

GRAINS BAR

RESTAURANT

& BAR

LUNCH AND DINNER MENU

SOUP OF THE MOMENT £5.50 *

Served with a freshly baked roll

BEEF NACHOS £8.50

Hand-Cut tortilla triangles topped with chili beef, cheese, and sour cream, garnished with jalapeños.

BANG BANG CAULIFLOWER £8.50*

Bang Bang Cauliflower served with a zesty chili sauce, resting on a bed of arugula (V, can be VE).

KING PRAWNS & CHORIZO £9.50

Cooked in garlic and chill oil served with a crusty roll (D|GF)

PAN FRIED HALLOUMI FRIES £8.50*

Pan-Seared Halloumi Served on a Bed of green leaf and drizzles with harissa mayonaise

KOREAN CHICKEN BITES £8.50

Chicken bites marinated in Korean sauce served on a bed of prawn crackers

ZUCHINNI FRIES £8.50

Lightly Coated in tempura batter, thinly sliced zucchini fries with tzatziki dip.

CHICKEN & LIVER PATE LACED WITH WHISKEY £7.50

Pate served with salad garnish and toasted bread

PIZZAS & GARLIC BREAD

GARLIC BREAD £9 *

Pizza base with garlic butter (V) Add cheese £3

• CLASSIC MARGARITA £10.50 *V

• LOADED PEPPERONI £11 *

WE HAVE GF/VEGAN BASES IF REQUIRED

STEAKS

10 OZ

SIRLOIN

STEAK £25 *

Served alongside chips, onion rings, mushrooms and a tomato garnish. (D) You can add peppercorn sauce for £3.50 (is Dairy).

10 OZ RIBEYE

STEAK £25 *

Served alongside chips, onion rings, mushrooms and garnished with tomatoes. (D) You can add peppercorn sauce for £3.50 (is Dairy)

SIDES

HAND CUT CHIPS £6

ONION RINGS £6 (V,VE,GF)

SWEET POTATO FRIES £6

FRENCH FRIES £5

We have starred * some dishes that can be adapted for GF Please ask your server

GRAINS BAR

RESTAURANT

& BAR

LUNCH AND DINNER MENU

BURGERS

SMASH BEEF BURGER £13.50

2x 4 oz beef patty topped with cheese and bacon, all nestled in a brioche bun with gherkins and fried onions, served alongside crispy chips, and salad.

SOUTHERN FRIED CHICKEN BURGER £13.50*

A southern coating fried chicken with cheese and Chipotle sauce, nestled within a soft brioche bun. This dish is accompanied by crispy chips, and a refreshing salad garnish.

PHILLY CHEESE STEAK £13.50 *

Pan-fried minute steak topped with sautéed onions and melted American cheese, all nestled within a brioche bun, accompanied by hand-cut chips on the side.

MOVING MOUNTAINS BURGER £12 *

Veggie and Vegan-Friendly Burger

Enjoy a delicious veggie and vegan-friendly burger, accompanied by vegan cheese and fired onions on a brioche bun, topped with crisp lettuce. This meal is served with a side of chips, and a salad (V, VE).

Note: The brioche can be substituted with a gluten-free muffin.*

FISH DISHES

CAJUN SALMON FILLET £18.50

Cajun Spiced Salmon elegantly served on a fluffy bed of rice, accompanied by a medley of fresh greens
Add: Hollandaise sauce £3.50

PAN FRIED SEABASS FILLET £18.50

Served with crispy new potatoes braised shallots, peas and bacon bits served in herb butter

We have starred * some dishes that can be adapted for GF Please ask your server V-Veggie|VG-Vegan|D-Dairy Please make your server aware of any allergies

GRAINS BAR

RESTAURANT

& BAR

LUNCH AND DINNER MENU

CLASSIC FAVORITES

CHEESE AND ONION PIE £14

Served alongside hearty chips and beans or mushy or garden peas (V)

FISH AND CHIPS £15.50 *

Served alongside crispy chips and mushy or garden peas (D)

BREADED SCAMPI £12

Served with a side of chips and salad, or accompanied by mushy peas. (D)

HOMEMADE LASAGNE £14.50

Accompanied by a fresh salad garnish and served with garlic bread.

HOMEMADE RAG PUDDING £14.50

Served alongside hearty chunky chips, creamy mushy peas and rich gravy.

RED THAI CURRY(D)

Served with braised rice, and prawn crackers, This dish contains nuts choose from the below

Add Salmon £18.50

Add Chicken £16.50

Add Halloumi £15.00 V

ARRABIATA PENNE PASTA*

Penne Pasta in a spicy tomato, chilli and garlic sauce £14.00 (can make GF)

Add Prawns and Chorizo £18.50

Add Chicken and Choroizo £18.50

FLAT BREADS SALADS & RICE BOWLS

KOREAN CHICKEN £17.50

Chicken pieces in Korean marinade served as a Rice bowl with greens, Flat Bread or Salad (D)

CARMILISED STEAK £16.50

Thinly sliced Steak, red onion and stilton served as a, Flat Bread or Salad (D)

LAMB KOFTAS £16

Succulent spiced lamb kofta skewers resting on a vibrant bed of fresh salad, all elegantly drizzled with a flavorful Raita dressing served as a salad or a flat bread (D)

PAN FRIED HALLOUMI £15 *

The pan-fried halloumi, golden-brown slices and roasted bell peppers, sweet chili sauce served as a Flat Bread or Salad

CHICKEN & BACON CEASER SALAD £16.50

Sliced chicken and crispy bacon served on a fresh salad, complemented by croutons, anchovies, and parmesan, all drizzled with a Caesar dressing.

Enjoy this dish without chicken and bacon for £11.