

# Saturday Menu

PLEASE ORDER  
AT THE BAR

## TLC BRUNCH MENU

Served 9:00-12:00

Full English breakfast 8.95

Bacon, sausage, fried egg, tomato, sauté potatoes & mushroom, toasted sour dough

Veggie breakfast 7.95

Chick pea patties, fried egg, tomato, sauté potatoes & mushroom, toasted sour dough

Toasted brioche bun with the following:

Bacon 5.50

Sausage 5.50

*Additional items 2.00 each*

## SNACKS & STARTERS

Olives 3.50 Garlic bread 3.95

Smashed avocado 4.95  
on toasted sour dough

Cocktail sausages 4.95  
honey & mustard glaze

Grilled sourdough 4.95  
olive oil & balsamic vinegar

Halloumi fries 5.95  
sweet chilli dip

Grilled pitta 5.50  
hummus & tzatziki

Soup of the day\* 4.95

Chicken liver parfait\* 5.50  
cranberry chutney

Lamb koftas 5.95  
tzatziki

Patatas bravas 4.95  
tomato & smoked paprika with chorizo

Smoked fish trio\* 6.50  
salmon, trout & mackerel

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

## MAINS

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

Halloumi & aubergine skewer 11.95  
on a bed of spring vegetables and  
mushrooms with rich tomato sauce

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

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

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

Seabass fillet 14.95  
sauté potatoes, peas and lemon  
butter sauce

## FROM THE GRILL

Essex pork Steak 11.95  
Champs and mustard sauce

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

Cajun swordfish steak 17.95  
sweet potato fries and avocado salsa

8oz Rib-eye steak 21.95  
garlic butter, onion ring, grilled  
tomato & skinny fries

Peppercorn sauce £1.50

**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*

## FOOD SERVED:

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

## LIGHT LUNCHES

Served 12:00-17:00

Cajun swordfish salad 11.95  
avocado & 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 with  
salad & fries

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

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

Scampi 9.95  
skinny fries, salad & chili  
mayonnaise

Poached salmon salad 11.95  
new potatoes, red onions and  
tomato

## PUDDINGS & CHEESE

Summer berry pudding 5.50  
raspberry sauce and thick cream

Chocolate brownie 5.50  
vanilla ice cream

Apple crumble 4.95  
vanilla ice cream

Profiteroles 5.50  
chocolate sauce

Lemon tart 5.50  
raspberry coulee

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

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