

# THE PRACTITIONER



## DESSERTS

ALL £4.95

### SALTED CARAMEL CHEESECAKE (v)

Dulce de leche sauce.

### TOFFEE WAFFLE (v)

Vanilla ice cream and chocolate sauce.

### WARM CHOCOLATE BROWNIE (v)

Vanilla ice cream and chocolate sauce.

### RASPBERRY AND PROSECCO SLICE

Raspberry coulis and vanilla ice cream.

### GIN AND RED BERRY CHEESECAKE

Raspberries, strawberries and raspberry coulis.

### CARAMEL FILLED CHURROS (v)

Hot chocolate sauce.

### SHARING DESSERT £9.00

*All too tempting? Why not sample a selection of our favourites?  
Perfect for 2 to 3 people.*

Chocolate brownie, raspberry and Prosecco slice, gin and berry cheesecake and salted caramel cheesecake.

(v) suitable for vegetarians. (ve) suitable for vegans.

Fish and poultry dishes may contain bones.

All weights are approximate prior to cooking. All items are subject to availability.

ALLERGEN INFORMATION. Non-gluten menu is available upon request. If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten or other allergens.

A full list of allergens in each dish is available for your peace of mind.

All prices include V.A.T.

SERVICE IS NOT INCLUDED. ALL TIPS ARE RETAINED BY THE GRATEFUL TEAM.

## WEEKDAY MENU

## BAR SNACKS & SHARERS

### PADRON PEPPERS (VE) £3.75

Roasted with Maldon sea salt.

### NACHOS FONTINA (V) £9.95

Melted cheese fondue, tortilla chips, sour cream, tomato salsa and guacamole.

### BAKED IN THE BOX CAMEMBERT (V) £6.95

Toasted bloomer and Tracklements sticky fig relish.

### SEA SALTED PRETZELS (V) £4.50

Garlic butter.

### MEZZE (V) £8.95

Mixed olives, hummus, baba ganoush, falafel, grilled peppers, vine leaves, sunblushed tomatoes and ciabatta.

### MIXED OLIVES (VE) £3.00

## SMALL PLATES

THREE FOR £14.50 FIVE FOR £22.50

### GRIDDLED HALLOUMI CHEESE (V) £5.95

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

### HUMMUS (V) £5.25

Smoked paprika, baby vegetables and wholemeal pitta bread.

### POTTED SWEET POTATO (V) £5.25

Tracklements onion marmalade, toasted bloomer, crushed walnuts and olive oil.

### STUFFED VINE LEAVES (VE) £5.25

Pomegranate dressing, green salad and pomegranate seeds.

### KALE AND HERITAGE TOMATO SALAD (VE) £5.95

Rocket leaves, kale and olive oil dressing.

### MISO SOUP BOWL (V) £5.50

Asian stock, tofu, spring onion, red chilli and coriander.

### PORK AND CHORIZO SAUSAGES £5.95

Thai spiced mayo.

### POPCORN CHICKEN £5.25

Smoky chipotle mayo.

### MARINATED CHICKEN THIGH SKEWERS £5.95

Lemon and thyme marinade, rocket and pomegranate dip.

### STEAMED DUCK DUMPLINGS £6.25

Soy sauce and sweet chilli dip.

### DEVILLED KING PRAWNS £5.50

On avocado with Sriracha sauce.

### SALT AND PEPPER SQUID £6.25

Sweet chilli dip.

## LUNCH

Available 12-5 pm

ALL £8.00

*With a mug of sea salted fries or house salad*

### AHT SANDWICH (V)

Avocado, halloumi, tomato, herb oil and Tracklements onion marmalade.

### HALLOUMI AND HUMMUS WRAP (V)

Rocket, gem lettuce, baby spinach, avocado, carrot, pomegranate and chia seeds.

### FISH FINGER SANDWICH

Cod fish fingers, gem lettuce and tartare sauce, lemon.

### CHICKEN AND BACON CLUB

Triple layered toasted sandwich, soft boiled egg, tomato, gem lettuce and mayonnaise.

### SWEET CHILLI CHICKEN WRAP

Shredded vegetables, coriander and sweet chilli sauce.

### STEAK SANDWICH

Sliced bloomer, Tracklements onion marmalade, rocket and horseradish.

### REUBEN SANDWICH

Toasted, pastrami, sauerkraut, Emmental cheese and mustard mayonnaise.

## MAIN PLATES

### THAI RED NOODLES (V) £10.95

Tofu, broccoli, red peppers, carrots, coconut milk and coriander.

### RAMEN BOWL (V) £8.50

Udon noodles, bok choy, baby corn, spinach, spring onion, chilli, mushroom, fresh ginger, fragrant stock and soft boiled egg.

*Add poached chicken / grilled prawns for £3.00*

### COURGETTI (VE) £8.95

Butternut squash, herb oil, lemon, pomegranate seeds, baby spinach, lemon and olive oil.

### ROASTED CAULIFLOWER (VE) £9.25

Giant cous cous pearls, spring onion, roasted shallots and pomegranate seeds.

### SUMMER SALAD (VE) £7.25

Baby spinach, edamame beans, green pepper, chilli, red cabbage, carrot with lemongrass and ginger dressing.

*Add poached chicken / grilled prawns for £3.00*

### PRAWN AND SCALLOP LINGUINI £10.95

With cherry tomatoes, basil, lemon, olive oil, baby spinach, spring onion and red chilli.

### FISH AND CHIPS £10.25

Atlantic cod, McMullen ale and herb batter, chunky chips, tartare sauce and minted mushy peas.

### SEARED SALMON £11.95

Cauliflower and pomegranate tabbouleh, baba ganoush, basil and olive oil.

### PERI PERI CHICKEN £10.25

Marinated half chicken on the bone served with sweet potato fries, slaw.

### CHICKEN AND BACON CLUB SALAD £9.25

Gem lettuce, baby spinach, avocado, red pepper, sunblushed tomatoes, Gran Moravia™ hard cheese, Caesar dressing and soft boiled egg.

### 28 DAY AGED GRASS-FED 8OZ SIRLOIN STEAK £15.95

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

*Add peppercorn sauce £1.00*

*Swap fries to sweet potato fries for £1.00*

## OUR SIGNATURE BURGERS

*Served in a brioche bun with salad, burger sauce and sea salted fries.*

### BEEF £10.25

### CHICKEN BREAST £9.95

*Add cheese and bacon £1.00 each*

### BUTTERMILK CHICKEN BURGER £10.95

Fried crispy in panko breadcrumbs with Emmental and BBQ sauce.

### SWEET POTATO AND HALLOUMI STACK (V) £9.25

*Swap fries to sweet potato fries for £1.00*

## SIDES

### FRIES OR CHUNKY CHIPS (V) £3.25

Sriracha mayo.

### SWEET POTATO FRIES (VE) £3.50

### BEER BATTERED ONION RINGS (V) £3.25

### HOUSE SALAD (VE) £2.00

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.