



## Lunch. Served 12.15 – 3

### Small Plates

Smoked Mackerel Pâté Gooseberry chutney, toasted artisan bread & mixed leaf	7.5
Chicken Liver Parfait Beetroot chutney, toasted artisan bread & mixed leaf	7.5
Beetroot Hummus (vg) Micro salad, olive oil & toasted artisan bread	6.0
Soup of the Day (v/vg) Artisan bread & butter	5.5
Hand Cut Chips (vg) Garlic mayo + chipotle ketchup	4.0
House Salad (vg) Mixed leaf, heirloom tomato, cucumber, pink pickled onion, basil oil	4.0

### Sandwiches

Salad garnish, red cabbage slaw - Add hand cut chips 2.5	
Ham, Egg + Chips Thick cut ham, fried egg, shoe string Fries, piccalilli mayo	8.0
BLT Streaky bacon, beef tomato, romaine, mayonnaise	7.0
Salmon + Cream Cheese Beetroot cured salmon, pickled cucumber, cream cheese	8.0
Coronation Chicken Butter roasted chicken, curry mayo, pistachio, apricot, coriander	8.0
Cheese + Chutney Extra mature cheddar, beetroot chutney, wild rocket	7.0
Egg Salad Hard-boiled egg, mixed leaf, plum tomato, honey mustard mayo and crispy onion	6.5
Prawn + Avocado Ciabatta Fresh water prawns, smashed avocado, chilli lime mayo, little gem	8.5
Steak + Onion Ciabatta 6oz bavette, crispy onion, wild rocket, peppercorn to pour	12.5
Bhaji Wrap Spinach and onion bhaji, curry mayo, hot mango salsa, baby spinach, rainbow slaw	8.0

### Burgers

Hand cut chips, red cabbage slaw	
ATN Burger 6oz patty, house dirty sauce, lettuce, tomato - Add cheese .5 - Add bacon 1.0	10.5
Karaage Chicken Crisp fried soy marinated chicken thigh, pickled cucumber, curry mayo, lettuce, tomato	11.0
Reuben Burger Hot salt beef, cheese, sauerkraut, mustard mayo, dill pickle	11.0
Plant Burger (v) Homemade patty, house dirty sauce, lettuce, tomato - Add cheese .75	10.5

### Toasted

Salad garnish, red cabbage slaw - Add hand cut chips 2.5	
MPT Focaccia Mozzarella, sun-blushed tomato, basil pesto - Add butter roasted chicken 1.5 - At artisan charcuterie 2.0 - Add chorizo 2.0	7.5
Ham + Cheese Thick cut glazed ham, mature cheddar, spiced mango salsa	8.0
Chorizo Spanish sausage, manchego, membrillo quince	8.0
Grilled Cheese (v) Cheddar, mozzarella, Applewood smoked, soft cream cheese	7.5
Goat Cheese Focaccia (v) Baby spinach & beetroot chutney, pistachio pesto	8.0
Buffalo + Blue Butter roasted chicken, house buffalo sauce, blue cheese, baby spinach	8.0

*Turn over for big plates, boards + bowls.  
We have an extensive vegan menu available on request.*

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



## L u n c h.

### Served 12.15 – 3

#### Sharing Boards

<b>Charcuterie</b>	18.0
Cured meats, continental cheese, fig, pistachio, beetroot chutney, artisan bread, rocket salad	
<b>Ploughman's</b>	18.0
Whiskey + marmalade glazed gammon, chicken liver parfait, homemade pork pie, British cheese, pickled onion, chutney, piccalilli, artisan bread, rocket salad	
<b>Herbivore</b>	18.0
Beetroot hummus, spinach + onion bhaji, goat cheese frijoles, spiced cauliflower, roasted beet, sun blushed tomato, mozzarella pearls, rocket salad, warm flatbread	

#### Big Plates + Bowls

<b>Pesto Chicken Salad</b>	10.0
Butter roast chicken, parmesan, basil, pine-nut, mixed leaf, sun-blushed tomato, ciabatta crouton	
<b>Goat Cheese + Beetroot Salad (v)</b>	10.5
Crumbled goat cheese, roast golden + red beetroot, candied walnut, maple vinaigrette	
<b>Peach + Prosciutto Salad</b>	11.0
Grilled peach, buffalo mozzarella, prosciutto, ciabatta croutons, mixed leaf, basil	
<b>Duck + Orange Salad</b>	12.0
Shredded duck, orange, mixed leaf, pistachio, crispy duck skin, citrus sesame dressing	
<b>Black Bean Bowl (v)</b>	8.5
Refried beans, smashed avocado, chilli lime mayo, soft poached egg, baby spinach, warm flatbread	
- Add chorizo	2.0
- Add butter roast chicken	2.0
<b>Gobi Bowl (vg)</b>	9.5
Roast spiced cauliflower, kachumber salad, baby spinach, flatbread, spinach and onion bhaji, hot mango sauce	
<b>Shakshuka (vg)</b>	8.0
Tunisian baked peppers, spiced tomato sauce, baked egg, warm flatbread	
- Add chorizo	2.0
<b>Welsh Rarebit (v)</b>	7.5
Mature cheddar, IPA & English mustard with confit tomato & wilted spinach	
<b>Salt Beef Hash</b>	8.5
House cured salt beef, potato, cheddar, soft poached eggs	

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



**L u n c h.**  
**Served 12.15 – 3**  
**V e g a n L u n c h**

Small Plates

<b>Beetroot Hummus</b> Micro salad, olive oil, toasted artisan bread	6.0
<b>Soup of the Day</b> With artisan bread & butter	5.5
<b>Hand Cut Chips</b> Triple cooked, with garlic mayo + chipotle ketchup	4.5
<b>House Salad</b> Mixed leaf, heirloom tomato, cucumber, pickled pink onion, basil oil	4.0

Sandwiches + Toasted

Salad garnish, red cabbage slaw	
- Add hand cut chips 2.5	
<b>VBLT</b> Veggie bacon, plum tomato, gem, mayo	7.0
<b>Cheese + Chutney</b> House vegan cheese blend, beetroot chutney, wild rocket	7.0
<b>Bhaji Wrap</b> Spinach + onion bhaji, curry mayo, hot mango salsa, baby spinach, rainbow slaw	8.0
<b>Hummus + Chipotle Wrap</b> Beetroot hummus, rainbow slaw, baby spinach, chipotle ketchup	8.0
<b>MPT Toasted Focaccia</b> Vegan mozzarella, sun-blushed tomato, walnut pesto	7.0
<b>Grilled Cheese</b> House vegan cheese blend, vegan cream cheese	7.5
<b>Beetroot + Pistachio Toasted Focaccia</b> Vegan mozzarella, cream cheese, baby spinach, beetroot chutney, walnut pesto	8.0

Big Plates + Bowls

<b>Black Bean Bowl</b> Refried beans, smashed avocado, chilli lime mayo, grilled maple tofu & warm flatbread	9.5
<b>Feta + Beetroot Bowl</b> Vegan feta, roasted golden + red beetroot, candied walnut, maple vinaigrette	10.5
<b>Gobi Bowl</b> Roasted spiced cauliflower, kachumber salad, baby spinach, spinach and onion bhaji, mango salsa & pistachio raita	9.5
<b>Shakshuka</b> Tunisian baked peppers, spiced tomato sauce, grilled maple tofu & warm flatbread	8.5
<b>Plant Burger</b> Homemade plant patty, dirty sauce, salad garnish	10.5
- Add cheese .75	
- Add veggie bacon 1.0	

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