

# all day/

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## Beginnings

### Soup of the Day 12.5

Prepared with today's fresh ingredients from the market  
- 464 cal average

*Add-ons* | grilled chicken 2.5 | tiger prawns 3.5 | avocado 1.5

### ☆ Wild Mushroom Arancini 12

Truffle mayo, rocket & parmesan - 533 cal c e m mu g s u v

### 🌿☆ Avocado Garden 13

White & red quinoa, pomegranate & beetroot hummus  
- 928 cal m u s u v e

### 🌿 Fresh Burrata 13.5

Black mission figs, honey, mint & endives - 308 cal g m v

### ☆ Caesar Salad 13.5

Focaccia croutons, bacon, parmesan & anchovies - 762 cal e f g m mu su  
*Add-ons* | grilled chicken 2.5 | tiger prawns 3.5 | avocado 1.5

### 🌿☆ Greek Salad 13.5

Kalamata olives, cucumber, peppers, onion, feta cheese & fresh oregano  
- 350 cal m mu su v

### ☆ Crispy Calamari 14.5

Daikon slaw & Sichuan salt chilli jam - 508 cal cr g mo su

### Grilled Tiger Prawns 17.5

Garlic & herb butter, aioli sauce - 495 cal cr e m mu su

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## Mains

### 🌿 Whole Wheat Pasta 14

Tender stem broccoli, roasted cherry tomato, basil, pumpkin seeds & capers - 366 cal e m g s u v

### 🌿 Spinach & Tofu Curry 16

Basmati rice, green chili, plant based cream  
- 563 cal v e

### ☆ Smoked Haddock Fishcakes 17

Chilli mayo & vegetable salad - 602 cal e f g m su

### 🌿☆ Pea & Fennel Risotto 18.5

Peas, braised fennel, preserved lemon & mint - 1207 cal m su v

*Add-ons* | grilled chicken 2.5 | tiger prawns 3.5 | bacon 1.5

### ☆ King Prawn & Crayfish Linguine 22

Cherry tomatoes, rocket, garlic, chilli & red onion - 1241 cal cr e g s u

### 🌿☆ Vegan Cassoulet 16

House-made sausage & balsamic mushrooms - 287 cal g so su ve

### Tuna Niçoise 24

130g grilled tuna, green beans, new potatoes & boiled eggs  
- 348 cal f mu su

### Corn-fed Chicken Breast 23.5

Orzo pasta, mushrooms & crispy kale - 540 cal g m

### Steamed Seabass Fillet 24

Quinoa, avocado & chermoula - 212 cal f mu

### Tuna Loin Steak 25

Black & soya beans, mango, avocado salsa - 566 cal f so

### Five Spice Duck Breast 29

Wild rice, pak choy & orange - 593 cal c

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## ☆ Grills

All fish dishes served with garlic purée, all meat & and poultry served with caramelised shallot & grilled mushroom. Approximate pre-cooked weights.

Salmon Fillet 210g - 321 cal e f mu 22

Sea Bass Fillet 170g - 148 cal e f mu 23.5

Grilled Lamb Cutlet 200g - 490 cal c m mu su 30

Dedham Vale Ribeye Steak 270g - 360 cal 32

Homemade Sauces 2

Peppercorn | Red Wine Jus | Salsa Verde | Chimichurri

## Sandwiches

Served with fries or mixed leaf salad

☆ Buttermilk Chicken Burger 180g 16

Lettuce, tomato, gherkin, Swiss cheese & truffle mayo on a toasted sesame seed brioche bun - 1567 cal e g m mu

☆ Angus Beef Burger 227g 17

Lettuce, tomato, gherkin, Swiss cheese & truffle mayo on a toasted sesame seed brioche bun - 1998 cal e g m su

🌿 ☆ Eastway Veggie Wrap 14.5

Black bean, avocado, cabbage & jalapeños in a flour tortilla - 421 cal g m su ve

Smoked Salmon Club Sandwich 16

Scottish salmon, cream cheese, cucumber, avocado & 7 grain bread - 907 cal e f g m

## British Cheese

Served with Fig Relish & Assorted Biscuits

Each 5 | Selection of three 13 | Selection of five 18

Montgomery Cheddar (Somerset)

Raw cow's milk cheese matured for 12 months

Cornish Yarg (Cornwall)

Semi-hard cow's milk cheese wrapped in stinging nettles

Colston Basset Stilton (Nottinghamshire)

The king of british cheese, blue cheese made with cow's milk

Wigmore (Berkshire)

Natural bloomy rind, creamy texture made from sheep's milk

Golden Cross (East Sussex)

Raw milk goat's cheese, creamy & dense texture

## Sides 5

Compliment your meal with these additions

Sautéed Vegetables - 50 cal g m v

Creamed Spinach - 362 cal m v

Sweet Potato Fries - 156 cal

Mashed Potatoes - 210 cal m

Herb Fries - 340 cal ve

Tomato Salad - 167 cal su

Invisible fries 2.5

0% calories, 100% charity, all proceeds go to Hospitality Action

‘Good food is very often, even most often, simple food.’

— Anthony Bourdain

☆ chef's choice 🌿 vegetarian dish

c - celery cr - crustacean e - eggs f - fish g - gluten l - lupin m - milk mo - molluscs mu - mustard  
n - nuts p - peanuts s - sesame so - soya su - sulphites v - vegetarian ve - vegan