

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

Chicken and Chorizo £9.95
With Mayonnaise, Tomatoes and Lettuce. *gluten free available, (L)*

Bacon, Lettuce, Tomato £9.75
With Mayonnaise, Tomatoes and Lettuce. *gluten free available, (L)*

Prawns Marie-Rose £10.95
gluten free available, (L)

Tuna and Sweetcorn Mayonnaise £10.50
gluten free available, (L)

Egg and Cress Mayonnaise £8.25
under 600 calories, gluten free available, (L, V)

Oak Smoked Salmon and Cucumber £10.95
under 600 calories, (L)

Honey Roast Ham Salad £8.95
under 600 calories, gluten free available, lactose free available.

Black Bean, Avocado, £8.25

Rocket and Tomato Salsa
under 600 calories, (L, V, VE)

Chicken and Bacon Club £14.95
Served with Fries and a Side Salad Garnish. *gluten free available, (L)*

Avocado and Mozzarella Club £14.95
Served with Fries and a Side Salad Garnish. *gluten free available, (V)*

Chargrilled Minute Steak Ciabatta £18.50
Sirloin Minute Steak with Rocket and a Caramelised Red Onion Chutney, served with Fries. *(L)*

Chargrilled Chicken and Bacon Ciabatta £14.95
With Mayonnaise, Tomato and Baby Gem, served with Fries. *(L)*
Upgrade your sandwich from crisps to include a small portion of fries for an extra £1.00

JACKET POTATOES

Served with a dressed side salad

Cheddar Cheese £8.95
under 600 calories, (G, V)

Cheddar Cheese and Baked Beans £9.95
under 600 calories, (G, V)

Tuna and Sweetcorn Mayonnaise £10.95
(cold filling) *(G, L)*

Prawns Marie Rose £13.95
(cold filling) *(G, L)*

Chicken Chorizo Mayonnaise £10.95
(cold filling) *(G, L)*

OMELETTES

Filled Omelettes £8.95
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

Avocado Caesar Salad £14.95

Caesar Dressing and Garlic and Thyme Croutons
under 600 calories, (gluten free and vegetarian options available)

Add grilled chicken, grilled salmon fillet or halloumi for £6.50

Edamame and Avocado Pokē Bowl £11.50

With Brown Rice, Cucumber, Mango, Pickled Red Cabbage Kimchi, Black Sesame, Radish and a Soy & Honey Dressing.
under 600 calories, (G, L, V, VE)

Add grilled chicken, grilled salmon fillet or halloumi for £6.50

Napa Cabbage and Shredded Vegetable Salad £11.50

With Orange Segments and Toasted Almonds and an Asian Dressing.
under 600 calories, (G, L, V, VE)

Add grilled chicken, grilled salmon fillet or halloumi for £6.50

Maple-Roasted Butternut Squash, Green Lentil and Kale Salad £11.50

With Pomegranate, Sunflower and Pumpkin Seeds and a Maple and Dijon Mustard Dressing. *under 600 calories (G, L, V, VE)*

Add grilled chicken, grilled salmon fillet or halloumi for £6.50

King Prawns in an 'Nduja and Tomato Sauce £12.95
With Chargrilled Focaccia. *under 600 calories, (L)*

Miso-Marinated Salmon £14.95
With Sesame Greens, Chilli and Spring Onion and Ginger Dressing.
under 600 calories, (G, L)

Dakgangjeong £14.50

Korean fried Chicken with Stir Fried Vegetables, Sticky Korean Barbecue Sauce, Crushed Peanuts and Sriracha Mayonnaise

Huevos Rancheros £12.95

Toasted Tortilla topped with Smashed Avocado, Tomato Salsa and Black Beans and served with 2 Poached Eggs. *gluten free available, (V)*

Chicken, Bacon & Avocado Salad

Baby Leaves, Tomato, Cucumber and Radishes with Avocado, Grilled Chicken and Crispy Bacon Lardons, dressed with a Raspberry Vinaigrette.

Small £9.50 under 600 calories Large £18.95 (G, L)

Smashed Avocado & Poached Eggs £10.50

Sourdough Toast, Mixed Seeds. *under 600 calories, (L, V)*

Add Smoked Salmon for £6.50

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

