

**Bar and Lounge Menu - Food served from 11:30-21:30**

Nibbles

<b>Flatbread and dips(v)</b>	<b>£3.95</b>
<i>Hummus, baba ganoush and red pepper tapenade</i>	
<b>Marinated Olives (v, ve, gf)</b>	<b>£3.95</b>
<b>Freshly baked bread rolls (v)</b>	<b>£3.00</b>

Light Bites

<b>Sandwiches; all served with crisps and side salad (gf*)</b>	
Honey roast ham and tomato	£7.50
Smoked Scottish salmon, cream cheese and cucumber	£8.00
Mature cheddar cheese and pickle (v)	£7.00
<b>Bannatyne's club sandwich (gf*)</b>	<b>£12.00</b>
<i>Toasted white bread, grilled chicken, bacon, egg mayonnaise, avocado, sliced tomato, lettuce</i>	
<b>Jacket potatoes with a choice of 2 fillings (gf)</b>	<b>£8.50</b>
<i>Choose from: Ham, cheese, baked beans, miso tuna, BBQ Jackfruit or chilli con carne</i>	

Salads

<b>Classic Caesar salad (v,gf*)</b>	<b>£9.50</b>
<i>Romaine, parmesan, anchovies, croutons, soft boiled free-range egg and caesar dressing</i>	
<b>Summer allotment salad (v,gf)</b>	<b>£9.50</b>
<i>Cucumber, new potatoes, red onion, English turnips olives and honey mustard dressing</i>	
<b>Fresh Garden salad (v,gf)</b>	<b>£6.50</b>
<i>Mixed leaves, cucumber, tomatoes, red onions, peppers and French dressing</i>	

Add on:

Grilled chicken breast	£4.50
Smoked Salmon	£3.00
Grilled Halloumi	£2.50

## Starters

Homemade soup of the day <b>(v,gf)</b> <i>Freshly made seasonal vegetable soup</i>	£5.50
Butternut squash gnocchi, radicchio, pear crisp, ginger foam	£6.00
Pressed ham hock terrine, piccalilli, toasted sourdough	£7.00
Dill marinated salmon tartare, cucumber and yogurt	£7.50
Antipasto <i>Selection of cured meat, bocconcini mozzarella and marinated olives</i>	£8.00

## Mains

Linguini puttanesca <b>(v,ve)</b> <i>Cherry tomatoes, red kidney beans and spinach</i>	£12.00
Bannatyne Banger and Mash <i>Creamy mash, seasonal vegetables and red wine jus</i>	£12.00
Chickpea and vegetable masala <b>(v,gf*)</b> <i>Mixed vegetable and chickpea curry served with rice, naan and mango chutney</i>	£14.50
Chili con carne <b>(gf)</b> <i>Spicy minced beef stew with chilli, tomatoes and beans served with rice and crème fraiche</i>	£14.50
Lamb Navarin <b>(gf)</b> <i>Slow cooked new season lamb stew with english vegetables</i>	£14.95
Chinese five spiced Sussex pork belly <b>(gf)</b> <i>Slow cooked pork belly, creamy mash, seasonal vegetables, cider jus</i>	£14.95
Cod and chips <i>Beer battered South Coast cod fillet, chunky chips, tartar sauce, burnt lemon</i>	£14.95

Gf: gluten free, Gf\*: gluten free substitute, V: vegetarian, Ve: vegan

Specific allergens information is held centrally on all our menu products and can be provided on request from our trained staff. (A 12.5% discretionary gratuity will be added to your bill - all gratuities go to staff)

### From the grill

Char grilled 36 days Himalayan salt aged 14 oz T bone Steak <i>Served with mushroom ketchup, chunky chips and lamb lettuce</i>	£26.00
Classic 8 oz beef burger, farmhouse cheddar and smoky Bacon	£14.95
Grilled chicken burger, farmhouse cheddar and smoky bacon	£14.00
Grilled halloumi and avocado bap (v)	£12.50

**All burgers are served with a side salad and French fries**

### Sides orders

Chunky chips	French fries	£4.00
New Potatoes	Green Beans and bacon	
Honey glazed carrots	Buttered Spinach	
Mixed seasonal vegetables	Mixed salad	
Onion rings		

### Desserts

Frozen mango parfait, lemon sorbet and seasonal fruit	
Warm treacle tart, Orange infused mascarpone cream	
Raspberry ricotta cheesecake, granola base, fruits of the forest compote	
Chocolate truffle torte, honeycomb ice cream	
Exotic fruit salad with blood orange sorbet	
Selection of sorbet and ice cream (3 scoops)	
<b>Ice-cream:</b> Cornish vanilla, Belgian chocolate, strawberry, pistachio, honeycomb	
<b>Sorbet:</b> Lemon, raspberry, mango passion fruit, blood orange	
Selection of cheeses with traditional accompaniments	£10.00

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## Afternoon Tea

*(Served daily from 12:00 to 16:00)*

### History of Afternoon Tea

Before the 19<sup>th</sup> century tea was taken as a digestive drink at any time of the day. Anna, the 7<sup>th</sup> Duchess of Bedford is responsible for the 'ritual' of the afternoon tea at the beginning of the 19<sup>th</sup> century

### The story goes as follows:

At the time it was usual for people to take only 2 meals a day, breakfast and dinner at around 8 o'clock in the evening.

The solution for the Duchess was a pot of tea and a light snack, taken privately in her boudoir during the afternoon.

Very soon the Duchess was inviting her aristocratic friends to join her for afternoon tea, at 4 o'clock. Only the best porcelain and fine linen tablecloths were used, accompanied by dainty sandwiches and delicate cakes.

Everyone dressed in their best fashions and spent the afternoon discussing the latest news about London and afar. Between 1830 and 1900 afternoon tea developed as an accepted part of British lifestyle.

### **Selection of finger sandwiches:**

Honey roast ham,  
Egg mayonnaise and cress,  
Smoked salmon,  
Cucumber and cream cheese

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### **Selection of cakes:**

Amoretti Bakewell slice,  
Coffee and chocolate gateau band,  
Chocolate orange fudge cake slice,  
Glazed fruit loaf

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Homemade scones with clotted cream and strawberry preserve  
Pot of tea, fruit or herbal infusions

**£18.50 per person**

**£23.50 per person including 125ml glass of prosecco**

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**Individual selection**

Homemade scones with clotted cream and strawberry preserve	£6.00
Tea sandwich selection	£6.00
Homemade cake selection	£6.00

*The kitchen will be happy to cater for any specific dietary or taste requirements, dependent on produce availability. Please see your server if you require any assistance.*

**Hot beverages**

Pot of tea <i>.....a choice of Traditional English Breakfast, Decaffeinated, Chamomile, Green tea or fruit and herbal infusions.</i>	£3.00
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Espresso	£2.75
Americano	£3.25
Cappuccino	£3.50
Café latte	£3.50
Hot chocolate with mini marshmallows	£3.50

*.....all hot beverages are served with a home baked cookie*