

EVENING MENU

APPETISERS

Marinated Olives (vg) £4.95 | 492 kcal

Sourdough Bread (vg) £4.60 | 710 kcal
Olive Oil and Balsamic Dip.

Feta Cheese and Sundried Tomatoes £4.95 | 394 kcal

STARTERS

Soup of the Day £5.95
Please ask for today's choice.

Asian style Soy and Sesame Salad
*Choose between **Sticky Beef** £9.00 | 294 kcal
or **Sweet Chilli Tofu (vg)** £9.00 | 298 kcal*

Grilled Mackerel Fillet £10.95 | 184 kcal
Beetroot and Potato Salad.

Thai style King Prawn and Noodle Salad £8.50 | 113 kcal
Spicy Coconut Dressing

Fried Halloumi Taco (v) £6.95 | 341 kcal
Salsa, Guacamole and Soured Cream.

Country style Pork and Herb Terrine £6.50 | 396 kcal
Sourdough Bread and Pickled Vegetables.

MAINS

Roasted Duck Leg £18.00 | 924 kcal
Gratin Potatoes, Fine Beans and a Rich Red Wine Jus.

Supreme of Chicken with a Dijon Mustard Sauce £18.00 | 1074 kcal
Creamed Potato and Tender Stem Broccoli.

Cod Loin £21.00 | 478 kcal
New Potatoes and Fine Beans.

Spiced Lamb or Vegan Kofta £18.00 | 1014 kcal
Aromatic Basmati Rice, Flatbread, Poppadums and Raita.

Crispy Tofu Tacos (vg) £13.50 | 353 kcal
Salsa, Guacamole and Sour Cream.

Penne Pasta in a Spicy Tomato and Herb sauce £11.50 | 531 kcal
Grilled Chicken and Roasted Vegetables (vga)

FROM THE GRILL

8oz Cheese and Bacon Burger £15.50 | 1342 kcal
Brioche Bun with Salad, Relish and Fries.

Plant-based Cheese Burger (vg) £15.50 | 928 kcal
Brioche style Bun with Salad, Relish and Fries.

Chargrilled Steaks

4oz Sirloin Steak £19.00 | 597 kcal
Cooked pink or well done, Fries and Peppercorn Sauce.

8oz Sirloin Steak £29.00 | 1231 kcal
Cooked to your liking, Fries and Peppercorn Sauce.

STONEBAKED FLATBREADS

Served with Pulse Salad

Persian £15.00 | 1096 kcal
Spiced Lamb, Feta Cheese, Houmous, Red Onion and Sour Cream

Nann £15.00 | 924 kcal
Chicken Tikka, Paneer Cheese, Red Pepper and Raita

Ciabatta (vga) £9.95 | 598 kcal
Tomato and Basil with Mozzarella Cheese and Oregano

SIDES

Fries (vg) £3.50 | 512 kcal

Pulse Salad (vg) £2.50 | 30 kcal

Steamed New Potatoes (vg) £2.95 | 315 kcal

Green Beans with Chilli and Almonds (vg) £2.95 | 124 kcal

Beer Battered Onion Rings £4.00 | 264 kcal

We are only accepting card payment as a method of payment. Adults need around 2000 kcal a day. Allergens: If you have a specific allergen requirement please ask our team for information on the dishes in this menu **(v) Vegetarian, (vg) Vegan (gf) Gluten Free (vga) Vegan Option Available** containing ingredients. Please note our kitchens work with gluten containing products so we can not guarantee that our dishes will be free of gluten traces. All weights are approximate prior to cooking. **Some items on the menu may contain genetically modified soya or maize and some of our products may contain nuts or derivatives.**

PLEASE ASK OUR STAFF FOR FURTHER INFORMATION.



THE CLUB COMPANY

MEMBERS receive 10% off food
and drink with their CLUB CARD