



LUNCH

STARTERS AND LIGHT BITES

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| Soup of the moment (V) (GF) (1-2-7) Please see our specials board | £7,95 |
| Traditional prawn cocktail (GF) (2-3-4-5-7) North Atlantic prawns topped with Marie rose sauce on a bed of shredded baby gem lettuce. Served with granary farmhouse bread and butter | £8,50 |
| Wild mushrooms on sourdough (V) (GF) (2-7-12) Sauteed mushrooms cooked in garlic and thyme, served on toasted sourdough. | £8,50 |
| Classic Caesar Salad (GF) (2-4-5-7) With cos lettuce, crispy smoked bacon, toasted garlic croutons and parmesan cheese in our caesar dressing and anchovies. | £8,50 |
| Moules Mariniere (GF) (1-2-7-8-14) Served with Crusty Bread | £8,50 |

OUR MAIN COURSES

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| Ham, egg and chips (GF) (2-4-9) Home roasted honey & mustard local ham, fried local organic free-range egg and skin on chunky chips | £15,95 |
| Cajun spiced chicken burger (GF) (2-4-7-12-13) Served in a toasted brioche bun with baby gem lettuce, tomato, home made redslaw and topped with crispy bacon and mature cheddar cheese. With a choice of skin on chunky chips or skin on fries. | £16,95 |
| Omlette Arnold Bennett (GF) (2-4-5-7-9) local free-range eggs, flaked smoked haddock topped with cheddar cheese served with a dressed mixed salad and skin on chunky chips or skin on fries. | £15,50 |
| Sweet potato chickpea & coconut curry (V) (VG) (1-2) Served with herby cous-cous and flatbread | £15,95 |
| Traditional prawn cocktail (GF) (2-3-4-5-7) A larger portion of our classic starter. Served with a chunk of granary farmhouse crusty bread. | £16,50 |
| Classic Caesar Salad (GF) (2-4-5-7) A larger portion of our starter with grilled chicken breast and a soft boiled egg. | £16,50 |
| Moules Mariniere (GF) (1-2-7-8-14) Steamed mussels cooked in garlic, white wine & cream served with skin on fries. | £16,95 |
| Portobello Mushroom and Halloumi Burger (V) (GF) (2-4-7-13) Grilled portobello mushroom topped with roasted red pepper and halloumi served in a toasted brioche bun with baby gem lettuce and a vine tomato. With choice of skin on chunky chips or skin on fries and a tomato relish. | £15,95 |
| Twig and Spoon salad bowls (GF) (4-5-7-9) A generous bowl of mixed leaf salad, cucumber, vine cherry tomato, vegetable cous cous, sliced avocado and crispy shallots. With a choice of dressing: Honey and mustard, Caesar dressing or Balsamic and olive oil. Add sliced roast chicken breast (+£3). North Atlantic Prawns (+£4). Crispy fried Halloumi (+£3). Roasted vegetables (+£3). | £11,95 |

FLATBREADS

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| Chicken and roasted vegetable (2-4) Grilled flat bread topped with crushed avocado, roasted vegetables and a harissa mayonnaise. | £11,95 |
| Halloumi and roasted vegetable (V) (2-4-12) Grilled flatbread topped with hummus, roasted vegetables, crispy halloumi and harissa mayonnaise. | £11,95 |
| Roasted vegetable cous cous (V) (VG) (2-4-12) Grilled flatbread topped with hummus, vegetable cous cous, crispy chick peas and a harissa dressing | £11,95 |

WARM CIABATTA

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| All served with skin on chunky chips or skin on fries and a dressed mixed leaf garnish. | |
| Old English sausage (1-2-7-9-13) with caramelised red onion and Dijon mustard served in a toasted ciabatta | £11,95 |
| Our homemade fish fingers (2-4-7-9) with our tartar sauce on the side | £11,95 |
| Grilled chicken and bacon ciabatta (GF) (2-4-9) with baby gem lettuce, vine tomato & avocado with a mustard mayonnaise on the side | £11,95 |
| Tuna crunch melt (GF) (2-4-5-7-9) Tuna mayonnaise, red onion & peppers on toast ciabatta with melted keens cheddar. | £11,95 |
| Roasted vegetable and goats cheese (V) (GF) (2-4-7) With harissa mayonnaise | £11,50 |

SANDWICHES

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| All served with a dressed salad garnish. Choice of white or granary farmhouse bread. | |
| Chicken breast (GF) (2-4-7-9-12-14) with our redslaw on the side | £8,95 |
| Roast beef (GF) (2-4-7-9-14) Cold roast sirloin of beef, watercress and horseradish | £9,50 |
| Twig & Spoon BLT (GF) (2-4-7-9) Dry cured back bacon, vine tomato and baby gem lettuce with mayonnaise on the side | £8,95 |
| Home roasted honey & mustard ham (GF) (2-7-9-14) with wholegrain mustard on the side | £8,95 |
| Mature cheddar cheese and chutney (GF) (2-7-9) Barbers Vintage cheddar cheese with our homemade date and apple chutney | £8,50 |
| North Atlantic prawns (GF) (1-2-3-4-7-9) with Marie Rose sauce and baby gem lettuce | £9,50 |

ON THE SIDE

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| Chips with our garlic mayonnaise (GF) (4-7) Choice of skin on chunky chips or skin on fries | £5,50 |
| Seasonal mixed vegetables (GF) (7) | £4,95 |
| Garlic bread (2-7) with cheese add 75p | £4,25 |
| Our homemade redslaw (GF) (4-9-12-14) | £2,50 |
| Bread served with butter (GF) (2-7) Choice of granary or white bread | £3,50 |
| Baked beans (GF) | £2,50 |
| Avocado half (GF) | £2,50 |
| Seasonal mixed side salad (9) | £4,95 |
| New Potatoes (7) | £4,95 |

Table service, please pay at the table, do not come to the till.

Allergens Key: 1.Celery 2.Gluten 3.Crustaceans 4.Eggs 5.Fish 6.Lupin 7.Milk (Dairy) 8.Molluscs 9.Mustard 10.Nuts 11.Peanuts 12.Sesame Seeds 13.Soybeans 14.Sulphites

V = Vegetarian. VG = Vegan friendly. GF = Gluten free option available (please ask for gluten free option).

Please advise our staff if you have food related allergies or special dietary requirements. We do not list all ingredients included in our recipes and we cannot guarantee the total absence of allergens. Fish & meat dishes may contain bones. Detailed information on the fourteen allergens are shown, we are unable to provide information on other allergens.

A discretionary 10% service charge will be added to your bill. Tips settled by credit card are subject to a 10% deduction to cover fees prior to distribution to employees. Cash tips are retained by staff.