

## . SALADS .

CAESAR .....	8.5
Cos lettuce, croutons, anchovies, parmesan, soft boiled egg & Caesar dressing	
Add grilled chicken breast .....	+4
Add bacon .....	+1
COUS COUS SALAD .....	8.75
Heritage beetroot, horseradish cream, Israeli cous cous & mixed leaf (v)	
Add smoked salmon .....	+2
Add grilled chicken breast .....	4

## . BURGERS .

Psst - every Thursday is Burger Night  
20% off craft beer with every burger,  
build your own burgers, boozy sundaes  
& weekly chefs specials - nom.



CLASSIC BEEF .....	10.75
pickled red onions, gherkins, cos lettuce, beef tomato & burger sauce	
CHICKEN .....	12.5
lemon & thyme marinated chicken breast, bacon, guacamole & roquito peppers	
MOVING MOUNTAINS .....	12
the closest you'll get to a 'real' beef burger - with smoked gouda, cos lettuce & tomato (v/pb)	
SLOPPY VEGGIE .....	10.75
spicy bean burger with guacamole & veggie chilli (v/pb)	

All burgers served with fat chips (gif), house slaw & a brioche bun (pb) - gluten free buns available  
Add bacon / cheddar / blue cheese / smoked gouda (pb) / sweet potato fries .....+1  
Add onion rings / mac & cheese .....+2

## . PLATES .

Available 12 - 10pm

SEA BREAM .....	13.95
peppers, chorizo & diced potato (gif)	
GAMMON & EGGS .....	12
pineapple & sweet chilli salsa, mixed leaf salad & fat chips (gif)	
CHICKEN BREAST .....	12.5
mushroom Israeli cous cous & braised leeks	
BEER BATTERED HADDOCK & CHIPS .....	12.5
tartare sauce & garden peas (gif)	
CUMIN CAULIFLOWER .....	10.5
spiced hummus, pearl barley & quinoa tabbouleh (pb)	
RIBEYE STEAK .....	20
slow roasted tomatoes, mixed leaf & fat chips (gif)	
Add peppercorn sauce .....	+1
Add onion rings / mac & cheese .....	+2
SAGE GNOCCHI .....	6.5/11.5
squash puree, pickled mushroom & parmesan shavings (v/pb option available)	

## . FROM NO.30 .

Available 12- 4pm

SANDWICHES .....	4.75	CLUB SANDWICH .....	8.5
Crispy halloumi (v)		chicken, egg mayo, bacon, lettuce	
Smoked salmon, crayfish & lemon mayo (+£1)		& tomato with fat chips	
Roast ham & piccalilli		Add fat chips / sweet potato fries .....	1.5
Bacon, brie & cranberry (+50p)		Add Tyrells crisps .....	1.25
Smashed avo, roasted squash & peppers			

## . SIDES .

FAT CHIPS .....	3	GREEN SALAD .....	3
SWEET POTATO FRIES .....	3	SEASONAL VEG .....	3
All chips/fries available gluten free on request		HOUSE SLAW .....	3
MAC & CHEESE .....	4	BREAD .....	4
		Selection of breads with olive oil & aged balsamic	



# PROPER PLATES 12pm-10pm

Please be aware that our kitchen contains items which are known allergens, and whilst stringent precautions are taken one should assume that contact with peanuts, tree nuts, gluten, dairy, soy and other allergens is possible. For detailed allergen sheets and a bit more information please speak to one of our lovely staff. GIF = Gluten Ingredient Free: Contains no gluten but could have come into contact V = Vegetarian PB = Plant based

