

LUNCH Served 12pm - 3pm.

CAJUN CHICKEN ROLL 684 kcal **9.45**
Spicy Cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a toasted gluten free roll.

BLT ROLL 714 kcal **9.45**
Crispy bacon, lettuce and juicy tomato in a toasted gluten free roll with mayonnaise.

TUNA AND CUCUMBER ROLL 744 kcal **9.45**
Tuna and cucumber in a toasted gluten free roll with zesty lemon mayonnaise, lettuce and tomato.

ADD CHIPS 405 kcal **OR** **SIDE SALAD** 49 kcal **1.60**

SALADS Beautifully fresh!

CAESAR SALAD 714 kcal **9.95**
Crispy little gem lettuce and tomato, drizzled in a delicious Caesar dressing, topped with anchovies and Italian cheese shavings.

ADD SLICED CHICKEN BREAST 259 kcal **3.00**

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

V SUITABLE FOR VEGETARIANS

Vg SUITABLE FOR VEGANS

GLUTEN INTOLERANT

STARTERS

AXLE JACK BUTTERMILK CHICKEN BITES 513 kcal **8.50**
Tender chicken breast marinated in buttermilk, topped with red chillies and spring onions, served with Axle Jack Glaze and yoghurt dip.

SOUP OF THE DAY 513 kcal **6.00**
Ask your server for today's flavour of homemade soup served with fresh gluten free bread.

MEDITERRANEAN KING PRAWNS 446 kcal **9.00**
Baked in a tomato and herb sauce with feta cheese.

MAINS

FISH AND CHIPS 1001 kcal **14.75**
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic!

PIZZAS Served on a gluten free base.

MARGHERITA **V** 1080 kcal **13.65**
Mozzarella and fresh basil.

PEPPERONI 1210 kcal **15.20**
Spiced pepperoni, tomato and mozzarella.

SPICY VEGETARIAN **Vg** 963 kcal **14.70**
Chilli and garlic roast vegetables on a tomato base with vegan cheese, red chillies and jalapeños.

PROSCIUTTO AND MUSHROOM 1137 kcal **15.70**
Roasted mushrooms, prosciutto and mozzarella.

KING PRAWN AND CHILLI 1212 kcal **17.25**
King prawns, red chillies and mozzarella.

NO GUESSWORK HERE - WE'VE ID'D THE USUAL SUSPECTS FOR YOU!

GRILL

80Z SIRLOIN STEAK 896 kcal **20.50**
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom.

ADD PEPPERCORN SAUCE 171 kcal **2.40**

ADD AXLE JACK GLAZE 84 kcal **2.40**

SIDES

CHUNKY CHIPS **Vg** 404 kcal **4.00**

MILLIONAIRE FRIES **V** 684 kcal **6.70**
With truffle oil, Italian cheese and garlic mayo.

SIDE SALAD **Vg** 49 kcal **4.50**

ROCKET, TOMATO AND MOZZARELLA **V** 313 kcal **6.50**

SEASONAL VEGETABLES **V** 128 kcal **4.20**
With butter and lemon.

DESSERTS

VEGAN ICE CREAM **Vg** **3.95**
Choose three scoops from:

Chocolate 255 kcal | Strawberry 241 kcal | Vanilla 237 kcal

SORBET **Vg** 209 kcal **3.95**

Three scoops of your favourite flavour or enjoy a mixture! Choose from: Raspberry | Lemon | Mango

LUNCH Served 12pm - 3pm.

PENNE ARRABBIATA 733 kcal **8.50**
Penne pasta in a rich tomato and chilli sauce with crisp garlic ciabatta bread.

BLT CIABATTA 714 kcal **9.00**
Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise.

LINCOLNSHIRE SAUSAGE CIABATTA 611 kcal **8.50**
Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta.

TUNA AND CUCUMBER CIABATTA 744 kcal **9.45**
Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato.

ADD CHIPS 405 kcal **OR** **SIDE SALAD** 49 kcal **1.60**

STARTERS

SOUP OF THE DAY **Vg** 513 kcal **6.00**
Ask your server for today's flavour of homemade soup served with fresh bread.

GARLIC CIABATTA BREAD **Vg** 409 kcal **6.25**

SALADS

THE SOUL BOWL 404 kcal **9.95**
A colourful bowl of mixed peppers, broccoli, marinated tomatoes, quinoa, soybeans, brown rice, fresh spinach with a basil and lemon dressing.

ADD SLICED CHICKEN BREAST 259 kcal **3.00**

MAINS

FISH AND CHIPS 1001 kcal **14.75**
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic!

MUSHROOM PENNE **Vg** 939 kcal **12.80**
Pan-fried mushrooms in a creamy garlic sauce, wilted spinach, chillies, and basil, sprinkled with vegan cheese shavings.

PIZZAS

MARGHERITA **Vg** 1080 kcal **13.65**
Dairy-free cheese and fresh basil.

PEPPERONI 1210 kcal **15.20**
Spiced pepperoni, tomato and dairy-free cheese.

SPICY VEGETARIAN **Vg** 963 kcal **14.70**
Chilli and garlic roast vegetables on a tomato base with dairy-free cheese, red chillies and jalapeños.

GRILL

80Z SIRLOIN STEAK 896 kcal **20.50**
Red Tractor prime sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushroom.

ADD PEPPERCORN SAUCE 171 kcal **2.40**

ADD AXLE JACK GLAZE 84 kcal **2.40**

SIDES

CHUNKY CHIPS **Vg** 404 kcal **4.00**

GARLIC BREAD **Vg** 685 kcal **6.25**

SIDE SALAD **Vg** 49 kcal **4.50**

SEASONAL VEGETABLES **V** 128 kcal **4.20**
With butter and lemon.

DESSERTS

STICKY TOFFEE PUDDING **Vg** **6.60**
Served with dairy free ice cream.

VEGAN ICE CREAM **Vg** **3.95**
Choose three scoops from:

Chocolate 255 kcal | Strawberry 241 kcal | Vanilla 237 kcal

SORBET **Vg** 209 kcal **3.95**

Three scoops of your favourite flavour or enjoy a mixture! Choose from: Raspberry | Lemon | Mango

DAIRY INTOLERANT