





Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

(V) made with vegetarian ingredients, (VE) made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.
 Fish dishes may contain small bones. * = this dish contains alcohol. An optional service charge of 10% will be added to all tables of 8 or more. All items are subject to availability. All weights are approximate uncooked weights. Nutrition information is correct at time of print. Live nutrition information is available online.

Adults need around 2000kcal a day



Wine & Dine Menn

3 COURSES & A BOTTLE OF LUXURY WINE £95 FOR 2 PEOPLE

- LUXURY WINES -

Domingo Martin, Albarino (VE)

Spain 12.5% vol
Rich and generous f lavours
of ripe peaches and pears.
A well-balanced wine with a
clean fresh finish

Berne Inspiration

France 13.0% vol
This top-quality rosé from
Provence has flavours of
redcurrant & strawberries, a
subtle alliance of fruitiness
and finesse on the nose

Chapel Down Brut NV

England 12.0% vol
Classic blend of Chardonnay,
Pinot Noir, Pinot Meunier and
Pinot Blanc. Aromas of red apple,
lemongrass and freshly baked
bread together with hints of
strawberry and quince on the
palate and fine persistent bubbles

Aguaribay, Malbec

Argentina 14.0% vol
Vibrant red and black berry
fruits with a hint of spice
and caramel

STARTERS

MEZZE PLATE* (V) Grilled Halloumi, Oven baked feta, houmous topped with tomato tapenade, grilled artichokes, Nocellara olives, Tabbouleh salad, sweet potato & apricot falafel and a flatbread 2072kcal. For 2 people

PICANTE CHICKEN Marinated in our homemade spicy sauce with a mango, spring onion & marzanino tomato salad with a pineapple & ginger dressing topped with pangrattato 539kcal

PRAWNS PIL PIL King prawns sautéed in garlic, paprika & chilli served with sliced sourdough 1169kcal

 $\textbf{CRISPY MUSHROOMS} \ (\textbf{VE}) \ \ \textbf{Spiced with ras el hanout, served with vegan mayo and salsa verde} \ \ \textbf{508kcal}$

PAN FRIED CHORIZO Sautéed Spanish chorizo with a rich tomato and basil sauce, served with toasted sourdough 727kcal

MAINS

BACON & CHEESE BURGER Beef burger topped with smoked streaky bacon, smoked Cheddar cheese, sliced beef tomato, little gem, mayo, red onion, and dill pickle. Served in a linseed bun with fries 1287kcal

CHICKEN & AVOCADO BURGER Chicken breast, smashed avocado, sliced beef tomato, little gem, mayo, and red onion. Served in a linseed bun with fries 891kcal

VEGAN BURGER (VE) A delicious patty topped with vegan alternative to mature cheddar, piperade, sliced beef tomato, little gem, vegan mayo and red onion. Served in a linseed bun with fries 950kcal

GRILLED SEABASS* Grilled sea bass on Beluga lentils and spinach with a Buerre Blanc parmesan sauce 733kcal

SALMON FILLET Pan-seared, with Tenderstem® broccoli and Nocellara olive, caper & lemon butter 688kcal

PORK BELLY* Delightfully tender with celeriac purée, creamy mushroom sauce, prosciutto and crispy sage 1273kcal

LAMB SHANK Slow-braised in a red wine jus with buttered samphire and green vegetables 972kcal

RIB-EYE STEAK 10oz Full of flavour, juicy and tender, recommended medium 614kcal

CHICKEN & 'NDUJA CALZONE Spicy 'Nduja sausage, pulled chicken breast, red chillies, peppers, tomato sauce, and mozzarella. Served with a rocket salad 1270kcal

DESSERTS

APPLE & RHUBARB CRUMBLE (V) Warm apple & rhubarb topped with crumble crust. Served with your choice of vegan custard (ve) 635kcal or vanilla ice cream (v) 634kcal

COOKIE DOUGH BROWNIE (V) Served warm with vanilla ice cream 848kcal

CHOCOLATE BILLIONAIRES BAR (V) A luxurious dessert! A billionaires chocolate bar served with toffee sauce and whipped cream 1063kcal

 $VANILLA\ RASPBERRY\ TRIFLE\ (VE)\ A\ vanilla\ sponge\ and\ raspberry\ trifle\ 393kcal$

SIDES -

FRIES (VE) 356kcal	3.50
SWEET POTATO FRIES (VE) 419kcal	4.50
CHUNKY CHIPS (VE) 457kcal	4.00
BABY POTATOES (V) 226kcal	4.00
MAC & CHEESE (V) perfect to share! 943kcal	5.00
MEDITERRANEAN STYLE VEGETABLES (VE) 76kcal	4.00
CALVELO NERO, BROAD BEANS & PEAS (VE) 168kcal	4.00

SWAP YOUR DESSERT FOR AN INDULGENT AFTER-DINNER COCKTAIL

CHOOSE FROM:

ESPRESSO MARTINI, PORNSTAR MARTINI, COSMOPOLITAN, OLD FASHIONED

105706/GRG/MENU/ALI