

# EXPRESS LUNCH

## CHEF'S SOUP OF THE DAY 6

Served with rustic bread and butter. Contains: 1, 7, 9

## SPICED BBQ CHICKEN WINGS

7 / GO LARGE 12

Crispy chicken wings tossed in house BBQ sauce. Contains: 1, 3, 4, 6, 7, 10

## SMOKED SALMON 12.50

Guinness bread, lime ricotta cheese spread, red onion and crispy capers. Contains: 1, 3, 4, 7, 8, 12

## CAESAR SALAD 8 / 10 FOR MAIN

ADD CHICKEN OR PRAWNS +3

Cos lettuce, crispy bacon, Grana Padano cheese, tossed in Caesar dressing. Served with sun-dried tomato crackers. Contains: 1, 3, 4, 7

## QUINOA AND MIXED BEAN SALAD 11

Rocket leaves, tomatoes, cucumber and red onion, tossed in house dressing. Contains: 8, 9, 10, 11

## ROAST TURKEY CLUB SANDWICH 12.50

Cos lettuce, smoked bacon, dill, egg mayo & beef tomato on white ciabatta bread. Served with chips. Contains: 1, 3, 4

## CHICKEN CAESAR WRAP 10

Cos lettuce, smoked bacon, Grana Padano cheese, Caesar dressing rolled in a sun-dried tomato wrap. Contains: 1, 3, 4, 7

## FOCACCIA CROQUE MONSIEUR 10

Cheddar cheese, roast ham, covered in a mixed cheese Mornay sauce. Contains: 1, 7

## TUNA MELT 9

Toasted multi cereal pain bagnat with mixed bell peppers, red onion, sweet corn and red cheddar cheese. Contains: 1, 3, 4, 6, 8, 11

## CHEF'S SPECIAL OF THE DAY 15

Please ask your waiter. Contains: Please ask your waiter

LUNCH

TASTE OF URBAN FOX

## URBAN FOX STEAK SANDWICH 17

Grilled 5 oz prime striploin, mushroom and onion fricassee on a toasted wholegrain bread roll. Served with rocket salad, herb garlic mayo and chips.

Contains: 1, 3, 4, 8, 9, 10, 11

## STEAK FRITES 25

8 oz grilled rib eye with grilled mushroom and tomato served with chips and peppercorn sauce. Contains: 1, 4, 7, 12

## CHIEFTAIN FISH & CHIPS 16.50

With minty mushy peas and dill tartar sauce. Contains: 1, 3, 4

## GRILLED HEREFORD BEEF BURGER 16

Cos lettuce, grilled pepper & tomato relish, smoked bacon with red cheddar and burger sauce on a brioche bun. Served with chips. Contains: 1, 3, 4, 6, 7, 9, 10, 11

## RIGATONI BOLOGNESE 15

Large pasta tossed in a slow cooked Bolognese sauce, topped with Grana Padano cheese. Contains: 1, 3, 6, 7, 9

## GRILLED CHICKEN BURGER 14

Basil and garlic marinated fillet of chicken, grilled pepper & tomato relish, cos lettuce and herb garlic mayo on a brioche bun. Served with chips.

Contains: 1, 3, 4, 6, 7, 9, 11

## BEEF BOURGUIGNON 17

Slow braised beef in a red wine sauce with mushrooms, crispy bacon, creamy mashed potatoes and pickled red onion petals.

Contains: 1, 7, 9, 10, 12

## SPINACH & RICOTTA TORTELLINI 14

Stuffed pasta with creamy spinach and ricotta, tossed in a cheese sauce and basil oil.

Contains: 1, 3, 6, 7, 9

## PRAWN LINGUINE 18

Tiger prawns, cherry tomatoes in prawn bisque with rocket & capers. Contains: 1, 2, 3, 4, 6, 7, 9

ON THE SIDE

CHIPS 3.50 Contains: 1, 3, 4 // SWEET POTATO CHIPS 4 Contains: 1, 3, 4 // STEAMED VEGETABLES 3.50 Contains: 7  
MASHED POTATOES 4 Contains: 7 // HOUSE SIDE SALAD 3.50 Contains: 10

**ALLERGEN LIST** We cannot guarantee completely allergen free meals. This is due to possible traces of allergens in the working environment and supplied ingredients. Please advise our staff if you have intolerance or are allergic to a particular type of food. 1. Cereals containing gluten, 2. Crustaceans, 3. Eggs, 4. Fish, 5. Peanuts, 6. Soybeans, 7. Dairy, 8. Nuts, 9. Celery, 10. Mustard, 11. Sesame Seeds, 12. Sulphur dioxide & sulphites, 13. Lupin, 14. Molluscs, CF Coeliac Friendly, V Vegetarian