



## BANNATYNE KINGSFORD PARK

### WINTER RESTAURANT MENU

Served Monday to Friday 12:00 - 19:30 | Saturday - Sunday 12:00 - 19:00

*10% off for health club members with wristband!*

## LIGHT BITES



<b>MEZZE PLATTER</b> <i>hummus, labneh, cucumber, celery and carrot (V)</i>	<b>£5.50</b>
<b>ARTISAN BREAD</b> <i>balsamic dipping oil (VE) and butter</i>	<b>£4.50</b>
<b>GARLIC RUBBED TOAST</b> <i>smokey Pico de Gallo (VE)</i>	<b>£4.50</b>
<b>GRILLED CHEESE</b> <i>on garlic rubbed toast (V)</i>	<b>£4.50</b>
<b>MALDON SALT AND CHILLI EDAMAME BEANS</b> <i>(VE, GF)</i>	<b>£4.50</b>
<b>MIXED OLIVES</b> <i>(VE, GF)</i>	<b>£3.50</b>

## SANDWICHES

<b>ROAST CHICKEN, SMOKED STREAKY BACON AND MAYONNAISE</b> <i>dressed salad and fries</i>	<b>£10.00</b>
<b>GUACAMOLE AND SMOKEY PICO DE GALLO</b> <i>dressed salad and fries (add bacon £2)</i>	<b>£10.00</b>
<b>SMOKED STREAKY BACON, GEM LEAF, MAYONNAISE AND VINE TOMATO</b> <i>dressed salad and fries</i>	<b>£10.00</b>
<b>GRATED MATURE CHEDDAR AND ROASTED TOMATO CHUTNEY</b> <i>dressed salad and fries</i>	<b>£10.00</b>
<b>CHARRED STEAK, SWEET RED ONIONS AND FRESH SPINACH</b> <i>dressed salad and fries (£2 supplement)</i>	<b>£12.00</b>
<b>FALAFEL, HUMMUS AND SWEET RED ONIONS</b> <i>dressed salad and fries</i>	<b>£10.00</b>

*Open sandwich on artisan bread. Gluten free bread is also available.*

## HOT PLATES

<b>RAMEN</b> <i>char siu chicken or silken tofu (VEA)</i>	<b>£13.00</b>
<b>TABBOULEH</b> <i>bulgar wheat, mint, sun blushed tomato, courgette and pitta bread (VE)</i>	<b>£13.00</b>
<b>MUSHROOM AND THYME ARANCINI</b> <i>mushroom veloute and sauteed ceps (VE)</i>	<b>£13.00</b>

## SALADS

<b>SMOKED MACKEREL</b> <i>pickled beetroot, dressed salad leaves and crispy French onions</i>	<b>£10.00</b>
<b>NOODLE AND BEAN SHOOTS</b> <i>spring onion, peppers, mushroom soy dressing and sesame seeds (VE)</i>	<b>£10.00</b>

## SIDE ORDERS

<b>STIR FRIED VEGETABLES</b>	<b>£4.50</b>
<b>SOUP OF THE DAY</b> <i>bread and butter</i>	<b>£5.50</b>
<b>HOUSE SALAD AND LEAVES</b>	<b>£4.50</b>
<b>GARLIC AND HERB MUSHROOMS (V)</b>	<b>£3.50</b>

## DELUXE MENU

### GRILLED CHICKEN £12.00

*dressed salad, olives, sweet onions and grated parmesan (£2 supp) (GF)*

### DUCK SALAD £13.00

*mandarin, radish, spring onion, bean shoots and wraps (£3 supp)*

### BUTTER POACHED SALMON £16.00

*stir fried cabbage, pickled cucumber and ginger, wasabi mayo (£3 supp)*

### SLOW ROASTED PORK BELLY £16.00

*cauliflower couscous, soy mushrooms and pomegranate (£2 supp)*

### ECO-BURGER\* £16.00

*lettuce, tomato, brioche bun and fries (£3 supp) (add cheese or bacon £1.50)*

### FIELD MUSHROOM BURGER £15.00

*truffle honey mayo, brioche bun and fries (£2 supp) (add cheese £2) (V)*

### THE NAKED BURGER

*choice of burger without a bun and served with a salad*

### 8OZ GRASS FED RUMP STEAK £20.00

*garlic and thyme parmentier potato, grilled tomato, rocket salad and garlic butter (£7 supp) (GF)*

\*To help reduce the environmental impact that rearing beef has on the planet we have opted for reducing the beef content in our burger and replacing it with mushroom. As a result less greenhouse gases are being released into the atmosphere.

## SHARING PLATTER —

### THE MEAT ONE £19.00

*Suffolk sausages, honey and wholegrain mustard glaze, Kingsford scotch egg with filo exterior, pickled gherkins, artisan breads, cheese and onion crisps and mature cheddar cheese (£9 supplement)*

### THE FISH ONE £19.00

*kiln smoked mackerel, beetroot cured salmon, pickled beetroot, artisan breads, sea salt and malt vinegar crisps, dill and dijon mustard crème fraîche (£9 supplement)*

### THE VEGAN ONE £19.00

*marinated artichokes, tabbouleh, pickled beetroot, pickled gherkins, artisan breads, salt and chilli edamame beans and hummus (£9 supplement) (VE)*

## LIGHTER OPTIONS —

### TEA AND SCONES £8.50

*classic breakfast tea and a selection of scones (GFA, VEA)*

### PASTRY AND TEA £5.50

*classic breakfast tea and a pastry of your choice*

### PLATE OF FANCIES AND TEA £8.00

*classic breakfast tea and selection of fancies*

### EXTRA PLATE OF SANDWICHES £5.00

*order an extra portion of your choice*

## DESSERTS —

### LEMON AND MASCARPONE CHEESECAKE £7.00

*meringue, raspberry gel and lemon sorbet*

### MORELLO CHERRY BROWNIE £7.00

*marinated cherries, yoghurt and cherry ice cream (GF)*

## AFTERNOON TEA

*Served between 3pm and 6pm daily. Please pre-book your tea before 12pm on the day.*

### STANDARD £18.00

### ELEGANT PROSECCO £25.00

### EXCELLENCE CHAMPAGNE £28.00

### SANDWICHES

*Roast chicken, smoked streaky bacon, mayonnaise*

*Guacamole, smokey pico de gallo*

*Falafel, hummus and sweet red onion*

*Mature cheddar and roasted tomato chutney*

### FANCIES

*Lemon cheesecake, crumbled meringue*

*Vanilla financier and white chocolate*

*Morello cherry brownie (GF)*

*Pavlova, creme chantilly and fresh fruit (GF)*

*Dark chocolate mousse, almonds and honeycomb (VE, GF)*

### SCONE

*lemon and vanilla scone, tiptree strawberry jam and clotted cream (GFA, VEA)*

### DARK CHOCOLATE MOUSSE £7.00

*almonds, honey and shortbread (VE) (GFA)*

### HOT APPLE AND SULTANA PIE £7.00

*apple gel and clotted cream (V)*

### 3 CHEESE BOARD £10.00

*celery, candied walnuts, truffle honey and biscuits*