

The Woodlands

LUNCH MENU

Starters

SOUP OF THE DAY <i>(gfa) (v)</i>	£6.75
CHICKEN LIVER PATE <i>served with red onion chutney & oatcakes (gfa)</i>	£7.25
BREADED HALLOUMI <i>served with garlic dip (v)</i>	£7.25
PANKO BREADED KING PRAWNS <i>served with a sweet chilli dip</i>	£8.25
DUET OF SMOKED SALMON & SALMON MOUSSE <i>with cucumber chutney & melba toast (gfa)</i>	£8.25
QUINOA HOUMOUS <i>with pimento stuffed olives & sour dough pitta (vg)</i>	£7.25

Burgers

all served with chips and salad

STICKY BBQ BEEF AND MOZZARELLA <i>(gfa)</i>	£13.20
BREADED SOUTHERN FRIED CHICKEN, BACON, SWEET CHILLI AND MOZZARELLA	£13.20
THAI INFUSED CRISPY VEGETABLE BURGER, VEGAN MOZZARELLA & SWEET CHILLI <i>(vg)</i>	£13.20

Main Courses

BATTERED/BREADED HADDOCK <i>with chips & peas</i>	£13.50
BREADED SCAMPI <i>with chips & peas</i>	£13.25
MACARONI CHEESE <i>with chips or garlic bread (v)</i>	£11.25
STEAK CASSEROLE & FLAKY PASTRY <i>served with peas and chips, mash or new potato (gfa)</i>	£13.50
CHICKEN BALTI <i>served with rice and naan</i>	£13.25
VEGETABLE ROGAN JOSH <i>served with rice and sour dough pitta (vg) (gfa)</i>	£12.50
FILLET OF SALMON <i>served with new potatoes, green beans & a white wine & chive cream sauce (gf)</i>	£15.50
CHICKEN, CHORIZO & MUSHROOM PENNE PASTA <i>with garlic and herb cream sauce</i>	£13.50
FILLET OF SEABASS <i>served with balsamic roasted vegetables & dauphinoise potato (gf)</i>	£14.00
CHICKEN ESCALOPE <i>with haggis, bacon, broccoli, potato gratin & onion gravy (gfa)</i>	£16.25
SIRLOIN STEAK <i>served with flat mushrooms, beer battered onion rings & chips</i>	£25.25

STEAK SAUCES £2.75 <i>peppercorn, garlic butter or onion gravy</i>
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Please let our staff know if you have a food allergy or intolerance to certain foods.

Chips are gluten free however may contain traces of gluten due to cross contamination during the cooking process and may not be suitable for those with a high sensitivity to gluten.

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Salads

FLAKED POACHED SALMON	£13.75
<i>with tomato, pepper & lime chutney (gf)</i>	
BREADED SOUTHERN FRIED CHICKEN & BACON CAESAR STYLE SALAD	£13.25
<i>(gfa)</i>	
CAJUN MUSHROOM & VEGAN MOZZARELLA	£12.75
<i>with caramelised red onion chutney (gf) (vg)</i>	

Sandwiches

Served on white or brown bread. (Gluten free brioche style buns also available).

SANDWICH WITH CHIPS OR SALAD	£9.25
SOUP & SANDWICH	£11.25
SOUP, SANDWICH & CHIPS	£12.75

FILLINGS:

Beef Pastrami, Emmental Cheese, Cos Lettuce, Tomato & Mustard Mayonnaise
Egg & chive mayonnaise (gf)
Tuna & sweetcorn mayonnaise (gf)
Smoked salmon pate & cucumber (gf)
Cheese, tomato, lettuce & salad cream (gf)
Ham, cheese & red onion chutney (gf)
Quinoa houmous, lettuce & tomato (gf)

Sides

CHIPS/CAJUN CHIPS	£4.00
GARLIC BREAD	£4.00
GARLIC BREAD & MOZZARELLA	£4.50
PUMPKIN MAC 'N' CHEESE BITES	£5.00
BEER BATTERED ONION RINGS	£4.50
BALSAMIC GARDEN SALAD	£5.00
<i>(vg) (gf)</i>	

Sweet Treats

TIFFIN, MILLIONAIRE SHORTCAKE, PEPPERMINT SLICE, CARROT CAKE	£3.25
<i>(v)</i>	
2 PIECES OF SHORTBREAD	£2.00
<i>(v)</i>	
DARK CHOCOLATE BROWNIE	£3.50
<i>(vg) (gf)</i>	
APPLE AND ELDERFLOWER SLICE	£3.50
<i>(vg) (gf)</i>	
FISHER & DONALDSON FRUIT SCONE	£3.50
<i>with strawberry jam and butter (v)</i>	

Selection of teas and coffees available from £2.75
Redwood card holders receive 10% discount on all items