

## BAR SNACKS & SHARERS

### **PADRON PEPPERS (VE) £3.75**

Roasted with Maldon sea salt.

### **BAKED IN THE BOX CAMEBERT (V) £7.25**

Toasted bloomer and Traclements onion marmalade.

### **OUR NACHOS (V) £8.95**

Fried wheat tortilla, chilli bean, sour cream, avocado dip, melted cheese.

### **SMOKED MIXED NUTS (VE) £3.25**

### **MARINATED MIXED OLIVES (VE) £3.00**

### **BABA GANOUSH & HUMMUS PLATE (V) £8.95**

Traditional hummus, smoked paprika, homemade baba ganoush, baby vegetables and wholemeal pitta.

## 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.

### **STEAMED VEGETABLE DUMPLINGS (VE) £5.95**

Coriander, soy and sweet chilli dipping sauce.

### **SWEET POTATO FALAFELS (V) £5.95**

Sour cream, coriander.

### **BETROOT & FETA CHEESE BON BONS (V) £5.95**

Kale pesto.

### **PORK AND CHORIZO SAUSAGES £6.25**

Smoky chipotle mayo.

### **MARINATED CHICKEN THIGH SKEWERS £6.25**

Red pepper and chilli marinade, rocket and pomegranate.

### **KOREAN PORK BELLY BITES £6.25**

Hot Korean chilli sauce.

### **STEAMED DUCK DUMPLINGS £6.25**

Coriander, soy and sweet chilli dipping sauce.

### **POPCORN CHICKEN £5.50**

Smoky chipotle mayo.

### **DEVILLED KING PRAWNS £5.65**

Guacamole and Sriracha hot sauce.

### **CRISPY CALAMARI & CHEESE BITES £6.25**

Tartar sauce.

## 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 Traclements onion marmalade.

### **HALLOUMI AND HUMMUS WRAP (V)**

Rocket, gem lettuce, baby spinach, guacamole, shredded vegetables, pomegranate and chia seeds.

### **FISH FINGER SANDWICH**

Cod fish fingers, gem lettuce, tartar sauce and 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, Traclements onion marmalade, rocket and horseradish.

### **REUBEN SANDWICH**

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

## MAIN PLATES

### **SWEET POTATO & BUTTERBEAN STEW (V) £10.25**

Sweet potato falafels, baked crusty bread.

### **COURGETTI (VE) £9.25**

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

### **RAMEN BOWL (V) £8.95**

Udon noodles, pak choi, baby corn, spinach, spring onion, chilli, mushroom, ginger, fragrant stock and soft boiled egg.

*~Add poached chicken / grilled prawns for £3.00*

### **PROSECCO & COURGETTE RISOTTO (V) £8.95**

Olive oil, toasted seeds, rocket, Gran Moravia hard cheese crisp.

*~Add poached chicken / grilled prawns / griddled halloumi for £3.00*

### **PRAWN AND SCALLOP LINGUINI £10.95**

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

### **FISH AND CHIPS £10.50**

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

### **ROAST SEABASS £11.95**

Quinoa stir-fry, herb oil, lemon.

### **PERI PERI CHICKEN £10.50**

Marinated half chicken on the bone, sea salted fries and slaw.

### **CHICKEN AND BACON SALAD £9.50**

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

### **KOREAN PORK BELLY £11.95**

Sea salted fries, slaw and Korean hot chilli sauce.

### **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 £10.50**

### **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) £9.45**

*Swap fries to sweet potato fries for £1.00*

## SIDES

### **FRIES OR CHUNKY CHIPS (V) £3.25**

### **SWEET POTATO FRIES (VE) £3.50**

### **ONION NESTS (V) £3.25**

### **HOUSE SALAD (VE) £2.00**

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

## DESSERTS

ALL £4.95

### SALTED CARAMEL CHEESECAKE (v)

Dulce de leche.

### WARM CHOCOLATE BROWNIE (v)

Vanilla ice cream and chocolate sauce.

### TOFFEE WAFFLE (v)

Vanilla ice cream and chocolate sauce.

### TREACLE SPONGE (v)

Vanilla custard.

### GIN AND RED BERRY CHEESECAKE (v)

Raspberries, strawberries and raspberry coulis.

### SHARING DESSERT £9.00

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

Chocolate brownie, gin and berry cheesecake, treacle sponge 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 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.

Our grateful team receive 100% of your tips, with all associated transaction fees paid by McMullen and Sons.

# THE PRACTITIONER



WEEKDAY MENU