



L u n c h.

Served 12:15 – 3

Small Plates

Morecambe Bay Potted Shrimp Toasted artisan bread	9.5
Chicken Liver Parfait Beetroot chutney, toasted artisan bread, mixed leaf	9.5
Homemade Hummus (vg) Micro salad, olive oil, toasted homemade flatbread	7.2
Soup of the Day (v/vg) Artisan bread + butter	6.6
Hand Cut Chips (vg) Garlic mayo + chipotle ketchup	4.5

Sandwiches

Salad garnish, red cabbage slaw - Add hand cut chips 2.5	
Ham, Egg + Fries Thick cut ham, fried egg, shoestring fries, piccalilli mayo	9.3
BLT Streaky bacon, beef tomato, romaine, mayonnaise	8.2
Salmon + Cream Cheese Beetroot cured salmon, pickled cucumber, cream cheese	8.8
Tarragon Chicken Butter roasted chicken, tarragon + lemon mayonnaise, wild rocket	9.3
Cheese + Piccalilli Extra mature cheddar, homemade piccalilli, wild rocket	8.3
Truffled Egg Free range egg, mayonnaise, white truffle, wild rocket - Add maple cured bacon 2.0	7.5
Prawn + Avocado Focaccia Fresh water prawns, smashed avocado, chilli lime mayo, little gem	9.9
Bhaji Wrap Spinach and onion bhaji, curry mayo, hot mango salsa, baby spinach, rainbow slaw	9.4
Beef Shin Taco Feta, avocado, pickled shallot	11.5
ATN Burger Double 3oz patty, house dirty sauce, lettuce, tomato, homemade brioche bun - Add cheese .5 - Add bacon 1.0	13.0
Southern Fried Chicken Burger Marinated chicken thigh, house pickles, lemon + tarragon mayo, homemade brioche bun	13.0

Sharing Boards

Charcuterie Cured meats, continental cheese, fig, pistachio, beetroot chutney, artisan bread, rocket salad	19.8
Ploughman's Whiskey + marmalade glazed gammon, chicken liver parfait, homemade pork pie, British cheese, pickled onion, chutney, piccalilli, artisan bread, rocket salad	19.8
Herbivore Beetroot hummus, spinach + onion bhaji, goat cheese frijoles, spiced cauliflower, roasted beet, sun blushed tomato, mozzarella pearls, rocket salad, warm flatbread	19.8

Toasted

Salad garnish, red cabbage slaw - Add hand cut chips 2.5	
MPT Focaccia Mozzarella, sun-blushed tomato, basil pesto - Add butter roasted chicken 2.0 - At artisan charcuterie 2.2 - Add chorizo 2.2	8.8
Ham + Cheese Thick cut glazed ham, mature cheddar, house mustard	9.3
Charcuterie Focaccia A selection of cured meats from our deli, basil pesto - Add artisan cheese 1.5	9.3
Philly Cheesesteak Sliced bavette, pepper, onion, comté cheese	14.0
Grilled Cheese (v) Cheddar, mozzarella, Applewood smoked, soft cream cheese	8.8
Goat Cheese Focaccia (v) Baby spinach & beetroot chutney, pistachio pesto	9.3
Buffalo + Blue Butter roasted chicken, house buffalo sauce, blue cheese, baby spinach	9.3

Turn over for big plates, bowls + vegan dishes.

We cannot guarantee the absence of nuts or other allergens in any of our products.
Please speak to staff for more information on allergens.



Big Plates + Bowls

Pesto Chicken Salad Butter roast chicken, parmesan, basil, pine-nut, mixed leaf, sun-blushed tomato, ciabatta crouton	11.0	Dal Bowl Lentil dal, onion bhaji, cucumber pickle, homemade flatbread	10.9
Roast Roots + Goat Cheese Warm winter vegetables, goat cheese hazelnuts, sherry vinaigrette	11.5	Turkish Eggs Cured yoghurt, homemade flatbread, harissa - Add chorizo 2.2	9.7
Japanese Caesar Salad Butter roasted chicken, avocado, radish, wasabi	12.5	Black Bean Bowl (v) Refried beans, smashed avocado, chilli lime mayo, soft poached egg, baby spinach, warm flatbread - Add chorizo 2.2	9.9

V e g a n L u n c h

Small Plates

Homemade Hummus Micro salad, olive oil, warm homemade flatbread	7.2
Soup of the Day Artisan bread + butter	6.6
Hand Cut Chips Triple cooked, garlic mayo + chipotle ketchup	4.5

Big Plates + Bowls

Black Bean Bowl Refried beans, smashed avocado, chilli lime mayo, grilled maple tofu, warm homemade flatbread	10.9
Feta + Beetroot Bowl Vegan feta, roasted golden + red beetroot, candied walnut, maple vinaigrette	11.5
Dal Bowl Lentil dal, onion bhaji, cucumber pickle, homemade flatbread	10.9
Falafel Flatbread Homemade hummus, spiced chickpea, mixed leaf, warm homemade flatbread	12.1

Sandwiches + Toasted

Salad garnish, red cabbage slaw - Add hand cut chips 2.5	
VBLT Veggie bacon, plum tomato, gem, mayo	8.2
Cheese + Piccalilli House vegan cheese blend, Homemade piccalilli, wild rocket	8.2
Bhaji Wrap Spinach + onion bhaji, curry mayo, hot mango salsa, baby spinach, rainbow slaw	9.4
Hummus + Chipotle Wrap Homemade hummus, rainbow slaw, baby spinach, chipotle ketchup	9.3
MPT Toasted Focaccia Vegan mozzarella, sun-blushed tomato, walnut pesto	8.8
Grilled Cheese House vegan cheese blend, vegan cream cheese	8.8
Beetroot + Pistachio Toasted Focaccia Vegan mozzarella, cream cheese, baby spinach, beetroot chutney, walnut pesto	9.3

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