

# SANDWICHES

*please feel free to pick your choice of bread with any of our suggestions below*

buffalo mozzarella, pesto & tomato toasted panini (v)	<b>£4.10</b>
applewood smoked cheddar with red onion chutney & apple wedges on a warm ciabatta (v)	<b>£4.10</b>
carved ham & farmhouse pickle on fresh wholemeal bread	<b>£4.50</b>
chargrilled chicken, bacon & avocado on a warm ciabatta	<b>£4.50</b>
tuna with lemon mayonnaise, red onion & cracked pepper on fresh wholemeal bread	<b>£4.10</b>
smoked salmon & cream cheese with cracked pepper & freshly squeezed lemon on fresh wholemeal bread	<b>£4.50</b>
B.L.T., bacon, lettuce & tomato on fresh farmhouse white	<b>£4.50</b>
brie, parma ham & mixed pepper on a warm ciabatta	<b>£4.50</b>
warm scrambled egg, bacon & tomato on open french bread	<b>£4.50</b>
goats cheese & chorizo panini	<b>£4.50</b>

## **'BYO' Sandwiches ~ build your own**

*choose which bread you prefer from ciabatta, wrap, farmhouse white, wholemeal, baguette or panini. build your own from the fillings below & mix your favourites at no extra cost*

choose from fresh fillings; tuna, chicken, feta, ham, bacon, chorizo, goats cheese, brie, prawn mayo	<b>£4.50</b>
mozzarella, homemade coleslaw, cheddar, avocado, cream cheese, egg mayo, tomato	<b>£4.10</b>

*if you don't see something you want, just ask!*

# JACKETS

*freshly baked with your choice of fillings – mix your favourites at no extra cost*

tuna mayo, homemade chilli, bacon, brie, prawn mayo, ham, chicken, goats cheese, feta, chorizo	<b>£4.45</b>
mozzarella, cheddar, baked beans, mixed fried peppers, homemade coleslaw, egg mayo, cream cheese	<b>£4.20</b>

*please be aware that our food may contain nut traces*

# MELTS

- BBQ chicken melt** **£4.50**  
*chargrilled chicken with bbq sauce topped with melted mozzarella on open french bread*
- mediterranean melt** <sup>(v)</sup> **£4.50**  
*goats cheese, pesto & mixed peppers melt on a warm ciabatta*
- classic melt** **£4.50**  
*cheddar cheese, ham & tomato melt on farmhouse white*
- the lofty sub** **£5.95**  
*lofty meatball melt, served in a bolognaise sauce topped with melted mature cheddar*

# SALADS

*all of our salads are freshly prepared using local produce & served with garlic or herbed bread*

A generous bowl of crispy leaf & lambstail lettuce, fresh cucumber, juicy tomato & crunchy red onion with a choice of the following toppings

- sweet beetroot & feta** <sup>(v)</sup> **£5.45**
- warm chicken, bacon & avocado with a creamy dressing** **£6.95**
- classic caesar with a creamy dressing** <sup>(v)</sup> **£4.95**
- classic caesar with chargrilled chicken** **£6.95**
- sweet chilli prawn** **£6.95**

## **‘BYO’ Salad ~ build your own**

*start with a base of our freshly prepared lettuce, cucumber, tomato & red onion, add your own toppings & mix your favourites at no extra cost*

- bacon, brie, ham, warm chicken, goats cheese, **£6.95**  
feta, chorizo, sweet chilli prawn
- cheddar, homemade coleslaw, mozzarella, avocado, **£5.45**  
cream cheese, peppers, beetroot

# OMELETTES

a fresh & fluffy free range egg omelette **£3.45**

## **'BYO' Omelette ~ build your own**

start with a plain omelette & simply add your own toppings & mix your favourites at no extra cost

cheddar, mushrooms, peppers, red onion, tomato, olives, jalapeno peppers **£4.45**

brie, bacon, chorizo, ham **£4.95**

*if you don't see something you want, just ask!*

# PASTA

*our freshly prepared pasta menu offers something for everyone*

**pasta pomodoro** <sup>(v)</sup> **£4.95**  
*penne pasta with fresh italian style tomato sauce*

**pasta pollo pomodoro** **£6.45**  
*penne pasta with chicken in a fresh tomato sauce with italian style herbs*

**meatballs** **£6.95**  
*penne pasta served with a generous helping of homemade meatballs in a bolognaise sauce*

**penne carbonara** **£6.45**  
*a real favourite, penne pasta mixed in a creamy mushroom, bacon & garlic sauce*

## **'BYO' Pasta ~ build your own**

*want to experiment? build your own pasta dish. start with our pasta pomodoro dish & add your own extra ingredients & mix your favourites at no extra cost*

mozzarella, feta, olives, mushrooms, peppers, red onion, parmesan, jalapeno peppers **£5.95**

bacon, chorizo, ham, parma ham, salami, chicken **£6.45**

# SHARERS

*perfect finger food to share, ample for 2 or a lighter snack for more*

<b>antipasto</b> <i>salami, parma ham, buffalo mozzarella, tomato &amp; basil bruschetta, mixed olives &amp; fresh italian ciabatta with olive oil &amp; balsamic vinegar dip</i>	<b>£10.95</b>
<b>meze</b> <i>greek feta &amp; halloumi cheese, olives, roasted peppers, homemade houmous &amp; tzatziki with warm pitta breads to dip</i>	<b>£10.95</b>
<b>kajiru</b> <i>sesame prawn toast, vegetable spring rolls, chicken satay, deep fried wonton with a hoi sin sauce &amp; sweet chilli dip</i>	<b>£10.95</b>
<b>chilli bowl</b> <i>generous bowl of homemade chilli served with fresh bread &amp; tortilla chips for dipping</i>	<b>£8.95</b>

# SIDES

homemade houmous with pitta bread	<b>£2.75</b>
chunky chips	<b>£1.95</b>
chunky cheesy chips	<b>£2.95</b>
homemade potato wedges	<b>£2.95</b>
seasoned potato wedges	<b>£2.95</b>
mozzarella melts	<b>£2.95</b>
olives	<b>£1.95</b>
garlic bread	<b>£1.95</b>
garlic bread with cheese	<b>£2.45</b>
side salad	<b>£1.95</b>
warm ciabatta with dipping oil & balsamic vinegar	<b>£2.45</b>
tomato bruschetta	<b>£2.45</b>
mozzarella bruschetta	<b>£3.95</b>

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# FLAME GRILL

*all of our freshly prepared dishes from the flame grill are served with a choice of chips, homemade or seasoned potato wedges, jacket potato or rice*

## homemade burgers

**classic** **£6.45**  
*100% pure beef burger*

**topped classic** **£6.95**  
*our classic with your choice of topping...  
blue cheese, bacon, cheddar, chilli or brie*

**lofty burger - not for the faint hearted!** **£8.75**  
*momma of all burgers! two of our homemade 100% beef burgers  
stacked & topped with cheese & bacon*

**classic flame grilled chicken burger** **£6.45**  
*a whole flame grilled chicken breast served in a floury bun*

**topped flame grilled chicken burger** **£6.95**  
*our classic chicken burger served with your choice of topping,  
choose from: blue cheese, chorizo, smoked cheddar, brie or bacon*

**philly steak sandwich** **£6.75**  
*tenderised steak, flame grilled, served in french bread,  
as it comes or choose your own philly topped with your choice of...  
blue cheese, fried onions, mushrooms or mozzarella*

**flame grilled chicken breast** **£6.95**  
*a whole juicy & succulent chargrilled fillet of chicken breast,  
either as it comes, or choose from one of our specialities:*

**ranch** **£7.95**  
*smothered in bbq sauce & topped with bacon & melted cheese*

**mexican** **£7.95**  
*topped with a mild salsa, jalapenos & mixed peppers  
& sprinkled with cheese*

**cajun** **£7.95**  
*dusted with cajun spices & served with crispy bacon,  
sour cream, guacamole & tomato salsa*

**rib eye steak** **£11.95**  
*prime steak griddled the way you like it, served with  
crispy onion rings, as it comes, or top your steak with:  
pepper or blue cheese sauce*

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# FAVOURITES

*a freshly prepared selection of classic dishes*

**halloumi kebabs** (v) **£6.45**

*creamy white halloumi, peppers, mushrooms & onions chargrilled & served with warm pitta bread, homemade tzatziki & salad*

**sweet chilli chicken wraps** **£6.45**

*strips of chicken, pan-fried with red onion, peppers & a sweet chilli sauce, served in soft tortilla wraps & served with a choice of potatoes or rice*

**quesadillas** (v) **£5.95**

*soft tortillas filled with re-fried beans, red onion & cheese, pan-sealed & served with sour cream, guacamole & tomato salsa*

**lofty quesadillas** **£7.95**

*a twist on our classic. a soft tortilla triple-decker of chargrilled chicken, re-fried beans, chorizo, red onion, bacon & cheddar cheese, pan-sealed & served with sour cream, guacamole & tomato salsa*

**nachos** **£6.95**

*a mountain of nachos with a choice of homemade chilli beef & melted cheese or re-fried beans & melted cheese (v), served with sour cream, guacamole & tomato salsa*

**scampi & chips** **£6.45**

*breaded, deep fried scampi served with chunky chips & salad*

**mussels** **£7.95**

*a generous helping of mussels in a garlic butter, white wine & cream sauce with fresh crusty bread*

# DESSERTS

**£2.95**

*choose from our selection of desserts on our menu board or ask one of our friendly staff for details*

## **KIDS & BABIES**

Most of our dishes are available in child's portions, please ask your server for details. high chairs are available, if you require one please just ask. We also have baby changing facilities in the downstairs w/c, please ask a member of staff for access. Forgotten your baby food? We stock a small range of Cow & Gate baby foods, please ask your server for flavours. We can also provide a warming flask for bottles.

## **EVENING FOOD**

We can now accommodate evening bookings until 8.30pm offering our full menu from Monday until Thursday. This service is strictly advance reservation only & is only available for bookings of 8 people or more. Please call us for more information or if you need to make a reservation.

## **WIFI**

With our free wi-fi connection it is perfect for a business lunch date, or relaxed corporate meeting, enabling you to keep in touch with the business world whilst you entertain your clients.

## **CORPORATE & HOSPITALITY**

Our upstairs lounge area is available free of charge with full hospitality if required. Buffets & lighter lunches can be catered for day or night so please ask us if you have any requirements, questions or for more information.

If you are planning a corporate event please ask a member of staff for further details, we always aim to accommodate all of our customers.

## **ONE-HOUR-LUNCH?**

Our bar restaurant is busy most days so many of our regular customers now choose to make a reservation & pre-order their lunch choice. We always cook all our dishes from fresh, but by pre-ordering we can prioritise & ensure an even quicker turnaround, even at peak times of day from 12.30pm until 2pm. Please be aware that we will try & cook your meals as close to your expected arrival time as we can.