

# LUNCH MENU

**FIXED PRICE OFFER** Selected dishes only, Monday – Friday, 12pm – 6pm. Two **FP** courses 13.50 | Three **FP** courses 17.50

## STARTERS

- FP** DUCK LIVER & PORT PARFAIT zesty orange curd, tarragon & sherry vinegar infused grapes, with toast • 7.50
- FP** GOURMET SOUP OF THE DAY with warm rustic bread and Netherend Farm salted butter (v) [See our specials menu for today's flavour](#) • 6.25
- FP** HOME-MADE SCOTCH EGG with golden beetroot piccalilli • 5.50
- FP** DEEP-FRIED BRIE in panko breadcrumbs with a British apple & rosemary chutney (v) • 6.50
- FP** CREAMY PARIS BROWN & OYSTER MUSHROOMS in a white wine cream, on a toasted sourdough crumpet (v) • 6.95
- FP** CREAMED GOAT'S CHEESE with a roasted pepper & pickled watermelon salsa, blackcurrant curd, crunchy seeds and toast (v) • 7.25

## MAINS

- FP** CHARGRILLED GAMMON STEAK & FRIED EGGS with rustic thick-cut chips and honey-roasted pineapple • 10.95
- FP** SMALL KING PRAWN, CRAB & CHORIZO LINGUINE in a white wine, tomato, garlic & chilli sauce • Large 14.25 | **FP** Small 10.50

### 650 CALORIES OR LESS

- ROASTED SALMON FILLET with pan-fried samphire, broccoli & baby spinach, confit tomatoes and a fresh salsa • 14.95
- SPICED AUBERGINE COCONUT CURRY with broccoli, sticky jasmine rice and a scorched red chilli (ve) • 12.75
- CHICKEN, BACON & AVOCADO SALAD with baby gem lettuce, spinach and tenderstem broccoli with a cider & honey mustard dressing • 13.25
- FP** SMALL STIR-FRIED BEEF FILLET SALAD with cucumber, tomato, red onion, coriander, red chilli and a soy, lime & ginger dressing • Large 13.50 | **FP** Small 9.75
- FP** NOURISH BOWL Lentils, quinoa & crispy chickpeas, avocado, roasted cauliflower, ribbons of carrot & mooli, watercress and a slow-roasted tomato toast (ve) • 10.75 **Add:** Falafel (ve) 2.50 • Chargrilled chicken breast 4.00 • Grilled halloumi (v) 3.00 • Roasted salmon fillet 5.00 • King Prawns 4.00 • Beef fillet 5.00
- FP** SMALL ASIAN-STYLE CRISPY DUCK SALAD on a bed of cucumber & mooli ribbons, shredded carrot & cabbage, watercress and spring onion, in a plum & hoisin sauce • Large 13.95 | **FP** Small 9.75

*Our All Day menu is also served alongside lunch and includes a full range of pizzas, burgers, rotisserie and much more.*

## SANDWICHES & PIZZA

*All our sandwiches are freshly prepared, and come served with your choice of fries (v), soup (v/ve) or house salad (ve).*

- DEVON CRAB AND KING PRAWN SEEDED ROLL in a slow-roasted tomato Marie Rose sauce • 10.95
- FILLET STEAK SANDWICH with caramelised red onion chutney, rocket and beef dripping sauce • 10.95
- FP** TEMPURA-BATTERED COD FISH FINGER SANDWICH with tartare sauce • 8.95
- FP** MEZZE FLATBREAD Creamy hummus base, topped with roasted chickpeas, Greek-style salad, seeds, avocado and rocket (ve) • 8.95
- FP** MARGHERITA PIZZA Mozzarella, cherry tomatoes and basil (v) • 9.95

*If you prefer a lighter pizza, we can replace the centre with a baby spinach & tomato salad.*

**Add:** Jalapeños (v) / Red peppers (v) / Pineapple (v) / Flat mushroom (v) / Goat's Cheese (v) 1.50 • Bacon / Chorizo / Hand-pulled chicken 2.00

## DESSERTS

- FP** WARM HOME-BAKED CHOCOLATE BROWNIE with Belgian chocolate sauce and Bourbon vanilla ice cream (v) • 6.95
- FP** ICE CREAM OR SORBET & HOME-BAKED TRIPLE CHOCOLATE COOKIE Choose three scoops from Bourbon vanilla, honeycomb, pecan praline, double chocolate or strawberry ice cream, blood orange or coconut milk sorbet (v) • 5.75
- FP** FIVE BERRY CRUMBLE topped with a Demerara crumb, served with vanilla (v) or soya custard (ve) • 6.50
- FP** MINI DESSERT & A HOT DRINK Choose from pornstar martini eton mess *Over 18s only*, home-baked chocolate brownie (v), lemon, blueberry & almond cake (v), five berry crumble (v). [Mini desserts are 350kcal or less](#) • 5.25

### ALLERGEN & DIETARY INFORMATION

Our easy to use allergen guide is available on the food section of our website or the 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 and cooking methods could affect this. Dishes containing fish or hand-pulled chicken may contain small bones. Some of our dishes contain alcohol. All items are subject to availability. The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.

**LUNCH**