

LIGHT BITES -

Soup of the day 7.95

Olive & rosemary bread stick.

Scan our 9R code to see the calorie information of our soups

Served with dressed rocket salad (32kcal)

Sausage roll 6.95 Caramelised onion chutney. 735kcal

Cheese & spinach puff pastry parcel **0** 6.95 282kcal

Scotch egg 6.95 Piccalilli. 536kcal

FRESHLY PREPARED SALADS

Honey & mustard chicken salad 9.75

Pulled roast chicken, grilled tenderstem, radish, red peppers, honey & mustard dressing. 453kcal

Caesar salad V 9.50

Gem lettuce, sourdough croutons, cheese, egg and Caesar dressing. 943kcal add pulled roast chicken. 115kcal 1.95

> Duck salad 10.25 Pulled duck, hoisin, soy, sesame. 288kcal

WRAPS & TOASTIES

Served with dressed rocket salad (32kcal)

Prawn Marie Rose wrap 676kcal 9.25

Roasted veggie & pesto wrap V 606kcal 8.95

Ham & cheese toastie 9.25 Wholegrain mustard. 979kcal

Bacon & brie toastie 9.50 Onion chutney. 746kcal

Three cheese ℰ tomato toastie ♥ 9.25 Stilton, red Leicester, Cheddar, 661kcal

CAKES & TRAY BAKES

Please ask your host for today's selection of delicious baked goods. Starting from 3.95

SANDWICHES & PIATTERS

Avocado on ciabatta V 9.50 Asparagus, pine nuts, pumpkin seeds, roasted tomato chutney. 468kcal

Open steak sandwich 10.95 Grilled ciabatta, roasted tomato chutney, mustard mayonnaise. 687kcal

Fisherman's catch 19.95

(Serves two) Smoked salmon, potted crab, smoked mackerel, prawn & avocado salad, sourdough bread. 2,095kcal

Ploughman's platter 16.95

(Serves two) Sliced ham, pickled onion, golden beetroot piccalilli, mature Cheddar cheese. apple, pulled ham & pea tart, mini pork pie, sourdough bread. 1.737kcal

♥ Suitable for vegetarians **♥** Suitable for vegans

Adults need around 2.000kcal a day

For more information about the presence of allergens in all our food or drink, 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 or drink 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. B32_LUNCH_HEY_2024

FOOD ALLERGY OR INTOLERANCE? If you have a food allerny or intolerance, or just want more detail about the ingredients in our food and drinks including calories - please let our tean know or scan the QR code to

