



# Main Menu

## Nibbles

Garlic stuffed olives with balsamic glaze (GF) £5.00 273 kcal

Rosemary focaccia with oil, balsamic and butter £5.50 717 kcal

Butterbean hummus and pita chips £6.00 318 kcal

## Starters

Minted mixed Melon, cubed melon mixed with fresh mint (GF)(VE)£6.50 107 kcal

Tomato, basil and balsamic bruschetta topped with  
parmesan shavings £7.00 362 kcal

Smoked salmon with prawns, dill and horseradish  
cream with a lime dressing (GF) £8.00 189 kcal

## Mains

Feta and Red pepper quiche with salad and coleslaw (V)£12.00 540 kcal

Chicken souvlaki with warm pita, salad and tzatziki - Greek marinated chicken  
breast with lettuce, tomato, cucumber and red onion £13.00 556 kcal

Asparagus, Pea with garlic and lemon linguine (VE)£10.00 548 kcal

## Burgers

All served with rustic chips (GFA)

Buttermilk Chicken Burger, with ranch sauce, lettuce and tomato  
(GF)£15.00 £3.00 sup 917 kcal

Green Garden Burger with ranch sauce rocket and  
tomato salsa (VE) £12.00 763 kcal

## Sides

Greek salad, mixed leaf, red onion, tomato and cucumber topped  
with feta olives and balsamic glaze £6.50 352 kcal

Mac And Cheese with crispy bacon and garlic and herb bread crumbs £7.00 547 kcal

Rustic chips £5.00 602 kcal

Dishes labelled with GF and DF can be requested when ordering. GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Concerns about allergies & intolerances? Visit [allergymenu.uk](http://allergymenu.uk) & enter the code BAN476

Please ask the Food and Beverage team for allergen information in order to make your own menu choice. Please note some products on the menu contain allergens and not all ingredients are listed. This product information may change due to suppliers therefore please make sure you ask for allergen information or safety as of your subsequent dietary requirements every time you make a purchase. You can access allergen information about our menu using the allergy menu app or website <https://allergymenu.uk>. This information covers the 14 major allergens. If you are having difficulty viewing this please ask a member of our team. Equipment in a restaurant/kitchen area is shared and cross contamination may occur therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to a product.



## Salads

**Chicken caesar salad lettuce, caesar sauce, croutons, parmesan shavings and chicken breast (GFA) £11.00 491 kcal**

**Lamb meatball summer salad with tzatziki roasted cherry tomatoes, whipped feta and red onion and cucumber salad (GF) £13.00 740 kcal**

**Superfood salad - Roasted sweet potato with quinoa, broccoli, toasted almonds, salad cress, avocado, and pomegranate. Topped with chilli flakes, feta, pine nuts and fresh lime juice. (VEA)(GF) £12.50 849 kcal**

### Add the following

**Bacon £1.50 / Chicken £3.00/ Prawns £3.00**

## Sandwiches and Wraps Gluten Free Available

**All served with side salad and crisps (upgrade to chips £1.50)**

**Chicken, pesto mayo, rocket and tomato £12.00 wrap 582 kcal sandwich 575 kcal**

**Tuna mayo and red onion £12.00 wrap 390 kcal sandwich 440 kcal**

**Ploughmans - Cheese, ham, lettuce, tomato and pickle £12.50 wrap 632 kcal sandwich 626 kcal**

**Butterbean hummus, falafel and spinach (VE) £12.00 wrap 609 kcal sandwich 603 kcal**

## Desserts

**Chocolate and Hazelnut mousse (GF) £6.50 1341 kcal**

**Pistachio Olive Oil Cake, Raspberry Coulis, vanilla ice cream (GF) £8.00 642 kcal**

**Summer Berry Eton mess (GF) £6.00 333 kcal**

**(Redcurrants, Strawberries, Blackcurrants and Blackberries)**

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