

LUNCH MENU

Starters

CHEESY CHILLI BEEF NACHOS £8.50 GF

Cheesy nachos topped with beef chilli, jalapenos, guacamole, sour cream and Pico de Gallo salsa.

STICKY KOREAN CRISPY CHICKEN STRIPS £9

Crispy fried chicken strips tossed in sticky spicy gochujang sauce, topped with spring onion and sesame seeds.

CHICKPEA FRITTERS £8 VEA / GF

Chickpea and herb fried fritters served with a sweet tomato hummus.

WHIPPED FETA & RED PEPPER OLIVE TAPENADE £8.50 V

Whipped feta topped with a red pepper tapenade dip, served with Our Bakery's focaccia.

KING PRAWN & CHORIZO GAMBAS £9 GFA

Sautéed King prawns and chorizo in a smoked paprika olive oil, served with sourdough bread.

GRILLED MACKEREL £9.50 GF

Grilled Mackerel fillet set on a shaved fennel, orange and dill salad.

Mains

PEPERONATA PORK CHOP £17 GF

Grilled Pork chop with peperonata, cheesy polenta and green beans.

SFH FISH BOARD £23

King prawn gambas, fish goujons, whitebait and cold smoked salmon, served with Stokes Bloody Mary ketchup, tartare sauce and granary bread.

DOUBLE SMASH BURGER £18.50

Two of Our Butchery smashed beef patties served in Our Bakery brioche roll with smoked cheddar, crispy bacon, shredded gem lettuce, beef tomato, onion crumb and BBQ sauce. Served with fries.

ADNAMS BEER BATTERED FISH & CHIPS £19.50

Fresh haddock battered in Adnams Ghost Ship Ale. Served with triple cooked chips, garden peas and tartare sauce.

OUR BUTCHERY STEAK GFA

RIBEYE 80Z £29 RUMP 100Z £25

Our Butchery signature beef steak, chargrilled to your preference and topped with roasted tomatoes. Served with fries and deli slaw.

Your choice of Béarnaise, Garlic Butter or Red Pepper Tapenade.

CHILLI DOG £16.50

A beef sausage served in a brioche roll and topped with sloppy joe chilli, jalapenos and glazed raclette cheese. Served with rainbow slaw and skin-on fries.

OPEN LEMON ZAATAR CHICKEN GYROS FLATBREAD £17.50

GFA

Sourdough flatbread topped with skin-on fries and grilled chicken marinated in sumac, thyme and sesame. Drizzled with tzatziki and finished with rocket and red pepper drops.

HALLOUMI & HERITAGE TOMATO PANZANELLA SALAD £16.50

GFA / VEA

Heritage tomatoes, focaccia croutons, crispy halloumi cheese, fresh basil, capers, olives and rocket, tossed together and drizzled with a balsamic dressing.

THAI SATAY VEGETABLE SKEWERS £16 GF / VEA

Mixed vegetables in a satay sauce, served with Jasmine rice and a Thai watermelon and cucumber salad.

PAN FRIED SEA TROUT £24 GFA

Pan fried sea trout served on top of a roasted new potato and mediterranean vegetable medley, topped with Salsa Verde and a lemon sourdough pangrattato.

MIDDLE EASTERN FALAFEL FREEKEH SALAD £14

A mixed grain salad with pearl barley, fresh herbs, pomegranate and pistachio.

+Add feta or zaatar chicken £3 each

Sides

-RACLETTE CHEESY CHUNKY CHIPS £6 GF

-SKIN ON FRIES £5 GF / VE

- SAUTEED GREEN BEANS TOSSED IN OLIVE TAPENADE £6

-ROCKET AND TOMATO BALSAMIC SALAD £5 GF

-DELI SLAW £5 GF

- ROASTED NEW POTATOES TOPPED WITH SALSA VERDE £5 GF

Please ask a member of staff if you wish to see the allergen menu.

We cannot guarantee that any of our products are free from allergens due to the use of shared equipment.

GF = Gluten Free GFA = Gluten Free Available V = Vegetarian VE = Vegan VEA = Vegan Available

Please note a discretionary 10% service charge will be added to tables over 8.

IF YOU HAVE ANY FOOD ALLERGY OR INTOLERANCE, THEN PLEASE
INFORM A MEMBER OF OUR TEAM BEFORE ORDERING OR
CONSUMING ANY ITEM OF FOOD FROM OUR MENUS.

Allergen Information

Whilst we take extensive steps to ensure that the list of allergen ingredients in our menus is accurate, we cannot say that any dish on our menu is “free from” any allergen, but only that it does not contain the named allergen as an ingredient. Dishes are handled and prepared in an environment which contains any of the 14 named allergens so there is a risk of cross contamination in our kitchens. Our allergen information relates only to dishes which contain those 14 allergens as requires us by law to declare as ingredients and is as provided to us by our suppliers. As such, our dishes may contain additional ingredients which you could be allergic and/or intolerant to and which we have highlighted. If you have an allergy or intolerance to an allergen other than any of those 14 then please inform a member of staff before you order or consume any dishes from our menus.

Food preparation

Our food can come into contact with allergens as it is prepared in a kitchen where dishes containing gluten, nuts, dairy and other allergens are also present.

If you suffer from sensitive trace reactions for any food-related allergen, please be aware that we are unable to guarantee full suitability, and dining with us may not be suitable for you.

Please check and ask about allergen information every time you visit – even if you have consumed a particular dish on a previous visit. It is important to make your choices based on the current allergen content as suppliers may change an ingredient which changes the allergen content of our dishes.

LUNCH

ALLERGEN INFORMATION

Our suppliers and kitchen handle numerous food and drinks containing allergens. Whilst we make every effort to ensure that your food is suitable for you, unfortunately it is not possible for us to guarantee that our dishes will be 100% free from the allergen or contamination.

Starters

CHEESY CHILLI BEEF NACHOS £8.50 GF

Milk, Celery, Sulphur Dioxide

STICKY KOREAN CRISPY CHICKEN STRIPS £9

Gluten-Wheat, Barley, Rye Soya, Sesame, Fish, Milk, Sulphites

CHICKPEA FRITTERS £8 VEA / GF

Sesame, Sulphur Dioxide, Mustard

WHIPPED FETA & RED PEPPER OLIVE TAPENADE £8.50

Sulphur Dioxide, Gluten-Wheat, Soya, Milk

KING PRAWN & CHORIZO GAMBAS £9

Milk, Gluten-Wheat, Barley, Rye, Crustaceans, Soya

GRILLED MACKEREL £9.50 GF

Sulphur Dioxide, Fish

Mains

PEPERONATA PORK CHOP £17

Celery, Milk, Sulphur Dioxide

SFH FISH BOARD £23

Crustaceans, Gluten- Wheat, Barley, Rye, Fish, Sulphur Dioxide, Soya, Celery, Mustard, Milk, Egg

DOUBLE SMASH BURGER £18.50

Egg, Gluten-Wheat, Barley, Milk, Sulphur Dioxide

ADNAMS BEER BATTERED FISH & CHIPS £19.50

Gluten-Wheat/Barley/Rye, Sulphur Dioxide, Egg, Mustard, Fish, Milk

OUR BUTCHERY STEAK GLUTEN FREE AVAILABLE

RIBEYE 80Z £29 RUMP 100Z £25

Egg, Mustard

Béarnaise Sauce - Sulphur Dioxide, Milk, Egg

Garlic Butter - Milk

Red Pepper Tapenade

CHILLI DOG £16.50

Gluten-Wheat, Milk, Egg, Mustard, celery, Sulphur Dioxide

OPEN LEMON ZAATATR CHICKEN GYROS FLATBREAD £17.50

Gluten-Wheat, Milk, Sulphur Dioxide, Sesame

HALLOUMI & HERITAGE TOMATO PANZANELLA SALAD £16.50

Sulphur Dioxide, Milk, Gluten-Wheat, Barley, Rye, Soya, Fish

VEGAN AVAILABLE / GLUTEN FREE AVAILABLE

THAI SATAY VEGETABLE SKEWERS £16

Soya, Sulphur Dioxide, Celery, Mustard, Peanuts

VEGAN AVAILABLE / GLUTEN FREE

PAN FRIED SEA TROUT £24

Gluten-Wheat, Barley, Rye, Fish, Sulphur Dioxide, Mustard

GLUTEN FREE AVAILABLE

MIDDLE EASTERN FALAFEL FREEKEH SALAD £14

Gluten-Wheat, Barley, Nuts-Pistachio

Feta +£3 - Milk Zaatar chicken +£3 - Sesame

Sides

-RACLETTE CHEESY CHUNKY CHIPS £6

Milk

-SAUTEED GREEN BEANS TOSSED IN OLIVE TAPENADE £6

Sulphur Dioxide

-ROCKET AND TOMATO BALSAMIC SALAD £5 GLUTEN FREE

Sulphur Dioxide

-SKIN ON FRIES £5 GLUTEN FREE / VEGAN

-DELI SLAW £5 GLUTEN FREE

Egg, Mustard, Sulphur Dioxide

-ROASTED NEW POTATOES TOPPED WITH SALSA VERDE £5 GLUTEN FREE

Mustard, Sulphur Dioxide

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