

Lunch the Mediterranean way

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

MAINS

LEMON CHICKEN MILANESE * 11.50

Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 761 Kcal

BEER BATTERED HADDOCK FILLET * 15.50

Fat chips, pea purée & tartare sauce 664 Kcal

170g RUMP STEAK 14.95

Served with skin-on fries & grilled tomato 716 Kcal

Add peppercorn or béarnaise sauce for + 2.50 289 / 214 Kcal

PAN-ROASTED CHICKEN

SUPRÊME * 13.95

Mustard cream sauce, pommes purée & buttered green beans 1194 Kcal

MARGHERITA PIZZA v 13.95

Tomato, mozzarella, fresh basil 794 Kcal

COURGETTE & SWEETCORN

FRITTERS * ve 13.95

Homemade fritters with chilli, cumin & coriander, carrot, raisin & orange salad, hummus & apricot harissa 422 Kcal

SALMON & DILL FISHCAKES 12.95

Skin-on fries, fresh rocket & tartare sauce 1127 Kcal

KING PRAWN & CHILLI LINGUINE 14.50

King prawns, garlic, red chilli, sundried tomato & fresh rocket 648 Kcal

SPAGHETTI CARBONARA 12.95

Spaghetti tossed with pancetta, Grana Padano & cream sauce 1184 Kcal

CHARGRILLED CHICKEN

CAESAR SALAD 12.95

Baby gem lettuce, anchovies, roasted garlic croutons & shaved Grana Padano 672 Kcal

LUNCH SANDWICH & WRAPS

RUMP STEAK SANDWICH * 13.95

Served pink with caramelised onions, wholegrain mustard mayonnaise, rocket, sun-dried tomato & skin-on fries 1016 Kcal

FALAFEL WRAP ve 9.95

Carrot, raisin & orange salad, hummus, rocket & skin-on fries 1080 Kcal

SPICED CHICKEN WRAP * 9.95

Baby gem, pink pickled onions, apricot harissa, mint yoghurt, rocket & skin-on fries 909 Kcal

LAMB KÖFTE WRAP 9.95

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.