

NIBBLES			STARTERS		SOMETHING LIGHTER
<p>SEASONAL HUMMUS 455 kcal (G, SS) crispy pitta breads 5.00</p> <p>PAPRIKA SPICED WHITEBAIT 532 kcal (G, E, F) lemon mayonnaise 6.00</p> <p>WARM ARTISAN BREAD 537 kcal (G, E, M, N, SS, S) whipped butter, oil and balsamic 5.00</p> <p>MIXED MARINATED OLIVES 145 kcal 4.00</p>	<p>LEMON & HERB CRISPY SQUID 379 kcal (C, G, E, Mo, Mu) coconut & coriander yoghurt 10.00</p> <p>PRESSING OF HAM HOCK 356 kcal (G, E, M, Mu, S, Su) pickled carrot, peas and curried mayonnaise 10.00</p> <p>KING SCALLOPS 311 kcal (C, M, Mo, Mu) potato & truffle purée and watercress 14.00</p> <p>CRISPY SPICED CAULIFLOWER 298 kcal (G) smoked paprika, vegan mayonnaise, chilli and spring onion 9.00</p>	<p>SOUP OF THE DAY 470 kcal (C, G, M, SS, S, Su) artisan bread and salted butter 7.00</p> <p>SHIN OF BEEF FRITTER 729 kcal (G, E, M, Mu, S, Su) horseradish crème fraîche, chicory, chive & black pepper salad 11.00</p> <p>HERITAGE TOMATO & BOCCONCINI MOZZARELLA SALAD 152 kcal (C, G, E, M, Mu, S) sourdough croutons and basil 10.00</p> <p> zero waste dish created to align with Marriott's commitment to be a responsible business</p>	<p>SOMETHING LIGHTER</p> <p>CLASSIC CAESAR 437/617 kcal (G, E, F, M, S) gem lettuce, Caesar dressing, Parmesan shavings, artisan bread croutons and anchovies 10.00 small / 14.00 large</p> <p>SUPERFOOD SALAD 295/425 kcal mixed quinoa, tomatoes, kale, radish, chargrilled aubergines and herb gremolata 11.00 small / 15.00 large</p> <p>ADD SALAD EXTRAS</p> <p>chicken 5.00 150 kcal smoked salmon (F) 5.00 117 kcal chargrilled halloumi (M) 4.00 316 kcal</p> <p>CRAB LINGUINE 748/1109 kcal (C, G, Cr, F, M) white & brown crab, parsley butter, chilli and lime 14.00 small / 20.00 large</p>		
<p>GREAT BRITISH AND DELICIOUS, OUR NEW BEST IN SEASON DISHES</p>					

FROM THE GRILL		BURGERS	
<p>CAST IRON MISSION</p> <p>All our Cast Iron dishes focus on both local suppliers and great ingredients, created with our commitment in reducing food waste. You can therefore enjoy delicious food knowing that you are making a positive impact on both the environment and the community.</p> <p>SAUCES peppercorn (C, G, M, Su) 435 kcal béarnaise (E, M) 253 kcal Blacksticks blue cheese (C, G, M, Su) 247 kcal chimichurri 331 kcal 4.00</p>	<p>RUBBED PICANHA 225g 1438 kcal 26.00 PACKED WITH FLAVOUR</p> <p>PRIME FILLET 200g 466 kcal 37.00 VERY TENDER WITH NO FAT</p> <p>RIB-EYE 280g 696 kcal 37.00 RICH, JUICY & FULL-FLAVOURED</p> <p>SIRLOIN 280g 688 kcal 33.00 TENDER & JUICY PRIME CUT</p>	<p>CAST IRON BURGER* 1330 kcal (G, E, M, Mu, SS, S, Su) beef patty, crispy bacon, cheddar, gem lettuce, smoky chipotle sauce and fries 19.00</p> <p>*£1 from the sale of every burger to benefit</p> <p>magic breakfast</p> <p>Magic Breakfast (charity no. 1102510 in England and SC048202 in Scotland) provides healthy school breakfasts to children at risk of hunger in disadvantaged areas of the UK.</p> <p>THE BEYOND BURGER 1184 kcal (G, Mu, SS) vegan brioche bun, gem lettuce, beef tomato, smoky chipotle sauce and fries 19.00</p> <p>CRISPY CHICKEN BURGER 796 kcal (G, E, M, SS, S) gem lettuce, tomato, guacamole, mayonnaise and fries 19.00</p>	
<p>ALL OUR STEAKS ARE SERVED WITH CONFIT TOMATO AND FRIES</p>			

MAINS		SIDES	
<p>ASPARAGUS & PEA RISOTTO 775 kcal (C, M) puffed rice, lemon and chives 12.00 small / 17.00 large</p> <p>FLAT IRON CHICKEN 576 kcal chimichurri sauce, confit tomato and fries 20.00</p> <p>GRILLED SEA BASS 929 kcal (E, F, M, Mu, Su) warm tartare sauce, garlic, spinach, parmentier potatoes and dill oil 22.00</p> <p>CHICKEN SUPREME 527 kcal (Su) fondant potato, baby vegetables, carrot purée and tarragon jus 21.00</p>	<p>LA TUA SPINACH & RICOTTA TORTELLINI 291 kcal (G, E, M) crispy rocket, pine kernels, Parmesan 18.00</p> <p>BEER BATTERED FISH & CHIPS 574 kcal (G, E, F, L, M, Mu, Su) ale batter, crushed peas, chips, tartare sauce and lemon 19.00</p> <p>ROASTED RUMP OF LAMB 1150 kcal (M, Su) cream butterbean & pancetta fricassée and chive oil 29.00</p>	<p>GRILLED FLAT MUSHROOMS 103 kcal rosemary & garlic oil 5.00</p> <p>TENDERSTEM BROCCOLI 175 kcal chili & coriander oil 5.00</p> <p>SEASONAL GREEN VEGETABLES 231 kcal (M) butter and Cornish sea salt 5.00</p>	<p>TRUFFLE PARMESAN FRIES 210 kcal (M) 6.00</p> <p>CAST IRON HOUSE SALAD 56 kcal (C, G, Mu) 5.00</p> <p>BEER BATTERED ONION RINGS 62 kcal (G, M, Mu, Su) 5.00</p> <p>SKINNY FRIES 131 kcal 5.00</p>
		<p> JOIN OUR CLUB!</p> <p></p>	<p>SCAN TO VIEW OUR FOOD WASTE POLICY</p> <p></p>

If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members for assistance when selecting menu items. Dishes are prepared where nuts and other allergens are present, we therefore cannot guarantee that any food item is completely free from traces of allergens. Adults need around 2000 kcal a day. All prices include VAT at the current rate. A discretionary 12.5% service charge will be added to your bill. vegetarian vegan gluten free. This zero waste dish has been created to align with Marriott's commitment to be a responsible business and adopt sustainable practices by embracing The PLEDGE™ on Food Waste Certification. C = Celery; G = Cereals containing Gluten; Cr = Crustaceans; E = Eggs; F = Fish; L = Lupin; M = Milk; Mo = Molluscs; Mu = Mustard; N = Nuts; P = Peanuts; SS = Sesame Seeds; S = Soya; Su = Sulphites.