

Fixed price lunch menu
served Monday to Saturday
12pm till 5pm

We serve breakfast
till 10.30 am everyday



Main Menu

While You Wait

Home Baked Rosemary and Salt Loaf £4.50 (V)

Served with oil and balsamic glaze

Garlic and Onion Jam Pizzette £5.50 (V)

Mixed Greek Olives £3.50 (V)

Sharers

Antipasti £14.00

A selection of three cured meats,
served alongside stilton, herb marinated olives,
onion jam and home baked rosemary and salt bread

Baked Feta £11.50 (V)

Drizzled with honey, topped with cherry tomatoes and
red chili. Served with toasted rosemary and salt bread

Starters

Crayfish Cocktail £6.50

Shredded baby gem lettuce, topped with
crayfish and Marie Rose, garnished with
garlic chive micro greens and served with bread

Soup of the Day £5.50 (Ve)

Please ask your server for the daily special,
served with rosemary and salt bread

Pan Seared Scallops of the Day £9.00

Please ask your server for the daily special

Shredded Pork Belly Wraps £7.50

Served with spring onion, cucumber crudité's
and plum sauce

or

BBQ Jack Fruit Wraps £7.00 (Ve)

Served with spring onion, cucumber crudité's
and coconut riatá

Curried Chicken Strips £7.00

Served with home baked flat bread
and spiced mayo

Salads and Pizzas

Caesar salad £9.50

Add Anchovies for £1.50 add chicken for £3.00
Baby gem lettuce and garlic croutons
tossed in a Narrowboat Caesar dressing and
topped with parmesan

Super Food Micro Green Salad £10.00 (Ve)

Quinoa, edamame beans, rocket leaves,
sunflower cress and radish micro greens,
tossed in a pineapple and ginger dressing

“The Meat Sweats” Pizza £13.95)))

Tomato base, topped with grated mozzarella,
pepperoni, chorizo, pork mince,
hot red chillies and jalapeños

Classic Margherita (V) £11.50

or switch to Vegan Grated Mozzarella (Ve)

Tomato base with your choice of
classic grated mozzarella or vegan grated mozzarella

Florentine Pizza with a Narrowboat Twist £13.00

Tomato base, grated mozzarella, egg,
topped with spinach and feta cheese

Extra toppings from £1.50

Brie, Feta, Stilton, Pepperoni, Halloumi, Bacon,
Chorizo, Egg, Mushrooms, Red Onion, Prawns,
Anchovies, Olives

All our mains are cooked fresh to order - In absence of ordering starters
please be aware that dishes could take over 30 minutes to prepare during peak times

Key dietary requirements which are provided on this menu

Ve : Vegan, V : Vegetarian

For any allergen guidance please inform a member of the team

From The Grill

All of our burgers are served with fries

Locally Farmed Beef Burger £15.00

Served in a sliced seeded bun, with smoked cheddar, mayo, baby gem lettuce, beef tomato, red onion and pickled gherkin

Locally Farmed Pork Burger £15.00

Served in a sliced seeded bun, with blue cheese, roquette leaves and sliced pear

Sweet Potato & Red Pepper Falafel Burger £14.00 (V)(Ve)

Topped with tofu and bbq jackfruit in a sliced seeded bun, with baby gem lettuce, red onion and a tomato tapenade

All of our steaks are locally sourced from Onley Farms and are served with twice cooked chunky chips, flat mushroom, garlic confit tomato and garnished with red mustard frills

10 oz Ribeye Steak £23.50

8 oz Sirloin Steak £20.00

10 oz Rump Steak £18.50

Add me to your steak

Peppercorn sauce £1.50

Mushroom and garlic sauce £1.50

Prawns or scallops £3.00

Add me to your burger for £1.50

Brie, Feta, Stilton, Pepperoni, Halloumi, Bacon, Chorizo, Egg, Mushrooms

Main Event

Maple Pork Belly £16.00 Add Scallops for £3.00

Slow cooked pork belly marinated in maple syrup, served with truffle oil mashed potato, buttered green beans accompanied with an apple and cider jus

Pie of the Day

Served with mashed potato and chantilly carrots. Ask your server for the daily special

Pan Seared Salmon Fillet £15.00

Served with shell off prawns, wilted spinach, sunflower cress and a yellow pepper pesto

7 oz Lamb Rump of the Day £17.50

Ask you server for the daily special

Eagle Ale Battered Line Caught Cod or Battered Halloumi (V) £13.50

Served with twice cooked hand cut chips, minted pea puree and a samphire tartar sauce

Stuffed Pepper £12.00 (V)(Ve)

Stuffed with lentils, chickpeas, onion, garlic and basil served on a lightly spiced tomato sauce why not add on tofu, halloumi, chicken, prawns, or feta for £3.00 each?

Sides

Onion jam mash £3.50

House side salad £3.00

Sea salt fries £3.00

Twice cooked chips £3.50

Maple chantilly carrots £3.00

Seasonal greens £3.00

Ask your server for the daily specials and for any wine recommendations

All of our micro greens used to create our dishes are supplied by Microgreener.

All their micro-greens and baby leaf salads are grown indoors, in their vertical farm without the use of pesticides