

BAR SNACKS & SHARERS

PADRON PEPPERS (VE) £3.95

Roasted with Maldon sea salt.

SMOKED MIXED NUTS (VE) £3.25

GARLIC & HERB MARINATED MIXED OLIVES (VE) £3.25

WARM BREADS (V) £2.95

Mixed breads, olive oil and balsamic vinegar.

BAKED IN THE BOX CAMEMBERT (V) £10.95

Infused with rosemary and garlic, olive oil, toasted bloomer and Tracklements™ onion marmalade.

OUR NACHOS (V) £9.25

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

SMALL PLATES

THREE FOR £15, FOUR FOR £20, FIVE FOR £25

ROASTED BEETROOT & SPICED FENNEL SALAD (VE) £5.65

Rocket, gem lettuce, pomegranate seeds, toasted pine nuts and pomegranate & balsamic dressing.

HALLOUMI FRIES (V) £5.95

Paprika coated and sweet chilli sauce.

GLOUCESTER OLD SPOT & BLACK PUDDING SCOTCH EGG £6.45

Tracklements™ onion marmalade.

HUMMUS DUO (VE) £5.95

Traditional hummus, beetroot and apple hummus, olive oil and wholemeal pitta.

STEAMED VEGETABLE DUMPLINGS (VE) £5.95

Coriander, soy and sweet chilli dipping sauce.

SALT & PEPPER SQUID £6.25

Mango salsa, rocket, red pepper, spring onion and coriander.

GLOUCESTER OLD SPOT MINI SAUSAGES £6.45

Honey & mustard glaze and Tracklements™ onion marmalade.

STEAMED DUCK DUMPLINGS £6.25

Coriander, soy and sweet chilli dipping sauce.

MARINATED CHICKEN THIGH SKEWERS £6.25

Chilli & tomato marinade, rocket and pomegranate seeds.

SWEET POTATO FALAFELS (VE) £5.95

Smoky chipotle dipping sauce and coriander.

COD GOUJONS £6.25

Atlantic cod goujons in McMullen's ale & herb batter and tartare sauce.

POPCORN CHICKEN £5.95

Smoky chipotle mayo.

LUNCH

ALL £8.25

With a mug of sea salted fries or house salad

ALL DAY BREAKFAST BRIOCHE

Smoked streaky bacon, flat mushroom and free range fried egg.

AHT SANDWICH (V)

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

ROAST RED PEPPER & HERB BURRITO (VE)

Roast courgette, rosemary, thyme, parsley, shredded vegetables, guacamole, pomegranate seeds, toasted pine nuts and spicy rice wrapped in a beetroot tortilla.

COD GOUJON SANDWICH

Atlantic cod goujons in McMullen's ale & herb batter and tartare sauce.

CHICKEN & BACON BURRITO

Chargrilled chicken breast, smoked streaky bacon, shredded vegetables, spicy rice and guacamole wrapped in a beetroot tortilla.

STEAK SANDWICH

4oz Sirloin steak, Tracklements™ onion marmalade, rocket and horseradish.

CBLT SANDWICH

Chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce and mayonnaise.

MAIN PLATES

SALMON NIÇOISE £11.95

New potatoes, green beans, gem lettuce, soft-boiled egg, olive oil, Kalamata olives, red onion, sun-blushed tomatoes and French dressing.

BRITISH CURED GAMMON STEAK £10.25

Chargrilled 5oz gammon, free range fried egg, triple cooked chips, beef tomato and flat mushroom.

~Add an extra 5oz gammon for £3.45

SEABASS FILLETS £11.95

En papillote with fennel, lemon, capers, green beans, herb oil and buttered new potatoes.

ROASTED BEETROOT & SPICED FENNEL SALAD (VE) £9.65

Rocket, gem lettuce, pomegranate seeds, toasted pine nuts and pomegranate & balsamic dressing.

~Add poached chicken / grilled prawns / griddled halloumi for £3.25

PRAWN & SCALLOP LINGUINE £11.95

Sun-blushed tomatoes, basil, lemon, olive oil, baby spinach, spring onion and red chilli.

FISH & CHIPS £10.95

Atlantic cod, McMullen's ale & herb batter, triple cooked chips, tartare sauce and minted mashed peas.

ROAST HARISSA AUBERGINE (VE) £9.95

Roasted red pepper, courgette, rosemary, thyme, parsley, rocket, gem lettuce, lemon, pomegranate seeds and toasted pine nuts.

PERI PERI CHICKEN £10.95

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

CHICKEN & BACON SALAD £9.95

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

28 DAY AGED GRASS-FED 8OZ SIRLOIN STEAK £16.95

Sea salted fries, onion nest, beef tomato and flat mushroom.

~Add peppercorn sauce £1.25

Swap fries to sweet potato fries for £1.25

OUR SIGNATURE BURGERS

Served in a brioche bun with gem lettuce, beef tomato, pickled gherkins, burger sauce and sea salted fries.

BEEF £10.95

CHICKEN BREAST £10.50

Add cheese and bacon £1.50 each

BUTTERMILK CHICKEN BURGER £11.50

Fresh chicken breast, marinated in buttermilk and coated in panko breadcrumbs. With Emmental and BBQ sauce.

SWEET POTATO AND HALLOUMI STACK (V) £9.95

Swap fries to sweet potato fries for £1.25

SIDES

FRIES OR TRIPLE COOKED CHIPS (VE) £3.50

SWEET POTATO FRIES (VE) £3.75

ONION NESTS (V) £3.50

ROASTED SPICED VEGETABLES (VE) £3.35

Courgettes, red peppers, fennel and aubergine.

HOUSE SALAD (VE) £2.50

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



DESSERTS

ALL £4.95

CARROT CAKE CHEESECAKE (v)

Vanilla pod ice cream and chocolate sauce.

WARM CHOCOLATE BROWNIE (v)

Vanilla pod ice cream and chocolate sauce.

FRESH BERRY SALAD (ve)

Blueberries, raspberries, strawberries, green apple sorbet and raspberry coulis.

BELGIAN WAFFLE (v)

Vanilla pod ice cream and caramel sauce.

SHARING DESSERT £9.50

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

Chocolate brownie, fresh berry salad and raspberry coulis, Belgian waffle, carrot cake cheesecake, chocolate and caramel sauce and vanilla pod ice cream.

(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



MENU