

2 mains FOR £10

All day from Monday to Friday

7oz# GAMMON STEAK

Served with a fried free-range egg, grilled fresh pineapple, garden peas and seasoned fries *805 kcal*

FISH & CHIPS†

Pale Ale battered* fish with seasoned fries, tartare sauce and mushy peas *840 kcal*

SAUSAGES AND MASH

Irish pork & leek sausages with mash, steamed veg and gravy *972 kcal*

VEGGIE SAUSAGES AND MASH **V**

Vegan sausages with mash, steamed veg and gravy *585 kcal*

CHARGRILLED CHICKEN FILLET BURGER

In a toasted brioche-style linseed bun with our signature burger sauce, lettuce and red onion. Served with seasoned fries and crunchy slaw *822 kcal*

THE WHOLEFOOD BOWL **VE**

Crispy BBQ-roasted cauliflower, crunchy slaw, tabbouleh, baby gem lettuce, cucumber, spinach and cherry tomatoes, tossed in a cucumber & mint dressing *417 kcal*

TOP YOUR BOWL:

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| + HOT HONEY V <i>+91 kcal</i> | + 75P |
| + GRILLED CHICKEN FILLET AND STREAKY BACON <i>+350 kcal</i> | + 3.00 |
| + FALAFEL* & HUMMUS VE <i>+212 kcal</i> | + 2.00 |
| + HALLOUMI V <i>+398 kcal</i> | + 2.50 |
| + GRILLED CHICKEN FILLET <i>+176 kcal</i> | + 2.50 |

TWO *mains* FOR £ 10

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Adults need around 2000 kcal a day. Calories are correct at time of menu print. Live nutrition information is available online. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or you require our allergen information, please let us know before ordering.

V = made with vegetarian ingredients, **VE** = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. #All weights stated are approximate and prior to cooking. *Dish contains alcohol. Alcohol is only served to over 18s. †Fish dishes may contain small bones. All items are subject to availability. All prices include VAT at the current rate.