

# Lunch the Mediterranean way

Our lunch dishes are perfectly portioned for a daytime treat.  
Available Monday to Saturday until 4pm

## MAINS

**LEMON CHICKEN MILANESE** \* 10.95  
Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 761 Kcal

**BEER BATTERED HADDOCK FILLET** \* 14.95  
Fat chips, pea purée & tartare sauce 664 Kcal

**170g RUMP STEAK** 14.50  
Served with skin-on fries & grilled tomato 716 Kcal  
Add peppercorn or béarnaise sauce for + 2.50 289 / 214 Kcal

**PAN-ROASTED CHICKEN SUPRÊME** \* 13.50  
Mustard cream sauce, pommes purée & buttered green beans 1194 Kcal

**MARGHERITA PIZZA** v 13.50  
Tomato, mozzarella, fresh basil 794 Kcal

**COURGETTE & SWEETCORN FRITTERS** \* ve 13.50  
Homemade fritters with chilli, cumin & coriander, carrot, raisin & orange salad, hummus & apricot harissa 422 Kcal

**SALMON & DILL FISHCAKES** 12.50  
Skin-on fries, fresh rocket & tartare sauce 1127 Kcal

**KING PRAWN & CHILLI LINGUINE** 13.95  
King prawns, garlic, red chilli, sundried tomato & fresh rocket 648 Kcal

**SPAGHETTI CARBONARA** 12.50  
Spaghetti tossed with pancetta, Grana Padano & cream sauce 1184 Kcal

**CHARGRILLED CHICKEN CAESAR SALAD** 12.50  
Baby gem lettuce, anchovies, roasted garlic croutons & shaved Grana Padano 672 Kcal

## LUNCH SANDWICH & WRAPS

**RUMP STEAK SANDWICH** \* 13.50  
Served pink with caramelised onions, wholegrain mustard mayonnaise, rocket, sun-dried tomato & skin-on fries 1016 Kcal

**FALAFEL WRAP** ve 9.50  
Carrot, raisin & orange salad, hummus, rocket & skin-on fries 1080 Kcal

**SPICED CHICKEN WRAP** \* 9.50  
Baby gem, pink pickled onions, apricot harissa, mint yoghurt, rocket & skin-on fries 909 Kcal

**LAMB KÖFTE WRAP** 9.50  
Carrot, raisin & orange salad, mint yoghurt, rocket & skin-on fries 927 Kcal



## EGO MINI DESSERT & HOT DRINK

Enjoy a mini dessert and any coffee or tea for 7.50, or upgrade to any liqueur coffee for + 2.00

**CALLEBAUT WHITE CHOCOLATE & RASPBERRY CRÈME BRÛLÉE** v 208 Kcal

**TRIPLE CHOCOLATE BROWNIE** v 224

**STICKY TOFFEE PUDDING** v 308 Kcal

**JUDE'S FARM ICE CREAM** v

One scoop of vanilla 127 Kcal, chocolate 154 Kcal, strawberry 131 Kcal, honeycomb 119 Kcal or salted caramel 141 Kcal

See our Desserts menu for our full desserts range

## HOT DRINKS

Milk alternatives available

**BREAKFAST TEA** 24 Kcal 3.00

**EARL GREY** 3.00

**GREEN TEA** 3.00

**PEPPERMINT TEA** 3.00

**MOCHA** 216 Kcal 3.65

**AMERICANO BLACK** 54 Kcal 3.50

**CAPPUCCINO** 159 Kcal 3.95

**FLAT WHITE** 114 Kcal 3.95

**CAFFE LATTE** 151 Kcal 3.95

**FLOATER COFFEE** 325 Kcal 3.65

**HOT CHOCOLATE** v 438 Kcal 4.00

**MACCHIATO** 78 Kcal 3.65

**ESPRESSO** 54 Kcal 3.00

**DOUBLE ESPRESSO** 108 Kcal 3.50

## DIETARY INFORMATION

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. All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. 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 need help accessing 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.  
n = this dish contains nuts. \* = this dish contains alcohol. ^ = paellas are not suitable for children.

Fish dishes may contain small bones. Weights stated are approximate uncooked weights. Live nutrition information is available online. All items are subject to availability. Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items.  
For parties of 8 or more, a discretionary 10% service charge will be added to the bill.