

# IN THE BEGINNING ...

### STARTERS HOMEMADE SOUP OF THE DAY With fresh bread wedges 4.95 SPICY SHRIMP TACOS Served with shredded slaw 6.50 CUMBERLAND SCOTCH EGG Nest of deep-fried leek and baby leaves, with mustard and HP 5.95 DUCK SPRING ROLLS With a hickory BBQ sauce 5.50 SPICY HOT WINGS With a blue cheese sauce 4.50 VE CAULIFLOWER (VE) or 5.50 CAULIFLOWER BHAJIS

SKILLET OF GARLIC DOUGH BALLS

With cheddar cheese and fresh chillies

4.95

THERE WERE TWO ...

SHARERS

BAKED CAMEMBERT

With thyme, honey and garlic. Served with fresh breads

11.95

SKILLET OF GARLIC DOUGHBALLS

With cheddar cheese and fresh chillies

9.95

"MY DOCTOR TOLD ME I HAD TO STOP
THROWING INTIMATE
DINNERS FOR FOUR, UNLESS THERE ARE
THREE OTHER PEOPLE"

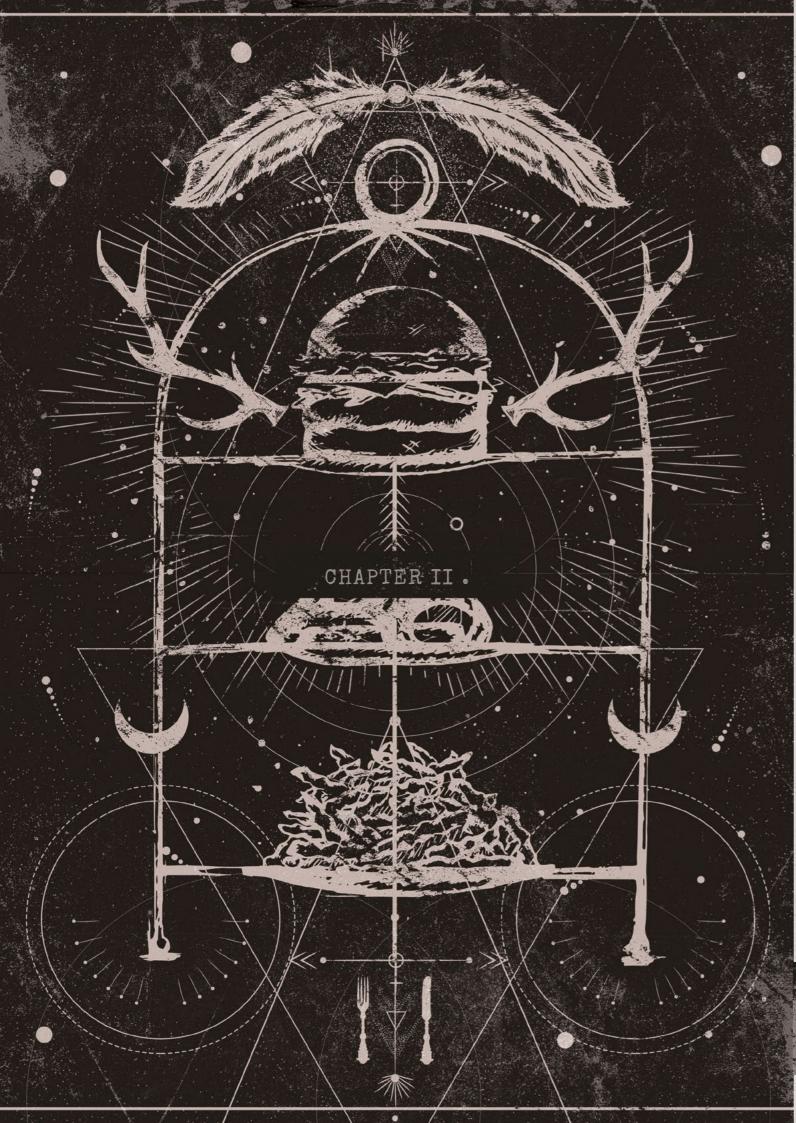
- Orson Welles

## SANDWICHES

4.50

	SANDWICHES	
SANDWICHES	ALL OUR SANDWICHES ARE FRESHLY MADE TO ORDER. THEY'RE SERVED WIT SIDE SALAD AND EITHER HAND CUT CHIPS OR HOMEMADE SOUP OF THE DAY.	
•	GRILLED HAM   With mustard, smoked cheddar and served on bloomer	8.95
	DEEP-FRIED HADDOCK   With tartare sauce, shredded iceberg on bloomer	8.95
•	SMOKED SALMON   With cream cheese, fresh chives served on a toasted bagel	8.95
•	FRIED SMOKED TOFU   With veggies, mango chutney and yoghurt on a spiced wrap	8.95
	THEN IT BECAME EVEN BETTER  Upgrade to Sweet Potato Fries or Crinkle Chips	1.50

With raita



# SOMETHING NEW CAME ALONG.

## CHAPTER II [a] .

DO YOU WANT TO BUILD YOUR OWN BURGER?

YES! LET ME DECIDE I JUST WANT A TASTY BURGER



#### THEN EVERYTHING CHANGED -

CHOOSE YOUR BURGER	II [A].
70Z BEEF PATTY	13.95
SPICED SALMON FILLET	13.95
CAJUN SPICED CHICKEN BREAST	13.95
MOVING MOUNTAINS BURGER VE	13.95
	F. J.

## PICK YOUR CHEESE II [B].

MATURE CHEDDAR SWISS CHEESE

MELTED BRIE

STILTON

VEGAN CHEDDAR



## CHOOSE YOUR BUN

SOURDOUGH BUN



SOFT BROWN COBURG

BLACK TREACLE BUN

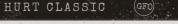
SOFT WHITE COBURG

OR GO NAKED WITH A SIDE SALAD! (VE)



#### AS WHICH THEY CAME -

#### THE HURT CLASSIC



7 oz beef patty, crispy smoked bacon, tomato relish, mature cheddar, crisp salad. Served on a sourdough bun

#### NEW YORKER



7 oz beef patty, American mustard, Swiss cheese, pastrami, onion rings, pickles, salad. Served on a soft white coburg

13.95

#### GONE FISHIN'



Spiced salmon fillet, melted brie, fresh leaves, guacamole and chilli jam. Served on a black treacle bun

13.95

#### GOURMET



Cajun spiced chicken breast, stilton, chilli jam, coleslaw, beef tomatoes and fresh leaves. Served on soft brown coburg

13.95

## MOVING MOUNTAINS (VE GFO

The delicious plant based patty, vegan cheddar, tomato relish, beef tomato, onion rings, fresh leaves. Served on a soft brown coburg

13.95

CHAPTER II [b] .

CHOOSE TWO SIDES TO ACCOMPANY YOUR BURGER! ADD ANY EXTRA SIDES FOR £3

- O CRINKLE FRIES
- O SPICY WEDGES
- O HAND CUT CHIPS
- O BUTTERED CORN

- O GARLIC BREAD W/CHEESE
- O PARMESAN & TRUFFLE FRIES
- O GARLIC BREAD W/CHEESE

- O ONION RINGS
- O SWEET CHILLI FRIES
- O TOSSED SALAD

O RED CABBAGE SLAW

THE HURT ARMS

## THE CENTRE OF ATTENTION ...

### KEBAB HANGERS.

SUSPENDED ON KEBABS, OUR DELICIOUS HANGERS ARE SERVED WITH A SPECIALLY SELECTED SAUCE TO POUR DOWN ON TO FRENCH FRIES

11.95

10.95

11.95

11.95

LOADED

CRINKLES

8.95

BEEF & PORK MEATBALLS
WITH ROASTED PEPPERS, RED
ONIONS AND A SPICED TOMATO SAUCE

CRISPY HALLOUMI

WITH MEDITERRANEAN VEGETABLES, BLACK ONION SEEDS AND A SWEET CHILLI SAUCE

HERBED CHICKEN & CHORIZO
WITH ROASTED PEPPER AND GARLIC
BUTTER SAUCE

SEITAN CHYKN BITES

PLANT BASED BITES WITH ROASTED PEPPERS, ONIONS AND MUSHROOMS AND A SWEET CHILLI GRAVY

LOADED CRINKLES

GRILLED SKIRT STEAK AND CHIMICHURRI SAUCE

SALT & PEPPER CHICKEN, CHARRED ONIONS AND PEPPERS 7.95

CRISPY BACON AND CHEDDAR JALAPENOS

A BIT ON THE SIDE ...

SPICY WEDGES

SWEET CHILLI FRIES

PARMESAN & TRUFFLE FRIES

HAND CUT CHIPS
CRINKLE FRIES

WOODED OLI LD

TOSSED SALAD

BUTTERED CORN

REB CABBAGE SLAW

GARLIC BREAD WITH CHEESE

ONION RINGS

3.00

THE CLASSIC TALE.

• HONEY & SOY SALMON

Deliciously flavoured salmon served with stir-fried greens and mushrooms, and herbed basmati rice

• HOMEMADE PIE OF THE DAY

DAY 12.98

13.00

Served with hand cut chips or mash and seasonal vegetables

• BEER BATTERED FISH & CHIPS

If it isn't broken - Don't fix it! The classic fish and chips. Served with hand cut chips, charred lemon and tartare sauce

• GRILLED STEAK

All steaks are serving with hand cut chips, grilled tomato and mushrooms

GFO GRILLED 10 OZ RUMP STEAK

14.00

GFO GRILLED SKIRT STEAK

10

TO TOP IT OFF:

ADD ONION RINGS
2.50

PEPPERCORN SAUCE
GARLIC BUTTER
BLUE CHEESE SAUCE

SPICED BURRITO BOWL

MEXICAN HOT POT

With avocado crème. Served with sweet potatoes, chickpeas,

lime and tortilla

12.95

13.95

13.95

Rice, black beans, garlic, coriander, coleslaw, fried plantain, grilled halloumi and a spiced tortilla. Add either

or

SKIRT STEAK

CHICKEN

SEITAN

SKIRT STEAK

CHICKEN

Top with -->

FRIED ( VEGETABLE GYOZA

CHICKEN

HALLOUMI

SUMMER BLISS BOWL

Superfood bowl of...

Rocket, cos, peashoots, radicchio, mache, endive and chicory, avocado, edamame beans, tomatoes, sweet chilli peppers, cous cous

Top with -->

FRIED VEGETABLE

. GRILLED SALMON CHAPTER III .

## A HAPPILY EVER AFTER.

DESSERTS.

YOU CAN DEFINITELY MAKE ROOM FOR ONE OF THESE ...

0	ROLO BROWNIE SUNDAE   Chocolate, Rolo pieces, salted caramel ice cream, whipped cream, fudge sauce	F V	6.00 for 1
1	FOR ONE OF TO SHARE		to share
0	BELGIAN WAFFLES & BANANA SPLIT   With vanilla ice cream, berries, cream and chocolate sauce	THE WAY	6.00
0	RHUBARB & STRAWBERRY SYLLABUB	F V	5.00
0	PLATTER OF CHEESES   Great Served with all the trimmings	T) (T)	8.00
0	COOKIE DOUGH SKILLET   Served with white chocolate ice cream and chocolate flakes	(V)	6.00 for 1
	FOR ONE TO SHARE		to share

# TOO FULL RIGHT NOW?

TAKE AWAY YOUR FAVOURITE DESSERT AND ENJOY LATER ...

CHAPTER III .

