



EAT BETTER NOW.

STARTERS & SALADS

SUMMER VEGETABLE RISOTTO £9 ♻️
garden peas, asparagus, sundried tomatoes, parmesan

CAESAR SALAD £9 ♥️
romaine, homemade dressing, parmesan, wholemeal croutons and anchovies (add chicken) £5

HALLOUMI SALAD £12 ♻️ ♥️
grilled artichokes, hummus, avocado, tomato, mixed leaves, crisp pitta bread

BULGUR WHEAT SALAD £10 ♻️/♻️
roasted peppers, chickpeas, tomatoes, cucumbers, feta cheese, toasted pine nuts (also available as vegan)

SEASONAL SOUP OF THE DAY £6.50

SANDWICHES & SNACKS

CLUB SANDWICH £13
grilled chicken, bacon, fried egg and fries

MINUTE STEAK SANDWICH £13.50
French fries, mustard, watercress

CHICKEN WINGS £9
BBQ or extra hot

NACHOS £6 ♻️
melted cheese, sour cream, guacamole, salsa

PIZZA & PASTA

MARGHERITA £10.50 ♻️
tomato sauce, mozzarella, and oregano

PROSCIUTTO E FUNGHI £12
tomato sauce, mozzarella, ham, and mushrooms

TONNO £12
tomato sauce, mozzarella, tuna, and onions

ORTOLANA £12 ♻️
tomato sauce, mozzarella, and assorted vegetables

CRAB MEAT PAPPARDELLE £18
asparagus, dill, lemon, crème fraîche

SPAGHETTI BOLOGNAISE £10
parmesan and herbs

BRUNCH

HUEVOS RANCHEROS £9 ♻️ ♥️
warm tortilla, black beans, pico de gallo, avocado, egg, hot sauce

EGGS BENEDICT
choose from classic (ham) £6.50
florentine (spinach) £7.50 ♻️

AVOCADO TOAST £7 ♻️ ♥️
poached free range eggs with avocado on toast, with bacon (£8.50), with smoked salmon (£9.50)

MAIN COURSES

SALMON FILLET £16.50
fava beans, lentils, baby spinach, lemon butter

SEAFOOD LAKSA £18.50 / VEGAN LAKSA £14.50 ♻️ ♥️
salmon, cod, shrimp, rice noodles, Thai coconut curry sauce

LEMON PARMESAN CHICKEN £15
new potatoes, baby carrots, creamed spinach, parmesan

300G FILLET STEAK £30 ♥️

250G SIRLOIN STEAK £24 ♥️

350G RIB EYE STEAK £28 ♥️

SIDES

battered new potatoes ♻️ ♥️

french fries

sweet chili popcorn cauliflower ♻️/♻️ ♥️

halloumi fries ♻️

fresh steamed vegetables ♻️ ♥️

green asparagus ♻️ ♥️

baked potato with sourcream ♻️

side salad ♻️ ♥️

Each Side
£4

BURGER BAR

PENTA BEEF BURGER £14

B12 VEGETARIAN BURGER £14 ♻️ 100% plant based, mushroom, beetroot, oats, soya protein, herbs

BUTTERMILK FRIED CHICKEN £14

CHOOSE YOUR BUN
rustic, wholemeal, salad wrap ♻️

CHOOSE YOUR TOPPING

£1 per item

caramelised onion, grilled mushrooms, smoked bacon, fried egg

£2 per item

guacamole, Irish cheddar, blue cheese

all burgers served with tomato lettuce, red onion and french fries

INDIVIDUAL

DESSERTS

SHARING

CRÈME BRULEE £7 ♻️
caramelised orange

WARM CHOCOLATE FONDANT £7 ♻️
vanilla ice cream

CHEESECAKE £7 ♻️

WARM CINNAMON BUN £7
candied pecans, vanilla ice cream

SEASONAL FRUIT PLATTER £9.50 ♻️ ♥️
passion fruit syrup and mint

BAKED COOKIE £7 / SHARING £10 ♻️
vanilla bean ice cream & chocolate sauce

LOCAL CHEESE PLATE £9.50 ♻️
crackers and chutney

Our dish descriptions may not include every ingredient. Should you have any concerns about food allergies, let us know and we will do our best to help. All prices are in GBP and include VAT.



♻️ vegetarian
♥️ vegan