

MENU

STARTERS, BREADS & NIBBLES

Marinated Olives	2.95
Salt & Pepper Squid with kimchi aioli	6.95
Garstang mushroom crumble (v) with toasted ciabatta	5.95
Pizza Bites (ve - ask for vegan cheese) baked pizza dough stuffed with tomato, mozzarella & fresh basil	5.95
Soup of the Day (v) with lightly toasted bread	4.50
Tacos choose from: Mexican Pulled Pork, sour cream, pineapple chutney Crispy Vegan Chicken bbq sauce, carrots, spring onions (ve) Spicy Chicken avo, crispy onion, sour cream, sriracha	6.95
Chicken Wings choose your flavour: Sweet & Sticky BBQ OR Hot Buffalo – both with aioli dip	6.95
Tiger Prawns in Garlic & Chilli Butter with grilled ciabatta	6.95
Garlic Bread (v) all with balsamic drizzle & basil oil with mozzarella (v) 3.95 with cherry tomatoes & mozzarella, rocket leaves (v) 4.25 4.95	
Tandoori Chicken Skewers with leaves & mint yogurt, served with mango chutney	6.95
Cauliflower Buffalo Wings (ve) spiced ginger beer batter with very spicy buffalo dip	5.95
Traditional Houmous (ve) topped with paprika, served with pitta	4.95

PIZZAS

Margherita (v) mozzarella, fresh basil, tomato base	6.95
Florentine (v) mozzarella, spinach, olives, free range egg, tomato base	8.95
Four Seasons chorizo, mushrooms, peppers, olives, mozzarella, tomato base	9.95
Greek Lamb slow-cooked lamb, feta, olives, red onion, yoghurt-mint dressing, pomegranate, garlic oil base, mozzarella	10.95
Formaggio di Capra (v) goat's cheese, roast peppers, sun-blushed tomatoes, mozzarella, tomato base	9.95
Arugula Prosciutto mozzarella, taleggio cheese, tomato base, garlic oil drizzle topped with prosciutto ham & fresh rocket	10.95
Verdure (v) or make it (ve) with vegan cheese grilled courgette, aubergine and peppers, topped with olives & crumbled feta, tomato base	9.95
Italian Hot mozzarella, salami Milano, 'nduja, jalapeños, tomato base	10.95
Mediterranean Chicken chicken, caramelised red onion, red peppers, goat's cheese, cherry tomatoes, rocket & balsamic glaze	10.95
Add to your pizza: Slow Cooked Lamb, Chorizo, Taleggio Cheese, Prosciutto 1.95 All other ingredients 1.50	

BRUNCH & LUNCH 12 til 4pm every day

Smashed Avo (v) on sourdough with poached egg, rocket & chilli flakes. Add: halloumi – £2, streaky bacon – £2, egg – £1	6.50
Eggs Benny two poached eggs on English muffins served with streaky bacon topped with Hollandaise sauce	7.00
Full English bacon, sausage, mushroom, grilled plum tomatoes, hash brown, poached egg, black pudding, baked beans with white or brown toast	7.95
Halloumi breakfast (v) poached egg, veggie sausages, mushroom, grilled tomatoes, hash brown, baked beans with white or brown toast	7.95

WORKERS' LUNCH 8.95

Any Buddha bowl or pizza with a soft drink (glass of wine or ½ pils +0.50)
Tues-Fri - 12 til 4pm

QUICK BREAKFAST

Coffee & Bacon Sandwich	3.95
Coffee & Sausage Sandwich	4.95
Coffee & Veggie Sausage Sandwich (v)	4.95
11am - 12pm Tues- Fri, 10am Sat	

Automatic Club Sandwich chicken breast & smoked bacon, toasted triple decker sandwich with egg mayonnaise, lettuce & tomato on brown or white bread	6.95
Automatic Fish Sandwich Beer battered market fresh fish on a toasted barm with lettuce, tomato & homemade tartare sauce on the side	6.95
Halloumi Club (v) triple decker with avo, houmous, tomato & lettuce	6.95
BBQ Pulled pork served on brioche bun with coleslaw, shredded red cabbage and gherkin	6.95

BURGERS

All with dressing & skinny fries upgrade to sweet potato fries or salt & pepper fries 0.65	
Crispy Halloumi (v) sesame crusted halloumi stack, lettuce, homemade coleslaw, tomato jam topped with sriracha in a brioche bun	10.95
Classic burger made with locally sourced beef, lettuce, tomato, homemade burger relish in a brioche bun	10.95
Peri Peri Chicken & Avo lettuce, tomato, mild peri marinated chicken breast, garlic aioli topped with freshly crushed avo in a brioche bun	11.95
Beyond Burger (ve) Add vegan cheese 1.50 11.95 the world's first plant-based burger that looks, cooks and satisfies like beef without GMOs, soy or gluten, with tomato relish. Vegan brioche bun	
Add cheese, egg or bacon	1.50
Gluten Free? All our burgers can be served in a gluten-free bun with mash or salad.	

FROM THE GRILL

Steak & Fries sirloin cooked to your liking served with peppercorn sauce.	15.95
Steak Sandwich sirloin on grilled ciabatta topped with crispy onions, Dijon mayo & rocket	12.95
Gammon & Chips with egg, homemade pineapple chilli jam & hand cut chips	10.95
Grilled Salmon Fillet served with béarnaise sauce, creamy mash and green beans	13.95

BUDDHA BOWLS

Sunset (v) bed of leaves & rocket, sweet red onions, pine nuts, golden beetroot topped with grilled goat's cheese on ciabatta, balsamic vinegar and pumpkin seeds	9.95
Superfood (v, ve without feta) quinoa dressed with mint & fresh lemon, cucumber, walnuts, raisin, roasted butternut squash topped with seeds, pomegranate & feta	10.95
Add to your Buddha bowl Poached salmon fillet Two tandoori chicken skewers Crispy vegan chicken Grilled halloumi	3.00

CLASSICS

Shepherd's Pie with locally sourced lamb, served with pickled cabbage	11.95
Prawn Linguini dressed with red pepper pesto & courgette, topped with rocket, shaved parmesan & chilli flakes	12.95
Fried Chicken our legendary Southern style fried chicken, skinny fries & our own backyard BBQ sauce upgrade to sweet potato fries for 65p	10.95
Beef Szechuan sweet and spicy stir fried beef with basmati rice & dressed with shredded carrots, coriander & sesame seeds	11.95
Malaysian Curry spicy! (ve) butternut squash, crispy tofu, aubergine, peppers topped with crushed cashew nuts, served with fragrant rice	10.95
Salmon Fishcakes lemon thyme & chives with French beans, kale & leeks. Dressed with shallots & parsley cream sauce	11.95
Fish & Chips market fresh fish in beer batter, mushy peas, hand cut chips with homemade tartare sauce	11.95
Slow Roasted Beef glazed carrots, dauphinoise potatoes served with its own mushroom & bacon jus topped with parsnip crisps	16.95
Vegan Fried Chicken & Chips (ve) with hand cut chips & buffalo or bbq dip	9.95

SIDES & UPGRADES (v)

Hand Cut Chips	2.95
Skinny Fries	2.95
Sweet Potato Fries	3.50
Salt & Pepper Fries	3.50
Creamy Mashed Potato	3.50
Buttered Greens	3.50
House Salad	3.25
Homemade Coleslaw	2.95

ASK FOR OUR
DESSERT MENU

Automatic

(v) vegetarian (ve) vegan
Ask for our NGCI menu.

Please ask your server for allergen information. Due to the hand-crafted nature of our menu items, the variety of procedures used in our kitchen & our reliance on our suppliers, we cannot guarantee that our food will not contain traces of allergens.