**BONKERS BACON CHEESEBURGER** 567 kcal 6.65  
Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon with chunky chips.

### DESSERTS

**FIZZY FRUIT AND SORBET**  133 kcal 3.50  
Seasonal fresh fruit with orange sorbet.

**VEGAN ICE CREAM**  3.80  
Choose two scoops from:  
Chocolate 170 kcal  
Strawberry 160 kcal  
Vanilla 158 kcal



## TOTS GLUTEN INTOLERANT

### MAINS

**PASTAGADABRA**  234 kcal 5.45  
Gluten-free pasta tubes in a tomato and garlic sauce.

### DESSERTS

**FIZZY FRUIT AND SORBET**  133 kcal 3.50  
Seasonal fresh fruit with orange sorbet.

**VEGAN ICE CREAM**  3.00  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

**MAKE IT A MEAL DEAL FOR £8.50**

**PICK A MAIN, DRINK AND DESSERT!**

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi or lemonade.

## TOTS DAIRY INTOLERANT

### MAINS

**PASTAGADABRA**  234 kcal 5.45  
Gluten-free pasta tubes in a tomato and garlic sauce.

**SCRATCH & LUCY'S FISH FINGERS AND CHIPS**  476 kcal 6.50  
Breaded fish fingers, served with fries and ketchup.

### DESSERTS

**FIZZY FRUIT AND SORBET**  133 kcal 3.50  
Seasonal fresh fruit with orange sorbet.

**VEGAN ICE CREAM**  3.00  
Choose two scoops from:  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

**MAKE IT A MEAL DEAL FOR £8.50**

**PICK A MAIN, DRINK AND DESSERT!**

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi or lemonade.