

Lunch Meal Deal

Available Monday to Saturday, 12pm - 6pm



CHOOSE A MAIN AND A DRINK OF YOUR CHOICE FROM 13.90

PROTEIN SALADS...11.95

low calorie, high in protein

- (GF)

Mediterranean Salad
lemon & herb chicken skewers, spinach, matcha Greek yoghurt dressing, salted smashed cucumbers, edamame, fermented red onions, heirloom tomatoes, gordal olives, beetroot tzatziki labneh
392 kcal, 55g protein
- (GF)

Warm Sweet Potato & Chicken Salad
- (NUTS)

lemon & herb chicken skewers, steamed broccoli, roasted sweet potatoes, edamame & peas, feta cheese, soft-boiled eggs, pickled red onion, salt & chilli roasted peanuts, toasted sesame, herby hot honey ranch
711 kcal, 74g protein

Swap your protein;

- (GF)

+ chargrilled rump steak...3.95
- (GF)

+ smoked salmon...3.95
- (V,GF)

+ halloumi

POWER BOWL...11.95

under 500 calories

- (GF)

Thai Red Chicken Coconut Rice Bowl
broccoli, edamame, peas, charred pineapple, Chinese leaf, carrot, spring onion, red chilli, coriander, crispy shallots, Thai dressing
495 kcal, 45g protein
- (GF)

Korean Chicken Poke Bowl
sushi rice, raw kimchi, pineapple & turmeric sauerkraut, crispy nori, avocado crush, smashed cucumbers, Chinese leaf, edamame, spicy gochujang dressing
487 kcal, 38g protein
- (VG)

Vegan Tabbouleh
- (NUTS)

fruity giant couscous, toasted almonds, baby gem, rocket, slow-roasted cherry tomatoes, chunky tomato & pepper hummus, smashed avocado with a rose petal harissa dressing
491 kcal, 18g protein

Double Your Protein...3.95

SANDWICHES...11.95

with a choice of skin-on fries, soup* or Moroccan salad

*soup may contain nuts

- (NUTS)

Lemon & Garlic Chicken Focaccia
mozzarella, pesto mayonnaise, rocket, beef tomato
- (V)

Three Cheese & Red Onion Jam Croque Madame
fried egg, truffle béchamel
- Open IPA-Battered Fish Goujons**
toasted sourdough, tartare sauce, iceberg, curry ketchup
- Open Chargrilled Steak Sandwich**
toasted sourdough, Stilton blue cheese sauce, tomato, rocket...2.00 supplement

DRINKS

- Italian Sodas - choose from;**
Watermelon, Raspberry, Strawberry, Passion Fruit...1.95
- Marlish Sparkling Water - choose from;**
Elderflower, Brazilian Orange, Raspberry...1.95
- Fizzy Drinks - choose from;**
Pepsi, Lemonade, Fanta Orange...1.95
- Fruit Juice - choose from;**
Apple, Orange...1.95
- 125ml House Wine - choose from;**
White, Red, Rosé...2.95
- Bottled Beer - choose from;**
Heineken Zero...1.95 | Cruzcampo...2.95

LITTLE MAINS

Fancy something a little different? Your favourites are still available at a great price below

- (GF)

Chargrilled Rump Steak
green peppercorn sauce, skin-on fries, roasted tomato...15.95
- Crispy Scottish Scampi**
mushy peas, skin-on fries, tartare sauce...13.95
- Bang Bang Crispy Chicken Flatbread**
salted smashed cucumbers, kimchi, edamame, pineapple sauerkraut, toasted nori, ssamjang aioli, skin-on fries...14.95
- (V)

Poached Eggs, Smashed Avocado & Chilli
toasted sourdough...10.95
- upgrade it;**
+ crispy streaky bacon...13.95
- (V)

+ chargrilled halloumi...13.95
- + Scottish smoked salmon...14.95



ALLERGENS

SCAN TO VIEW ALLERGEN & NUTRITIONAL 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.

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.



ORANGE
TREE

BAR & GRILL