

GRAINS BAR

RESTAURANT

& BAR

LUNCH AND DINNER MENU

SOUP OF THE MOMENT £5.50 *

Served with a freshly baked roll

HAM HOCK AND CHEESE CROQUETTES £8.50

Golden croquettes packed with slow-cooked ham hock and creamy cheese.

MOZZARELLA STICKS £9 *

Mozzarella, coated in breadcrumbs and enhanced with Sweet Chilli Dip. (V)

FISH TACO £9 *

Panko-Crusted Cod with Pickles and Chipotle Mayo in a soft tortilla

SWEET POTATO PAKORAS £8.50

Sweet potato pakoras, delicately seasoned and coated, drizzled in a wonderfully sticky sweet and spicy glaze (V, can be VE).

BANG BANG CAULIFLOWER £8.50

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

LAMB KOFTA £8.50

Lamb Kofta Served with Hummus and Harissa Yogurt

PAN FRIED HALLOUMI £8.50*

Pan-Seared Halloumi Served on a Bed of Chargrilled Peppers with a Drizzle of Spicy Honey

KOREAN STYLE FRIED CHICKEN £8.50

Coated and spicy chicken drizzled with a delicious sweet glaze, accompanied by kimchi slaw.

STEAKS

10 OZ

SIRLOIN

STEAK £25 *

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

10 OZ RIBEYE

STEAK £25 *

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

SIDES

FRENCH FRIES £5

HAND CUT CHIPS £6

SWEET POTATO FRIES £6 ONION RINGS £6 (V,VE,GF)

SEASONAL GREENS £7

SIDE SALAD £7

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

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LUNCH AND DINNER MENU

BURGERS

SMASH BEEF BURGER £12.50

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.

KOREAN STYLE CHICKEN BURGER £12.50*

A delightful Korean-inspired creation featuring a sweet and spicy filling, nestled within a soft brioche bun, and enhanced by kimchi slaw. 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 fried 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.*

PIZZAS & GARLIC BREAD

GARLIC BREAD £9 *

Pizza base with garlic butter (V)

Add cheese £1.50

- CLASSIC MARGARITA £10.50 *
- LOADED PEPPERONI £11 *
- HAWAIIAN £11 *
- CAJUN CHICKEN & JALAPENO £11 *
- MOZZARELLA, PEPPER, MUSHROOM, ONION £11 *

WE HAVE GF/VEGAN BASES IF REQUIRED

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

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CLASSIC FAVORITES

CHEESE AND ONION PIE £14

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

FISH AND CHIPS £13.50 *

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

BREADED SCAMPI £12

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

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.

BEEF MAASAMAN £17.50

A coconut Thai curry garnished with crispy fried onions, potatoes and peanuts, served alongside rice & naan bread. (medium spice)

CURRIED CAULIFLOWER & CHICKPEA - CURRY £17.50

Cauliflower and chickpeas with spinach served in a medium-spiced curry sauce, accompanied by rice and naan bread (V, VE).

BEEF BOURGINION £17.50

Braised beef simmered in a rich red wine jus, with tender baby shallots, mushrooms and smoky bacon served with your choice of rice or creamy mash, alongside a medley of seasonal greens.

FLAT BREADS & RICE BOWLS

STICKY KOREAN FRIED CHICKEN £17.50

Sticky Korean Fried Chicken served as a Rice bowl or Flat Bread with Salad

CRISPY CHINESE FRIED BEEF £17.50

Crispy Chinese Beef Fried served as a Rice bowl or Flat Bread with Salad

HALLOUMI AND CHARGRILLED PEPPERS £16.50

Halloumi and Chargrilled Peppers served as a Rice bowl or Flat Bread with Salad

SALT & PEPPER CHICKEN £17.50

Salt and Pepper Chicken served with a spring onion and chili garnish, served as a rice bowl or flatbread with a fresh salad.

PESTO CRUSTED SALMON FILLET £18.50

Pesto-crusted salmon elegantly served on a fluffy bed of rice, accompanied by a medley of fresh greens or as a Flat Bread with salad

LAMB KOFTAS SALAD £15 *

Succulent spiced lamb kofta skewers resting atop a vibrant bed of fresh salad, all elegantly drizzled with a flavorful Raita dressing.

CLASSIC CAESAR SALAD £15.50 *

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.