

## SMALL BITES AND SOUPS

### CAPRESE SALAD

The classic trio of tomato, mozzarella & fresh basil (d, veg)

6

### SMASHED AVOCADO

Served with lemon & chilli on toasted wholemeal bread (v)

8.5

### LAMB KOFTA

Served with cucumber & minted yoghurt dipping sauce (d)

7.5

### LOBSTER BISQUE

Served with locally-sourced bread & samphire seaweed crunch (d, g, a)

13

### SWEET POTATO & BUTTERNUT SQUASH SOUP

Served with a wedge of locally-sourced bread & sweet crisps (d, g)

6

## SALADS - THE CLASSICS

### THE CAESAR

Chunky romaine lettuce, crispy streaky bacon, crunchy croutons & house-made Parmesan crisps (g, d)

9.5

Add Grilled chicken +3

Add Loire Valley goat's cheese +3

### OUR BIG GREEK

Crunchy peppers, cucumber, cherry tomatoes & shredded lettuce, with olives & feta cheese, served with Salt Marsh Farm lamb koftas & minted yoghurt dipping sauce (d)

13.5

## SALADS - THE HEALTHY

### BARLEY & BULGUR

With quinoa, beetroot, peas, broccoli & orange segments, served with a citrus dressing & topped with grilled halloumi cheese (g, d, v)

11.5

### THE DETOX BOWL

Red & white quinoa, puy lentils, broccoli, kale, avocado & pomegranate, served with a mint dressing

(vegan)

12.5

## SANDWICHES & TOASTIES

We use the best bread in town from local bakeries in the area.

With an immense respect for tradition, their sourdough bases undergo a long, gentle fermentation process to develop the natural flavour and character of their breads

### OUR CALIFORNIAN BLT

Streaky bacon iceberg lettuce, tomato & avocado, served on brown bloomer, with house-made apple slaw on the side (g, d)

10

### SCALLOWAY SMOKED SALMON

Smoked in the Shetland Isles, served open with mascarpone cheese & cucumber on sourdough, with house-made apple slaw on the side (g, d)

9.5

### CLASSIC STEAK (8 oz.)

Best British sirloin cooked medium-rare, with Colman's wholegrain mustard & caramelised onions on Ciabatta bread, with triple-cooked chips on the side (g, d)

18.5

### FRENCH TOASTIE

Brie, tomato chutney & rocket leaves in griddled focaccia, with house-made apple slaw on the side

(g, d, v)

9.5

### CREAM CHEESE TOASTIE

Teamed with beansprouts & finely sliced apple & pear, served on gluten-free toasted bloomer (d, v)

9.5

### THE REUBEN

A deli classic inspired by New York City. Thinly sliced pastrami, pickled gherkins with dipping mustard sauce, sauerkraut & Swiss cheese, served on

sourdough (g, d)

12.5

### KING OF THE LOUNGE

Our unmistakable triple decker club. Toasted bloomer bread layered with British chicken, boiled egg, streaky bacon, iceberg lettuce & tomato, with French fries on the side (g, d)

12.5



## OUR GRILLS

### THE BURGER

Glenarm Shorthorn beef with Emmental cheese, lettuce, tomato & chipotle mayo, served in a pretzel bun, with French fries on the side (g, d)

15

### SALMON STEAK

Served with herb butter, giant couscous & curly kale (g, d)

13.50

### RIB-EYE STEAK

28-day aged beef, served with herb butter, oven-roasted cherry tomatoes on the vine & French fries (g, d)

21

## OUR CLASSICS

### HAM, EGG & CHIPS

Chef's own oven-roasted ham, fried eggs & triple-cooked chips (g)

15

### CHICKEN SCHNITZEL

With a panko breadcrumb & herb crust, served with house-made apple slaw (g)

12

### GOAN-STYLE FISH CURRY

MSC-approved sustainable cod, served with basmati rice & naan bread (g, d, n)

14

### PESTO FILLED GNOCCHI

In a spinach, cherry tomato & basil sauce, with shaved parmesan & truffle oil (g, d, v)

12

## SOMETHING EXTRA

4.5 each

Triple-cooked chips (g)

Skin-on fries (g)

Sweet potato fries (g)

Beer-battered onion rings (g, a)

Super grains & greens (g)

Sautéed spinach (d)

Tenderstem broccoli (d)

Rocket & parmesan salad (d)

Cheesy garlic bread (g, d)

## DESSERTS

### CLASSIC TIRAMISÙ

Served with chocolate crumble (g, d, a)

5.5

### CHOCOLATE BROWNIE

Served with vanilla ice cream (g, d)

5.5

### PASSION FRUIT CHEESECAKE

with tuile (g, d)

5.5

### LEMON POSSET

Served with shortbread and berry compote (d)

5.5

### ENGLISH CHEESE PLATE

Somerset Brie, Shropshire blue & Yorkshire Wensleydale, served with grapes, celery crackers & fruit chutney (g, d)

9.5

## LOOSE LEAF TEA

5 each

### BLACKFRIARS ENGLISH BREAKFAST

Malty, strong, intense

### CITY AFTERNOON

Black, light, chestnut

### JASMINE

Fragrant, silky, smooth

### GREEN

Light grass, velvety, fruity

### PEPPERMINT

Scented, cool, bright

### CAMOMILE

Apple, light, honey

### GINGER AND LEMON

spicy, warming ginger, fresh

## ESPRESSO COFFEE

ESPRESSO 3 FLAT WHITE 4

DOUBLE ESPRESSO 3.5 CAPPUCINO 4

MACCHIATO 3.5 LATTE 4

AMERICANO 3.5 MOCHA 4

SINGLE ORIGIN FRENCH PRESS ALSO AVAILABLE

### MILK MENU

Choose from regular, semi-skimmed, skinny almond, coconut or oat & soya milk.