

FOOD ALLERGY
OR INTOLERANCE?




If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

LUNCH

MARKET KITCHEN

welcome to a world of taste

TO START

Soup of the day  6.50
warm sourdough, butter.

scan our QR code to see the calorie information of our soups

SANDWICHES & BAGUETTES




all served with fries and pickles

Prawn, avocado, dill & mayonnaise


white 9.75 976kcal / brown 9.75 970kcal / baguette 9.95 1,079kcal

Honey roast ham with wholegrain mustard

white 9.50 792kcal / brown 9.50 798kcal / baguette 9.75 907kcal

Red Leicester cheese with onion chutney 

white 9.25 1,096kcal / brown 9.25 1,090kcal / baguette 9.50 1,213kcal


Chunky egg with cress, mayonnaise & roquette 

white 9.25 1,033kcal / brown 9.25 1,027kcal / baguette 9.50 1,137kcal

WRAPS



all tomato wraps served with fries

**Chickpea, avocado, red onion, carrot,
mayonnaise & spinach **

751kcal

**Tuna with cheese, spring onion, celery
& paprika mayonnaise 9.50**

878kcal

PANINIS

all served with fries and pickles

Honey roast ham & Red Leicester cheese 9.75

1,205kcal

Brie, bacon & cranberry 9.75

1,032kcal


**Tuna melt with cheese, spring onion, celery
& paprika mayonnaise 9.50**

923kcal

JACKET POTATOES

Red Leicester cheese  8.75
910kcal

Prawn, avocado, dill & mayonnaise 9.75
737kcal

**Chickpea, avocado, red onion, carrot,
mayonnaise & spinach ** 9.25
627kcal

**3 bean chilli sin carne, red onion
& crushed tortilla ** 9.75
798kcal

TO SHARE

Soup of the day & sandwich platter 15.00
(serves two)

choice of sandwiches, two cups of soup, fries.
scan our QR code to see the calorie information of our platters

Fisherman's catch 17.25
(serves two)


smoked salmon, crispy coconut prawn skewers,
salt and pepper squid, prawn and avocado salad,
pickled fennel, lemon mayonnaise. 1,782kcal

Ploughman's platter 16.75
(serves two)

honey roast ham with sliced pickled onion,
golden beetroot piccalilli, Red Leicester cheese,
apple, boiled egg, mini pork pie. 1,889kcal

Italian-style platter 17.25
(serves two)

selection of cured meats, sweet peppers,
mozzarella, marinated olives, basil pesto,
crusty ciabatta. 1,970kcal

If you would like to explore the local area or our beautiful gardens,
please select from the highlighted items  and simply Grab & Go!

(Fries and pickles not included)

WOODFIRED PIZZA

**Classic Margherita
with fresh basil ** 10.95
752kcal

**Chicken & sweet pepper,
BBQ sauce 12.50**
937kcal

**Bacon, mushroom, red onion,
ham, tomato 12.95**
837kcal

customise your pizza
1.95 per topping

Cheddar 208kcal / Chicken 120kcal

Peppers 13kcal / Red onion 21kcal

Olives 41kcal / Ham 59kcal

Bacon 108kcal / Mushroom 8kcal


Basil 2kcal / Pesto 51kcal

Tuna 55kcal / BBQ sauce 93kcal

WARNER CLASSICS

Fish goujon sandwich 9.95
pea and mint mayonnaise, gem lettuce,
pickled fennel, glazed bun, fries. 950kcal

The club sandwich 9.95
toasted white bloomer, pulled chicken,
grilled streaky bacon, tomato chutney,
avocado, egg, tarragon mayonnaise,
fries. 1,217kcal


Couscous & halloumi  9.95
green beans, kale, carrot, sweet pepper,
pomegranate, grilled halloumi, creamy chilli
and lime dressing. 731kcal


Croque monsieur 9.75
toasted white bloomer sandwich,
ham, cheese, mustard mayonnaise,
skin-on fries. 1,540kcal

Smoked salmon salad 10.25
mixed leaf, broccoli, peas, spinach,
roquette, pickled fennel & green
goddess dressing. 245kcal

VEGAN DISHES


Sweet potato falafel  8.75
garlic mayonnaise,
skin on fries.
1,028kcal

**Beetroot & couscous
tabbouleh ** 8.75
beetroot, couscous, radish,
chickpea, mint, parsley,
apple, lemon. 704kcal

3 bean chilli sin carne  9.95
topped nachos, crushed avocado,
red onion, coriander.
969kcal



**Sicilian-style caponata topped
garlic bruschetta ** 8.75
fresh basil, toasted
pine nuts, roquette.
570kcal


SIDES

Sweet potato fries  **4.95**
with sour cream. *510kcal*

Woodfired garlic bread
with fresh rosemary  **4.50**
491kcal

with cheese  **4.95**
644kcal

**Skin-on fries &
sea salt**  **4.50** *387kcal*
with cheese  **4.95**
594kcal

Grilled halloumi  **4.50**
with sweet chilli
dipping sauce. *506kcal*

TIME FOR CAKE



Slice of cake 4.25


ask your host for today's selection.
scan our QR code to see the calorie information of our cakes


Cream tea 12.45
(serves two)

strawberry jam, clotted cream, butter, a choice of tea or coffee.
choose from

Fruit score 1,163kcal / Plain score 1,154kcal

Calorie information provided for cream tea doesn't include tea
or coffee, please refer to Hot Drinks section for calorie information.

Toasted teacake  **4.25**
with butter. *329kcal*

Scone  **4.25**
with clotted cream & strawberry jam.
choose from

Fruit score 722kcal / Plain score 717kcal

HOT DRINKS



Smith's of London

Hand-crafted. Artisan roast. Master blenders.
Speciality coffees & teas... since 1936.

Americano
regular 3.75 / large 3.95
47kcal 54kcal

Espresso
regular 2.85 / large 3.75
1kcal 1kcal

Cappuccino*
regular 3.95 / large 4.25
92kcal 87kcal

Macchiato*
regular 3.35
12kcal

Latte*
regular 3.95 / large 4.25
116kcal 106kcal

Speciality tea 3.25
please speak to your Host
*scan our QR code to see
the calorie information
of our tea range*

add any flavour coffee syrup for 50p
Caramel 59kcal | Hazelnut 59kcal | Vanilla 59kcal

*Calorie information includes semi skimmed milk.
Jug of **Semi skimmed milk 120kcal**.
We also offer milk alternatives at no extra cost.
Almond 31kcal | Coconut 79kcal | Soya 79kcal | Oat 110kcal

Hot chocolate

regular 4.25 156kcal / large 4.50 208kcal
Not part of Smith's of London range

Adults need around 2,000kcal a day

Suitable for vegetarians Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. *MK_LUNCH_UPDATE_2023*

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