



## LUNCH & DINNER MENU

12.00 - 15.00 & 17.00 - 22.00

If you have any dietary requirements, please inform the waiter.  
Non gluten containing options available.

### Starters

<b>Truffle Arancini (vegan)</b> A nod to the 10th century Sicilian classic, golden fried butternut squash risotto balls with a luxurious twist. Infused with earthy truffle and served with rich truffle mayo (contains gluten and soya).	£8.00
<b>Shrimp tacos</b> Juicy grilled shrimp tucked in soft tortillas, topped with zesty pineapple salsa and a squeeze of fresh lime. A vibrant balance of sweet, savoury and citrus (contains crustaceans).	£9.00
<b>Spiced calamari fritters</b> Crispy fresh calamari with a subtle heat, cooled off with lemony aioli and a handful of fresh watercress. Clean, crunchy and seriously moreish (contains gluten, mollusc and egg).	£12.00
<b>Cheesy Nachos</b> Stacked with guacamole, fresh pico de gallo and chive sour cream for that cool, creamy kick. Perfect for sharing, or not (contains dairy and soya).	£12.00
<b>BBQ chicken wings</b> Boldly glazed and flame-kissed, these wings bring the heat with a spicy Texas dip and mellow it out with garlic aioli (contains egg, mustard and soya).	£10.00

### Fresh & Fun

<b>Soup of the day (vegan option available)</b> Perfect for when you want something light but full of flavour. A smooth blend of seasonal vegetables served with grilled sour dough bread (contains celery, dairy and gluten).	£9.00
<b>Caesar salad</b> A fresh take on this classic. Crisp baby gem, anchovies, rich Caesar dressing and golden garlic croutons (contains crustaceans, dairy, eggs, fish and gluten). Top it your way: cornfed grilled chicken (£8.00), pan-seared salmon fillet (£12.00) or Cajun-spiced prawns (£9.00).	£12.50
<b>Santorini salad</b> The Greek classic with a fresh twist: plum tomatoes, cucumber, red onion, feta, Kalamata olives and baby gem, finished with oregano and our signature house dressing (contains dairy and gluten)..	£12.00
<b>Zen garden bowl</b> Our colourful, clean Buddha bowl full of feel-good fuel. Avocado, roasted butternut squash, beetroot, pickled red cabbage, cherry tomatoes and quinoa, lightly tossed in our house dressing (contains mustard)..	£12.00

### Main Courses

<b>hnow fish &amp; chips</b> Golden beer-battered haddock, proper chips, mushy peas and tartare sauce, plus lemon if you're feeling fancy (contains dairy, egg, fish, gluten, mustard, soya and sulphites).	£23.00
<b>Ribeye steak</b> 28-day aged, rich, tender and full of flavour. Have it your way with peppercorn, chimichurri or classic béarnaise on the side (contains celery, dairy, mustard and sulphites).	£32.00
<b>Salmon Fillet</b> Fresh salmon, seared to perfection and served with tenderstem broccoli, beurre blanc, caviar and a scatter of pea shoots (contains celery, dairy, fish, mollusc and sulphites).	£26.00
<b>Old Delhi Chicken Tikka</b> From the chef's grandmother's kitchen to your plate. This tender chicken tikka is cooked over flame and served with garlic naan, saffron pilaf, crisp poppadums and cooling cucumber raita (contains gluten, dairy and nuts).	£20.00
<b>Wild mushroom risotto (vegan option available)</b> Creamy risotto with wild mushrooms and a touch of aged Parmesan. No need to dress it up, it's just really well made (contains celery, dairy and sulphites).	£18.00
<b>Norfolk Grilled Poussin</b> Succulent grilled baby chicken served with vine tomatoes, baby watercress and Harissa cream sauce. (contains dairy).	£26.00
<b>Herb-Crusted Suffolk Lamb Cutlets</b> Tender lamb cutlets with a vibrant herb crust, paired with baby carrots, asparagus and minted jersey royal potatoes (contains celery, dairy and gluten).	£35.00
<b>Golden Cauliflower Steak</b> Roasted cauliflower with a rich, nutty pine nut and truffle dressing. Full of flavour (contains dairy, mustard, nuts and sulphites).	£18.00

### Sides

<b>Truffle &amp; parmesan fries (contains dairy)</b>	£8.00
<b>Steak cut chips</b>	£6.00
<b>Green salad with vinaigrette</b>	£6.00
<b>Tenderstem broccoli with golden almond flakes (contains nuts)</b>	£8.00
<b>Mash potatoes (contains dairy)</b>	£7.00
<b>Saffron rice (contains nuts)</b>	£7.00
<b>Honey roast carrots –Thyme butter (contains dairy)</b>	£6.00
<b>Assorted bread basked with basil butter (contains dairy, gluten, nuts, sesame and soya.)</b>	£6.00

### Guilty Pleasures

<b>Guilty Club sandwich</b> No regrets. Chicken, bacon, tomato, baby gem and a fried egg piled high on bloomer bread. Served with skinny fries on the side (contains dairy, egg, gluten and mustard).	£18.00
<b>Zero Guilt Club wrap (vegan option available)</b> Packed with peppers, tomato, baby gem & halloumi cheese in a tomato tortilla. Served with fries and salad. Big flavour, no guilt (contains dairy, gluten, mustard and sulphites).	£15.00
<b>Lord Bacon cheese Burger</b> Double beef patty with smoked bacon, Montgomery cheddar and onion relish. Truffle fries and salad on the side, because you deserve the full treatment (contains dairy, egg, gluten, mustard, sesame and sulphites).	£25.00
<b>The Firebird Burger</b> Fiery, crunchy and full of attitude. Our crispy chicken burger comes with sriracha mayo, Asian slaw, coriander and fries. Don't do heat? Just let us know and we'll dial it down (contains dairy, eggs, gluten, mustard and sesame).	£21.00
<b>Spring-pea burger (vegan option available)</b> Our falafel-style burger made with English peas, chickpeas, mint and coriander, served with Cajun fries (contains dairy, eggs, gluten, mustard, sesame and soya).	£19.00
<b>Spicy Linguini</b> Fresh linguini tossed with shrimp, rocket, tomatoes, garlic and a good hit of chilli (contains gluten and crustaceans).	£21.00

### Desserts

<b>hnow tiramisu</b> The Italian classic. Layers of cocoa, mascarpone and espresso-soaked sponge (contains dairy, eggs, gluten, nuts and soy).	£12.00
<b>Sticky Toffee pudding</b> Rich and moist date sponge with warm toffee sauce and Madagascan vanilla ice cream (contains celery, dairy, egg, gluten, nuts and soya).	£10.00
<b>Crunchy Churros</b> Golden, cinnamon-dusted churros served with warm chocolate sauce and dulce de leche (contains dairy, eggs and gluten).	£12.00
<b>Chocolate &amp; Pecan brownie</b> Warm chocolate brownie with toasted pecans, finished with a scoop of vanilla ice cream (contains dairy, egg, gluten and nuts).	£10.00
<b>Assortment of ice-creams or sorbets</b> One scoop, endless possibilities. Ask your waiter what's on today (contains dairy, egg, gluten, soya and nuts).	£3.00