

## NIBBLES

### WHIPPED ROASTED TOMATO HUMMUS (vg) 5.25

with slow roasted cherry tomatoes, basil oil and garlic glazed flatbread

### SMOKED MIXED OLIVES (vg,gf) 5.25

marinated & cold smoked gordal & Kalamata olives

### DEEP FRIED MOZZARELLA (v) 6.95

with smoked barbecue sauce

### HOT FRESHLY BAKED TOMATO BREAD (vg) 6.45

with basil oil and garlic & rosemary salt  
with Italian cheese (v) 7.95

## STARTERS

### FRENCH ONION SOUP (v) 7.75

with six-day sourdough crouton and Gruyère gratin

### CHARGRILLED PORK BELLY SKEWERS (gf) 9.45

with treacle glaze and mustard slaw

### TEMPURA POPCORN CAULIFLOWER (vg) 8.25

with sticky sweet soy & ginger sauce and sweet potato purée

### SMOKED MACKEREL, LIME & GINGER PÂTÉ 7.95

with brioche croutes & beetroot ketchup

### PANKO FRIED CAMEMBERT (v) 8.95

with caramelised apple ketchup and pickled beetroot

### CHICKEN LIVER PARFAIT 8.95

with raisin & apple chutney and toasted brioche

### BUTTERMILK FRIED CHICKEN (gf) 9.95

glazed with smoked chipotle honey and served with garlic & herb sauce

### SCOTTISH SMOKED SALMON 9.95

with garlic & parsley glazed six-day sourdough,  
dill, pickled red onion, capers and preserved lemon oil

## MAINS

### IPA BATTERED HADDOCK 17.95

with marrowfat mushy peas, chip shop curry sauce, tartare sauce and skin on fries

### BEEF STEAK COTTAGE PIE (gf) 19.95

topped with Italian cheese & onion crust, served with buttered green vegetables

### CRISPY CHICKEN MILANESE 20.95

with gremolata, tenderstem broccoli, garlic & saffron cream and sautéed potatoes

### SIZZLING CHILLI MARINATED KING PRAWNS (gf) 21.95

with rendang curry sauce, Thai shrimp crackers, sticky coconut rice,  
pak choy, baby corn and red onions

### CHARGRILLED CAJUN CHICKEN BREAST SKEWER (gf) 20.95

with garlic & herb sautéed potatoes, green peppers & red onions  
and a chilli, garlic & lime cream sauce

### ROASTED HERBY HOT HONEY HALLOUMI & PINEAPPLE SKEWER (v,gf) 18.95

with garlic & herb sautéed potatoes, green peppers & red onions  
and a chilli, garlic & lime cream sauce

### CLASSIC HOUSE BURGER 17.95

Black Angus brisket & short rib patty, mature Cheddar, beef mayo, tomato,  
iceberg lettuce, seeded brioche bun and skin on fries

### SMOKED AUBERGINE PARMO (v) 17.95

with rigatoni, Italian cheese, mozzarella and vodka tomato cream

### PAN FRIED SEA BREAM FILLET LINGUINE 20.95

with roasted red peppers, burnt lime and rose harissa & lime cream

### PLANT POWER BURGER (vg) 17.45

with smoked vegan Applewood cheese, heritage tomato salsa,  
avocado & lime purée, iceberg lettuce and vegan brioche bun

### CHICKEN, GAMMON & LEEK SUET PUDDING 18.95

with marrowfat peas, buttery mash and rosemary & garlic gravy

## SALADS

CHOOSE YOUR SALAD THEN CHOOSE YOUR TOPPING

### CAESAR 12.25

soft boiled hens' egg, salted anchovies, crispy smoked bacon, baby gem,  
Italian cheese, focaccia croutons and Caesar dressing

### NOURISH (vg,gf) 12.25

pickled red cabbage, sushi rice, sushi ginger, Asian slaw, chargrilled pineapple,  
smashed avocado, edamame and a sesame miso dressing

### SMASHED POTATO (v,gf) 12.25

garlic glazed roasted new potatoes, pickled celery, rocket, little gem lettuce  
and beetroot ranch dressing

+Lemon pepper chargrilled chicken (gf) 4.95 +Garlic glazed sea bream fillet (gf) 4.95

+Herby hot honey halloumi (v,gf) 4.95 +Crispy shredded beef with sticky soy & ginger 6.95



## ALLERGENS

SCAN TO VIEW ALLERGEN & NUTRITION INFORMATION

### FOOD ALLERGY NOTICE

Our kitchens handle a wide range of allergens, so we can't guarantee any of our food is completely allergen-free, including ingredients like tree nuts. Not all dish ingredients are listed on the menu, and recipes may change from time to time. If you have an allergy or dietary requirement, please speak to a member of the team before placing your order.

## STEAKS

WE ARE PROUD TO PARTNER WITH LOCAL BUTCHERS WHO PRIORITISE SUSTAINABILITY WITH SOLAR PANEL POWERED BUILDINGS, ELECTRIC VEHICLE DELIVERIES AND REDUCED CARBON EMISSIONS.

ALL STEAKS ARE BASTED IN BEEF JUICES AND SERVED WITH GARLIC MUSHROOMS, ROASTED TOMATO, IPA BATTERED ONION RINGS AND WATERCRESS.

CHOOSE YOUR OWN SIDES BELOW TO SUIT.

### FLAT IRON 200g (gf) 17.95

tender & versatile shoulder cut, known for its rich marbling

### FILLET STEAK 200g (gf) 32.95

the leanest & most tender cut

### RIBEYE 230g (gf) 28.95

juicy & rich, cut from the rib section

### SIRLOIN 230g (gf) 29.95

marbled lean & tender thick cut

## GRILL PLATE

SHARER FOR TWO - 27.50 PER PERSON

ALL SERVED WITH PAN JUICES AND CHIVE OIL,  
CHOOSE YOUR OWN SIDES BELOW TO SUIT

GRILLED LAMB T-BONE - BONELESS CHICKEN LEG ESCALOPE  
BACON CHOP - TREACLE GLAZED BELLY PORK SKEWERS

## LARGE CUTS

WE HAVE A SELECTION OF WEIGHTS AVAILABLE FROM OUR BUTCHERS EACH DAY. OUR TEAM WILL ADVISE ON WHICH WEIGHTS ARE AVAILABLE TO ORDER. PERFECT FOR SHARING WITH A SELECTION OF SAUCES, POTATO AND GRILL COMPANIONS.

### BOSTON RIB STEAK (gf) 12.00 PER 100G

well marbled with aged fat to give the best flavour

### TOMAHAWK STEAK (gf) 11.00 PER 100G

showstopper presented on the whole rib bone

## SIDES

### SAUCES

Stilton blue (v,gf) 2.95 - Green peppercorn & brandy (gf) 2.95

Red wine & sherry vinegar (gf) 2.95 - Garlic & parsley butter (v,gf) 2.95

Brown butter Béarnaise (v,gf) 3.95

### POTATO

Camembert glazed mash potato (v,gf) 7.45

Skin on fries (vg,gf) 4.95

Buffalo potato rostis (v,gf) 6.95

Maple bacon & Stilton fries (gf) 7.25

Roasted new potatoes with garlic & herbs (v,gf) 4.95

### GRILL COMPANIONS

### BABY CHORIZO & HALLOUMI SKEWER (gf) 8.95

with chipotle honey

### SHELL ON KING PRAWNS (gf) 9.95

with chilli & lime

### SMOKEHOUSE SAUSAGE (gf) 7.45

stuffed with Cheddar

### CREAMED SWEETCORN (v) 4.95

with garlic & Italian cheese

### GRILLED PEACH SALAD (v,gf) 5.25

with feta & rocket

### TENDERSTEM BROCCOLI (v,gf) 5.95

with chilli & lime butter

### ONION RINGS (v,gf) 5.45

with confit garlic mayo

### MIXED SALAD (vg,gf) 4.95

with house pickles & chermoula

### TWO FRIED HEN'S EGGS (v,gf) 3.25

### LAMB T-BONES (gf) 10.95

with mint glaze



PAROGON GROUP IS A CERTIFIED BCORP BUSINESS

An optional 7.5% service charge will be added to your bill.

This is split equally between all team members.

If you would like it removing please speak to your server.



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