

Lunch Menu

PLEASE ORDER
AT THE BAR

SNACKS & STARTERS

Olives 3.50 Garlic bread 4.50

Cocktail sausages 4.95
honey & mustard glaze

Patatas bravas 4.95
tomato & smoked paprika with
chorizo

Smoked fish trio* 6.50
salmon, trout & mackerel

Halloumi fries 5.95
sweet chili dip

Grilled sourdough 4.95
olive oil & balsamic vinegar

Grilled pitta 5.50
hummus & tzatziki

Soup of the day* 4.95

Chicken liver parfait* 5.50
cranberry chutney

Lamb koftas 5.95
tzatziki

**served with toasted sourdough bread or
gluten free roll*

Please see blackboard for daily
specials

S Onion rings ~ Sauté potatoes

I Seasonal vegetables

D Skinny fries ~ Chunky chips

E 3.00 each

S Sweet potato fries 4.00

Sweet potato fries suppl. 1.00

MAINS

Seabass fillet 14.95
sauté potatoes, peas and lemon
butter sauce

Spanish chicken 12.95
sauté potatoes, in tomato & smoked
paprika sauce with chorizo

Teriyaki salmon fillet 14.95
stir fried noodles and soy, chili,
ginger dressing

TLC gourmet beef burger 12.95
brioche bun, mature cheddar, onion
ring, coleslaw, home-made burger
sauce & skinny fries

Fish & chips 12.95
beer batter, tartare sauce, chunky
chips & mushy peas

Vegan burger 11.95
ciabatta bun, sweet potato fries and
avocado salsa

FROM THE GRILL

Essex pork cutlet 11.95
champs and mustard jus

Steak & frites 12.95
6oz Rump steak with garlic butter
& skinny fries

8oz Rib-eye steak 21.95
garlic butter & skinny fries

LIGHT LUNCHES

Cajun sword fish salad 11.95
avocado and tomato salsa

Chicken Caesar wrap 8.95
skinny fries & salad

Tuna mayo wrap 8.95
lettuce and onion, skinny fries &
salad

Smashed avocado 8.95
on toasted sourdough bread, salad
& fries

Halloumi wrap 8.95
halloumi, roasted peppers &
hummus, served with salad & fries

Steak ciabatta 9.95
melted cheddar, red onion chutney
salad & skinny fries

Scampi 9.95
skinny fries, salad & chili
mayonnaise

Poached salmon salad 11.95
new potatoes, red onions and
tomato

PUDDINGS & CHEESE

Summer fruit pudding 5.50
raspberry sauce & thick cream

Lemon tart 5.50
raspberry coulis

Chocolate brownie 5.50
vanilla ice cream

Apple crumble 4.95
vanilla ice cream

Ice-cream or sorbet 4.50
(2 scoops) with shortbread

Profiterole 5.50
chocolate sauce

Trio of cheese 6.50/9.50
cheddar, brie & blue cheese
with chutney & crackers

**New this
Summer
Open all day
for drinks**

FOOD SERVED:
12-2:30pm Monday-Friday
5:30pm – 9pm Monday – Friday
12-9.00pm Saturday
12-8:00pm Sunday