Grains Bar
Restaurant & Bar

STARTER & SMALL PLATES

Homemade Soup of the Day £5.50* can be GF/DF/V/VG
Served with a Roll and Butter

Crispy panko BBQ beef and cheese bon bons £9.00
Served with garlic aioli on a bed of rocket

Sesame Prawn Toast £8.50* can be DF
Served with sweet chilli dipping sauce on a bed of rocket

Pan-fried black pudding & streaky bacon £8.50
Served with wholegrain mustard sauce and crispy croutons

Chicken Satay £9.00* can be DF/GF
An Asian-marinated chicken skewer with a side of peanut sauce & prawn crackers

Zingy Korean Fried Cauliflower £8.50* can be DF/V/VG/GF
Lightly battered cauliflower florets tossed in a Korean sauce

Sweet potato fries £8.50* can be GF/V/
Served with crumbled goat's cheese and pomegranate, drizzled with balsamic glaze

Garlic Bread Pizza £9.00* can be GF/V/VG
10–12-inch pizza base with garlic butter; add cheese £3

Homemade chunky chips £6.00* can be DF/GF/V/VG
10–12-inch pizza base with garlic butter; add cheese £3

French Fries £5.00* can be DF/GF/V/VG
Skinny fries tossed in sea salt

Please advise your server of any allergies or intolerances when you place your order.
* Allergies are marked, DF dairy free, GF gluten free, V Vegetarian, VG Vegan and Nuts are used in the kitchen

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CLASSICS AND ALL-TIME FAVOURITES

10 oz Sirloin or Ribeye Steak £26* can be GF/DF
Served alongside mushrooms, grilled tomato, chips and onion rings
You can add a sauce: Peppercorn, Diane or Wholegrain Mustard £4

Haddock Battered Fish and Chips £15.50* can be GF/DF
Served with hand-cut chips and mushy or garden peas

Mel's mouth-watering cheese and onion pie £14.50* V
Served with hand-cut chips, mushy or garden peas, or beans

Homemade Lasagne £16.50
Served with a side salad garnish and garlic bread

Homemade Rag Pudding £15.50
Served with hand-cut chips, mushy or garden peas and rich gravy

Breaded Scampi £12.00* can be DF
Served with hand-cut chips, and mushy or garden peas

Chicken & Bacon Caesar Salad £17.50* can be GF
Grilled chicken with crispy bacon served on a fresh salad, croutons, anchovies and Parmesan cheese, drizzled with Caesar dressing.
Enjoy this dish without chicken or bacon for £11 V

Smash Beef Burger £13.50* can be DF
Two 4 oz beef patties topped with cheese and bacon, all nestled in a brioche bun with gherkins and fried onions

Southern-fried chicken burger £13.50* can be DF/GF
Southern-coated chicken breast topped with cheese and chipotle sauce, all nestled in a brioche bun

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SEASONAL FOOD, SIMPLY GOOD

Moving Mountain Burger £13.50 DF|V|VG
A single vegetarian patty topped with vegan cheese and fried onions on a brioche bun, topped with lettuce and served with hand-cut chips and salad

Individual steak and ale pie £15.50
Served with hand-cut chips, mushy or garden peas and gravy

Minted lamb and rosemary suet pudding £16.50
Served with hand-cut chips and mushy or garden peas, soaked in gravy

Beef Goulash £16.50 can be made GF|DF
Served with plain white rice, sour cream swirl and a slice of toasted ciabatta

Pan-Fried Mustard-Crusted Salmon £18.50 can be GF
Served with mashed potato, creamed leeks and broccoli

Katsu Chicken £18.50* can be DF
Served with braised rice, pickled vegetables, tenderstem broccoli and curry sauce on the side and prawn crackers

Katsu Cauliflower £13.50* can be GF/VG
Served with braised rice, pickled vegetables, tenderstem broccoli and curry sauce on the side

Pan-Fried Chicken £18.50* can be GF
Served with creamy peppercorn sauce, mashed potato and tenderstem broccoli

Pizzas or Flatbreads
Choose from a traditional homemade pizza base or a flatbread pizza
Add a delicious tomato passata sauce, mozzarella cheese £10.50 Flat Bread £9.50
pepperoni, jalapeños and hot honey sauce Pizza £11 Flat Bread £10

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Desserts

Apple Crumble £6.50
Served with ice cream or custard

Chocolate Fudge Cake £6.50
Served with ice cream or pouring cream

Homemade Bakewell Tart £6.50
Served with ice cream, custard or pouring cream

Belgian Waffle £6.50
With vanilla ice cream and chocolate sauce

Homemade Sticky Toffee Pudding £6.50
Served with ice cream or custard

Cheesecake of the Day £6.50 can pre orer VG/DF/GF
Please ask your server about today's cheesecake

Vanilla Ice Cream and Wafers £6.50 can be VG/DF
With chocolate or Strawberry flavoured sauce

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Hot Drinks

Teas

Breakfast Tea	£2.50
Earl Grey	£2.50
Decaf	£2.50
Flavoured Teas	£2.00
Berry / Peppermint / Green Tea	£2.00

Coffees

Americano	£4.00
Latte	£4.20
Cappuccino	£4.20
Flat White	£4.20
Espresso	£4.00
Hot Milk	£1.00

Liqueur Coffees

Whiskey	£8.00
Tia Maria	£8.00
Brandy	£8.00
Hot Chocolate	£4.80
Add a syrup	£1.20