

LUNCH MENU

TO BE SERVED FROM 11AM-5PM

BRUNCH

SERVED WITH DRESSED ROCKET AND TOMATO GARNISH.

CROQUE MONSIEUR £5

A hot sandwich filled with ham & cheese & bechamel sauce, served in a thick white bloomer and topped with grated cheddar. (842 kcal)

CROQUE MONSIEUR (V) £4.50

A hot sandwich with tomatoes, mushrooms cheese and bechamel in between.

Topped with grated cheddar. (775kcal)

Smashed avocados with cherry tomatoes served on a sea salt and rosemary focaccia. (218 kcal)

AVOCADO SMASH (V) £3.50

GLUTEN FREE CIABATTA AVAILABLE (107 kcal)

SALMON ROSTI £5.50

Potato rosti topped with smoked salmon, smashed avocado, red onion & a slice of lemon. (665 kcal)

SPINACH & TOMATO ROSTI (V)/(VG) £4

Potato rosti topped with smashed avocado, cherry tomatoes & spinach. (580 kcal)

(GF) – GLUTEN FREE (V) – VEGETARIAN (VG) – VEGAN

SCAN QR CODE FOR ALLERGENS

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SANDWICHES

SERVED IN FOCACCIA, AVAILABLE ALSO IN GLUTEN FREE OR VEGAN CIABATTA. (107 kcal)

ALL SERVED WITH A SIDE OF HOMEMADE DAIRY FREE COLESLAW WITH OLIVE OIL.

TOP IT OFF WITH
FRIES FOR £1 (417 kcal)

CHICKEN PESTO £5.50

Garlic & herb chicken, melted mozzarella, pesto & rocket (701 kcal)

GRILLED AUBERGINE MELT (V)/(VG) £4.50

Grilled Aubergine and Shakshuka sauce with either cheddar or vegan cheese. (330 kcal)

THE MEDITERRANEAN (V) £5.50

Pan fried halloumi, sliced grilled red pepper, beef tomato, pesto & rocket (489 kcal)

REUBEN £6

Salted beef topped with sauerkraut, cheddar cheese & Thousand Island dressing. (476 kcal)

GREEN RUEBEN (VG) £5

Avocado, vegan cheddar, sauerkraut & vegan mayo served on a ciabatta. (589 kcal)

SALADS

HALLOUMI (V) £6.50

Grilled halloumi, roasted red peppers, avocado, mixed green leaves, tomatoes, red onion & gherkins with a Thousand Island dressing. (516 kcal)

POLLO £6.50

Garlic & herb chicken breast, goats cheese, tomatoes, olives, mixed green leaves, cucumber with a drizzle of basil pesto. (629 kcal)

TERRACE GARDEN (V/VG) £6

Avocado, grilled aubergine, tomatoes, mixed green leaves, sweetcorn, spinach, rocket with a drizzle of french dressing. (238 kcal)

SIDES

SIDE SALAD (GF)/(V)/(VG) £3

A small salad with shredded Iceberg, radicchio and Iollo rosso lettuce with cucumber, tomato and red onion dressed with olive oil or french dressing. (234 kcal)

FRENCH FRIES (GF)/(V)/

(VG) £2.50 (107 kcal)

DOUGH BALLS £3

Served with garlic & herb oil. (341 kcal) **Double up for £5**

GARLIC BREAD £4

Served with garlic & herb oil. (517 kcal)

DESSERTS

ALL OF OUR ICE CREAM IS PROVIDED BY SCREAM. OUR VERY OWN ICE CREAM BAR LOCATED WITHIN LUU.

SCREAM ICE CREAM SUNDAE £4.50

An ice cream sundae of Clotted Cream, Chocolate & Honeycomb served with a cone wafer. (579 kcal)

PANCAKES & ICE CREAM (VG) £5

American Style Vegan pancakes served with your choice of ice cream and a sauce topping. (314 kcal)

CHOOSE EITHER RASPBERRY (64 kcal) OR CHOCOLATE (53 kcal) SAUCE TOPPING

CHOOSE YOUR ICE CREAM

CLOTTED CREAM (114 kcal)
CHOCOLATE (111 kcal)
HONEYCOMB (129 kcal)
COCONUT & VANILLA (VG) (116 kcal)



MAIN MENU

SERVED ALL DAY

ALL OF OUR MEAT
IS PROVIDED
FROM A LOCAL
FARMHOUSE, SYKES
HOUSE FARM.

BURGERS

ALL OF OUR BURGERS ARE SERVED
IN A VEGAN BRIOCHE BUN (154 kcal)
WITH BABY GEM LETTUCE, BEEF
TOMATO WITH A SIDE OF SAUERKRAUT
AND SERVED WITH FRIES.

GLUTEN FREE CIABATTA AVAILABLE

BEEF BURGER £6.25

A simple but effective 6oz beef burger topped with a gherkin. (1063 kcal)

CHEESE BURGER £6.75

A 6oz beef burger served with mozzarella cheese & topped with a gherkin. (1246 kcal)

CHICKEN BURGER £6.75

A garlic & herb chicken breast & mayo. (901 kcal)

MOVING MOUNTAINS BURGER (VG) £6.75

2 poached eggs served in a thick tomato, pepper, onion and garlic sauce, served with dough balls. (709 kcal)

An innovative and appetising plant based burger patty served topped with a gherkin

ADD VEGAN CHEESE (159 kcal)
OR MOZZARELLA (151 kcal)
FOR AN ADDITIONAL 50P

HALLOUMI & MUSHROOM (V) £6.75

Grilled halloumi & flat mushroom topped with red onion chutney. (1001 kcal)

PIZZA

ALL AVAILABLE WITH VEGAN CHEESE AND/OR A GLUTEN FREE BASE

MARGARITA (V) £5.50

Mozzarella & Tomato & fresh Basil. (856 kcal)

POLLO £7.00

Garlic & herb, Chicken, sweetcorn & pesto. (1043 kcal)

CAPRINO (V) £7.00

Goats' cheese & Caramelised onion & spinach. (1062 kcal)

VERDE (V) £6.50

Aubergine, Peppers, mushroom, olives, spinach. (894 kcal)

TOSCANO £6.00

Ham, Mushrooms & Mozzarella. (923 kcal)

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