THE HEATH
CAFE&BAR

LUNCH MENU

TUESDAY - FRIDAY 12-3PM | SATURDAY, SUNDAY & BANK HOLIDAYS 12.30-3PM

PLEASE ORDER AT THE BAR AND LET US KNOW YOUR TABLE NUMBER

VEGETARIAN (V) | VEGAN (VG) | GLUTEN FREE (GF) | GLUTEN FREE AVAILABLE (GFA) | VEGAN AVAILABLE = (VGA)

SMALL PLATES

SOUP OF THE DAY with toasted focaccia £7.50 (VG) (GFA)

STICKY HONEY GLAZED MINI CUMBERLAND SAUSAGES £9

CONFIT DUCK BON BONS with plum dipping sauce and dressed leaves £9

PIL PIL KING PRAWNS sizzling garlic, chilli and olive oil with toasted focaccia £9 (GFA)

BAKED CAMEMBERT with garlic, rosemary and caramelised onion with toasted focaccia £9 (V) (GFA)

FRIED HALLOUMI STICKS with sweet chilli jam and dressed leaves £8 (V) (GF)

CHUNKY CHIPS £5 (VG) (GF) | CHEESY CHIPS £6 (V) (GF)

SWEET POTATO FRIES £6 (V) (VG) (GF)

MAIN PLATES

SLOW BRAISED VENISON BOURGUIGNON with creamy mash and fresh vegetables £20 (GF)

GRILLED PORK MEDALLION with mustard sauce, potato gratin and fresh vegetables £20 (GF)

SLOW COOKED BEEF BRISKET RAGU beef brisket in a rich tomato and red wine sauce tossed with tagliatelle and parmesan £20

GRILLED FLAT IRON STEAK 6oz flat iron steak with chimichurri, chunky chips and dressed salad £22 (GF)

GOAN KING PRAWN CURRY creamy coconut sauce, warming spices and a hint of chilli with jasmine rice and warm flatbread £20 (GFA)

GRILLED SEA BASS FILLET with lemony dill butter, crushed new potatoes and seasonal vegetables £22 (GF)

ROASTED CAULIFLOWER STEAK with tenderstem broccoli, wholegrain rice, wheatberries, black barley and fresh pomegranate £19 (VG)

AUBERGINE PARMIGIANA baked layers of aubergine, tomato sauce, mozzarella, parmesan and basil served with dressed leaves £19 (V) (GF)

SAUSAGES & MASH three cumberland sausages with creamy mash, caramelised onion gravy and fresh vegetables £18

PIE OF THE DAY homemade pie with rich gravy and your choice of creamy mash, new potatoes or chips and fresh vegetables £19

HAM, EGG & CHIPS roasted gammon with two lannock farm free range eggs and chunky chips £17 (GF)

FISH & CHIPS beer battered haddock with chunky chips, peas and homemade tartare sauce £19 (GFA)

SIDES

DRESSED SIDE SALAD £4 (VG) (GF) | SIDE OF VEGETABLES £4 (VG) (GF) | CHUNKY CHIPS £5 (VG) (GF)

BURGERS

SMASHED BEEF BURGER with crispy bacon, cheddar, lettuce, tomato and caramelised onion in a bun with chips £18 (GFA)

CHICKEN BURGER with crispy bacon, guacamole, lettuce and tomato in a bun with chips £18 (GFA)

CRISPY FISH BURGER beer-battered hake fillet, homemade tartare sauce, lettuce and cucumber in a bun with chips £18 (GFA)

HALLOUMI, MUSHROOM & RED PEPPER BURGER with sweet chilli jam, lettuce in a bun with chips £18 (V) (VGA) (GFA)

FLATBREAD

Flatbread topped with hummus, lettuce, tomato, cucumber, pickled cabbage and tahini dressing £14 (GFA)

Choose your topping CHICKEN SHAWARMA (GF) | LAMB KOFTA | HALLOUMI (GF) (V) | FALAFEL (GF) (VG)

THE HEATH SALAD

A bowl of mixed leaves, black rice, couscous, grilled vegetables with herb and soy dressing £14 (VG)

Choose your topping - £6 - CHICKEN SHAWARMA (GF) | LAMB KOFTA | SAUTEED KING PRAWNS (GF) HALLOUMI (GF) (V) | FALAFEL (GF) (VG)

NACHOS

CHILLI BEEF NACHOS with melted cheese, jalapenos, salsa, guacamole and sour cream £16 (GF)

VEGGIE CHILLI NACHOS with melted cheese, jalapenos, salsa, guacamole and sour cream £16 (GF) (V) (VGA)

LITTLE HEATH

For little ones aged 12 and under

BUTCHERS BEEF BURGER minced beef pattie topped with cheese in a bun, served with chips £9 (GFA)

SAUSAGE & MASH two quality pork sausages, creamy mashed potato, gravy and peas £9

SAUSAGE & CHIPS two quality pork sausages with chips, peas or beans £9

BATTERED FISH GOUJONS & CHIPS with peas or beans £9 (GFA)

CRISPY CHICKEN BITES with peas or beans £9

MAC 'N' CHEESE with peas or beans £9 (V)

DESSERTS

APPLE & BLACKBERRY CRUMBLE with custard £8

STICKY TOFFEE PUDDING with custard £8

CHOCOLATE BROWNIE with vanilla ice cream £8

FIG, PLUMB & HAZELNUT FRANGIPANE with clotted cream £8

COFFEE, TEA & HOT CHOCOLATE

KIMBO COFFEE ESPRESSO | AMERICANO | FLAT WHITE | CAPPUCCINO | MACCHIATO | MOCHA | LATTE | CHAI LATTE | ICED LATTE | ICED MOCHA | BABYCCINO

BIRCHALL'S TEA ENGLISH BREAKFAST | DECAFFEINATED | GREEN TEA | PEPPERMINT | EARL GREY | LEMONGRASS & GINGER | RED BERRY

HOT CHOCOLATE LUXURY BELGIAN HOT CHOCOLATE | GALAXY HOT CHOCOLATE | HOT CHOCOLATE WITH CREAM & MARSHMALLOWS

DAIRY FREE MILKS SOYA | OATLY | COCONUT | ALMOND

SYRUP SHOTS 25ML HAZELNUT | VANILLA | CARAMEL | GINGERBREAD