

# LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

## LUNCH *Served 12pm - 3pm. Enjoy a light lunch with our tempting choices.*

**Cajun Chicken Roll** *684 kcal*  
Spicy Cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a toasted gluten free roll. **9.45**

**BLT Roll** *714 kcal*  
Crispy bacon, lettuce and juicy tomato in a toasted gluten free roll with mayonnaise. **9.45**

**Tuna and Cucumber Roll** *744 kcal*  
Tuna and cucumber in a toasted gluten free roll with zesty lemon mayonnaise, lettuce and tomato. **9.45**

**Add chips** *405 kcal* **for only 1.05**

## SALADS *Beautifully fresh!*

**Caesar Salad** *714 kcal*  
Crispy little gem lettuce and tomato, drizzled in a delicious Caesar dressing, topped with anchovies and Italian cheese shavings. **9.95**

**Add sliced chicken breast** *259 kcal* **3.15**

**Add poached salmon** *168 kcal* **4.20**

## STARTERS

**Axle Jack Buttermilk Chicken Bites** *513 kcal*  
Tender chicken breast marinated in buttermilk, topped with red chillies and spring onions, served with Axle Jack Glaze and yoghurt dip. **8.50**

**Vegetable Tempura** *403 kcal*  
Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **7.35**

**Mediterranean King Prawns** *446 kcal*  
Baked in a tomato and herb sauce with feta cheese. **9.00**



## MAINS

**Haddock and Chips** *1001 kcal*  
Hand-battered Haddock and chunky chips, served with peas and tartare sauce. A classic! **15.25**

## GRILL

*Sizzling steak brought to you straight from the grill.*

**8oz Sirloin Steak** *896 kcal*  
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom. **20.50**

**Add béarnaise sauce** *166 kcal* **3.15**

**Add peppercorn sauce** *171 kcal* **3.15**

**Add Axle Jack Glaze** *84 kcal* **2.85**



## SIDES

**Chunky Chips** *404 kcal* **3.70**

**Millionaire Fries** *684 kcal*  
With truffle oil, Italian cheese and garlic mayo. **7.35**

**Side Salad** *49 kcal* **4.20**

**Rocket, Tomato and Mozzarella** *313 kcal* **6.30**

**Tenderstem Broccoli** *128 kcal*  
With lemon butter and chilli. **4.75**

## DESSERTS

*The perfect finish to every meal.*

**Vegan Ice Cream** *6.30*  
Choose three scoops from: **6.30**

**Chocolate** *255 kcal* | **Strawberry** *241 kcal* | **Vanilla** *237 kcal*

**Sorbet** *209 kcal*  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: **6.30**

**Raspberry | Lemon | Mango**

**If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.**

DAIRY INTOLERANT

## LUNCH

*Served 12pm - 3pm. Enjoy a light lunch with our tempting choices.*

**Crispy Chick\*n' Ciabatta** *565 kcal*  
Vegan fried Chick\*n' with lettuce, tomato and mayo. **8.50**

**BLT Ciabatta** *714 kcal*  
Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise. **9.45**

**Lincolnshire Sausage Ciabatta** *611 kcal*  
Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta. **8.40**

**Tuna and Cucumber Ciabatta** *744 kcal*  
Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato. **9.45**

**Add chips** *405 kcal* **for only 1.05**

## STARTERS

*Get your meal off to a mouthwatering start.*

**Soup Of The Day** *513 kcal*  
Ask your server for today's flavour of homemade soup served with fresh bread. **6.00**

**Homemade Scotch Egg** *513 kcal*  
Coated with breadcrumbs and deep-fried until golden, served with a curried mayonnaise. **7.35**

**Garlic and Rosemary Pizza** *685 kcal* **6.55**

## SALADS

*Our fresh salad is ideal for those wanting a lighter bite or if you're leaving room for dessert!*

**The Soul Bowl** *401 kcal*  
A colourful bowl of mixed beans, tenderstem broccoli, roasted vegetables, giant cous cous, fresh spianch with a basil and lemon dressing. **9.95**

**Add sliced chicken breast** *259 kcal* **3.15**

**Add poached salmon** *168 kcal* **4.20**

## MAINS

*Delicious dishes!*

**Haddock and Chips** *1001 kcal*  
Hand-battered Haddock and chunky chips, served with peas and tartare sauce. A classic! **15.25**

**Mushroom and Truffle Risotto** *509 kcal*  
Creamy risotto with chestnut and Portabello mushrooms, topped with rocket and truffle oil. **15.65**

## GRILL

*Sizzling steak brought to you straight from the grill.*

**8oz Sirloin Steak** *896 kcal*  
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom. **20.50**

**Add Axle Jack Glaze** *84 kcal* **2.85**



## SIDES

**Chunky Chips** *404 kcal* **3.70**

**Garlic Bread** *685 kcal* **6.55**

**Side Salad** *49 kcal* **4.20**

**Tenderstem Broccoli** *128 kcal*  
With lemon butter and chilli. **4.75**

## DESSERTS

*The perfect finish to every meal.*

**Sticky Toffee Pudding** *7.15*  
Served with dairy free ice cream. **7.15**

**Vegan Ice Cream** *6.30*  
Choose three scoops from: **6.30**

**Chocolate** *255 kcal* | **Strawberry** *241 kcal* | **Vanilla** *237 kcal*

**Sorbet** *209 kcal*  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: **6.30**

**Raspberry | Lemon | Mango**

# KIDS LIFESTYLE AND ALLERGEN MENU

## GLUTEN INTOLERANT

### MONSTER MEAL DEAL FOR £9.40

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

### Starters

Perfect for a quick nibble, or for those with a smaller appetite.

**Rainbow Sticks**  34 kcal  
Fresh carrot, cucumber and peppers. 1.05

### Mains


Yummy meals for rumbly tummys!  
Served with a side of peas, beans or sweetcorn.

**Bacon Cheeseburger** 754 kcal  
Chargrilled burger in a gluten-free bun, topped with melted cheese and bacon. 6.30

### Desserts

**Cheeky Chocolate Brownie** 327 kcal  
Chocolate and vanilla ice-cream, with fudgy brownie pieces and chocolate sauce. 4.25

**Fizzy Fruit and Sorbet** 133 kcal  
Seasonal fresh fruit with orange sorbet. 3.30

**Vegan Ice Cream**   
Choose two scoops from 3.15  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

## DAIRY INTOLERANT

### MONSTER MEAL DEAL FOR £9.40

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

### STARTERS

Perfect for a quick nibble, or for those with a smaller appetite.

**Rainbow Sticks**  34 kcal  
Fresh carrot, cucumber and peppers. 1.05

**Crunchy Garlic Bread**  218kcal  
Crispy bread covered in garlic butter. 1.60

### MAINS

Yummy meals for rumbly tummys!  
Served with a side of peas, beans or sweetcorn.

**Kicking Chicken Fajita Wrap** 768 kcal  
Chargrilled chicken with onions, peppers and dairy free cheese, served with chunky chips. 6.30

**BBQ Chick\*n' Wrap** 612 kcal  
Vegan Chick'n in a warm tortilla with BBQ sauce, served with chunky chips. 6.30

**Bacon Cheeseburger** 754 kcal  
Chargrilled burger in a sesame seed bun, topped with melted dairy free cheese and bacon. 6.30

### DESSERTS

**Fizzy Fruit and Sorbet** 133 kcal  
Seasonal fresh fruit with orange sorbet. 3.30

**Vegan Ice Cream**   
Choose two scoops from 3.15  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal



## TOTS GLUTEN INTOLERANT


### MAINS

#### Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.00


Choose a side from peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

**Pastacadabra**  234 kcal  
Gluten-free pasta tubes in a tomato and garlic sauce 5.20

### DESSERTS

**Fizzy Fruit and Sorbet** 133 kcal  
Seasonal fresh fruit with orange sorbet. 3.30

**Vegan Ice Cream**   
Choose two scoops from 3.15  
Vanilla 158 kcal | Chocolate 170 kcal | Strawberry 160 kcal

## TOTS DAIRY INTOLERANT

### MAINS


#### Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.00

Choose a side from peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

**Scratch & Lucy's Fish Fingers and Chips** 476 kcal  
Breaded fish fingers, served with fries and ketchup. 6.15

**Pastacadabra**  237 kcal  
Gluten-free pasta tubes in a tomato and garlic sauce 5.20

### DESSERTS

**Fizzy Fruit and Sorbet** 133 kcal  
Seasonal fresh fruit with orange sorbet. 3.30

**Vegan Ice Cream**   
Choose two scoops from 3.15  
Vanilla 158 kcal | Chocolate 170 kcal | Strawberry 160 kcal