

## LIGHT LUNCHES

AVAILABLE FROM 11 - 3 MON TO SAT & 11 - 2 SUNDAY

### Sandwiches

Served on wholemeal or white bread (gluten-free bread available for an extra 75p) and a small salad garnish. Choose from:



#### Egg Mayonnaise & Salad Cress **£6.49**



Calories: 500 approx. Protein: 16-20g.  
Carbs: 32-38g. Fat: 31-39g.

#### Tuna Mayonnaise with Cucumber or Red Onion **£6.49**



Calories: 475 approx. Protein: 25-32g.  
Carbs: 37-44g. Fat: 21-27g.

#### Butcher's Ham & Pickle **£6.49**



Calories: 350 approx. Protein: 24-28g.  
Carbs: 31-39g. Fat: 5-8g.

#### Bacon or Sausage **£6.99**



Calories: 350 approx. Protein: 11-16g.  
Carbs: 33-40g. Fat: 15-23g.

#### Mature Cheddar with Onion, Tomato or Pickle **£6.29**



Calories: 325 approx. Protein: 11-14g.  
Carbs: 36-41g. Fat: 12-15g.

#### Prawns in Marie-Rose Sauce **£7.99**



Calories: 375 approx. Protein: 19-24g.  
Carbs: 40-55g. Fat: 12.5-16g.

#### Coronation Chicken **£6.99**



Calories: 525 approx. Protein: 24-31g.  
Carbs: 35-45g. Fat: 23-30g.

#### Additional items **£1.50**

### Toasted Sandwiches

Served on wholemeal or white bread (gluten-free bread available for an extra 75p) and a small salad garnish. Choose from:



#### Brie & Cranberry **£7.99**



Calories: 480 approx. Protein: 14-18g.  
Carbs: 43-50g. Fat: 22-28g.

#### Butcher's Ham/Cheese **£7.99**



Calories: 580 approx. Protein: 20-26g.  
Carbs: 43-50g. Fat: 25-31g.

#### Bacon, Brie & Cranberry **£8.29**



Calories: 400 approx. Protein: 20-25g.  
Carbs: 31-42g. Fat: 14-18g.

#### Tuna Melt **£7.99**



Calories: 575 approx. Protein: 30-38g.  
Carbs: 33-39g. Fat: 30-37g.

#### Mature Cheddar **£7.29**



Calories: 370 approx. Protein: 16-20g.  
Carbs: 32-37g. Fat: 21-25g.

### Jacket Potatoes

Served with salad and homemade coleslaw. Choose from:

#### Mature Cheddar **£9.99**



Calories: 550 approx. Protein: 12-16g.  
Carbs: 53-68g. Fat: 20-30g.

#### Tuna Mayonnaise **£9.99**



Calories: 650 approx. Protein: 26-34g.  
Carbs: 54-70g. Fat: 29-42g.

#### Baked Beans **£9.99**

Calories: 550 approx. Protein: 11-16g.  
Carbs: 72-92g. Fat: 11-21g.

#### Coronation Chicken **£10.99**



Calories: 675 approx. Protein: 26-34g.  
Carbs: 57-77g. Fat: 31-45g.

#### Prawns in Marie-Rose Sauce **£10.99**



Calories: 600 approx. Protein: 21-29g.  
Carbs: 55-72g. Fat: 36-50g.

#### Make it extra cheesy **£1.79**