

No 4

Restaurant & Bar

Salads

Start & Share

New England Clam Chowder	£7
With bacon and vegetables in a rich and creamy broth. Served with garlic whole wheat oatmeal bread.	
Garlic Cheese Bread (V)	£6
Cuban bread topped with a rich blend of cheeses and fresh herbs.	
Hummus (VG)	£5.35
With vegan ranch dressing, fried chickpeas and authentic pita bread.	
Seafood Bake	£7
Clams, prawns, and smoked haddock with vegetables in a garlic white wine sauce, topped with cheddar. Served with Cuban bread.	
King Prawn and Spinach Dip	£7
A rich dip with mature cheddar and mozzarella cheese, chopped king prawns and baby spinach. Served with Cuban garlic bread.	
Sweet Potato Fries (VG/GF)	Large £4.50 Small £2.50
With fresh herbs and spices.	
Classic Fries (VG/GF)	Large £3.75 Small £2
With fresh herbs and spices.	
Street Tacos	
Two soft flour tortillas with red cabbage coleslaw, guacamole, spring onions and Frank's Red Hot sauce.	
King Prawn	£8
Fried Falafel (VG)	£5.80
Fried Tofu (VG)	£6.20
Homemade Seitan (VG)	£6.20

(VG) Suitable for Vegans

(V) Suitable for Vegetarians

(GF) Gluten-free (While every effort has been made not to include any gluten there may still be trace amounts present)

Our menu is passionately created by our Canadian Red Seal certified chef, Alex Rotherham. Alex, originally from Vancouver, specialises in Canadian West Coast cuisine blending foods from around the world to create an eclectic range of culinary delights.

We use local produce and sustainable seafood and our breads are made by a local artisan baker exclusively for us.

Warm Cavolo Nero (VG/GF)	£6
With toasted almonds, portobello mushrooms, red and spring onion, fried chick peas and a sherry reduction.	
Alpha Omega (VG/GF)	£6
Mixed seeds, cashews, mixed lettuce, red pepper, red and spring onion and a sweet chilli dressing.	
Roasted Mushroom and Dried Fig (V)	£6
With red pepper, red onion, cashews, egg noodles, mixed Lettuce, sesame oil and a sherry reduction.	
Cobb Salad (GF)	£9
Iceberg, vegan ranch dressing, grilled chicken, bacon, guacamole, boiled egg, Roquefort, tomato and spring onion	
Add to any salad:	
Grilled Chicken (GF)	£3.50
Garlic Prawns (GF)	£5
Grilled Flat-Iron Steak (GF)	£8
Fried Tofu (VG/GF)	£3
Homemade Seitan (VG)	£3

Sandwiches

Served on an authentic Cuban bread with a red cabbage coleslaw garnish

Lisa's Club	£8
Grilled chicken, smoked streaky bacon, red pepper, mature cheddar, baby spinach, fresh herbs and cranberry tartar.	
Vietnamese Steak Banh-Mi	£8.75
Grilled steak, water chestnuts, jalapenos, pickled vegetables, fresh herbs, sesame chilli and mayonnaise.	

Loaded Fries

Swap to sweet potato fries for 75p extra

Poutine	£6
A Canadian classic: fries covered in cheddar cheese curds and chicken gravy.	
Dirty	£7
With bacon, chicken gravy, tomatoes, red and spring onions, jalapenos, fresh herbs and garlic aioli.	
Curry (V/GF)	£6
With red pepper, red and spring onion, curry spice, garlic butter and fresh herbs	
Garlic (VG/GF)	£5.75
With toasted garlic, fresh herbs and garlic aioli.	

HIGHLIGHTED DISHES ARE CHEF RECOMMENDED

PLEASE INFORM US OF ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS

Big Bowls

Teriyaki (VG/GF)	£9
Sautéed mixed vegetables, spicy oat crème fraiche and red cabbage coleslaw. Served on boiled rice.	
Smoked Haddock (GF)	£13
In a teriyaki sauce, with spicy oat crème fraiche and red cabbage coleslaw. Served on boiled rice.	
Chow Mein (V)	£9
With bean sprouts, red pepper, carrot, daikon, cabbage, onion and egg noodles. With a sweet sherry soy sauce.	
Mongolian Tofu (VG/GF)	£9
Red and spring onion, red pepper and cashews in a Szechuan sauce. Served on boiled rice.	
Kedgeriee (GF)	£12
Smoked haddock, boiled egg, red pepper, red and spring onion, boiled rice, curry spice, garlic butter and fresh herbs	
Jambalaya	£12.50
King prawns, chicken, sausage, bacon, tomato, red pepper, red onion, spicy chicken gravy and vegan ranch. Served on boiled rice.	
Beef Curry (GF)	£13
With red pepper, red onion and tomato in a curried garlic cream sauce. Served on boiled rice.	

Add to any bowl:

Grilled Chicken (GF)	£3.50
Garlic Prawns (GF)	£5
Grilled Flat-Iron Steak (GF)	£8
Fried Tofu (VG/GF)	£3
Homemade Seitan (VG)	£3

Steak & Chicken

Flat-Iron Steak (GF)	£12.50
Grilled to medium-rare. Served with fine bean salad and classic fries.	
Portobello Steak (GF)	£15
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	
Spicy Cajun Chicken (GF)	£11.75
With sweet potato fries and red cabbage coleslaw.	
Portobello Chicken (GF)	£12.50
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	

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10% DISCOUNT FOR MEMBERS

Ask at the bar for details

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Burgers

Our beef burgers are cooked through to a minimum of 70°C for 2 minutes to retain maximum flavour and ideally pink inside. Served with a red cabbage coleslaw garnish

Bigger Better	£7
100% fresh minced chuck beef, tomato, red onion, iceberg lettuce, remoulade and barbecue sauce on a classic burger bun.	
Bacon Cheddar	£9.50
100% fresh minced chuck beef, smoked streaky bacon, mature cheddar, tomato, red onion, iceberg lettuce, remoulade and barbecue sauce on a classic burger bun.	
SoCal Chicken	£8.50
Guacamole, tomato, red onion, iceberg lettuce and remoulade on an oatmeal whole wheat bun.	
Cajun Chicken Cheddar	£8.75
Mature cheddar, tomato, red onion, iceberg lettuce and remoulade on a classic burger bun.	
Falafel and Guacamole (VG)	£7.75
Tomato, red onion, iceberg lettuce, and remoulade on an oatmeal whole wheat bun.	
Go 'bunless' with any burger (GF)	+£2
<i>Drop the bun and make your burger into a Big Bowl. Choose any set burger and make it a protein-rich burger bowl.</i>	

Served on crisp iceberg lettuce with tomato, red onion, guacamole, red cabbage coleslaw, black bean salsa, bean sprouts, fried chickpeas, mixed seeds and a mustard vinaigrette.

If none of these tickle your fancy, try our Create-Your-Own Burger menu.

Children's Menu

Our Children's Menu is made with the same fresh, high quality ingredients as our Main Menu but with half-size portions

Teriyaki Rice Bowl (VG/GF)	£4.75
Rice, sautéed mixed vegetables and red cabbage coleslaw.	
Flat Iron Steak (GF)	£7.50
Served with classic fries and fine bean salad.	
Portobello Mushroom Chicken (GF)	£7.50
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	
Chow Mein (V)	£4.75
With bean sprouts, red pepper, carrot, daikon, cabbage, onion and egg noodles. With a sweet sherry soy sauce.	
BLT	£3.50
Smoked bacon, iceberg lettuce, tomato and mayonnaise. Served with a red cabbage coleslaw garnish.	

Burgers are served with lettuce, tomato, red onion and mayonnaise in the bun and come with a red cabbage coleslaw garnish

Better Beef Burger	£4.25
Bacon Cheddar Burger	£6
Chicken Burger	£4.25
Falafel and Guacamole Burger (V)	£5.25