



STARTERS

BASKET OF BREAD AND BUTTER 🍷	£2.50
GARLIC BAGUETTE 🍷	£2.95
o topped with cheese 🍷	£3.50
LOADED POTATO SKINS	£4.95
Filled with a choice of cheese and bacon, sour cream and chives 🍷 or chilli, cheese & sour cream	
SOUP OF THE DAY	£4.50
With freshly baked bread	
PRAWN SKEWERS	£5.50
King prawns served pan fried on skewers with garlic baguette and spicy tomato sauce to dip	
DEEP-FRIED CHEESE 🍷	£4.95
Mozzarella, parmesan, and Italian fontina cheese in breadcrumbs deep-fried until melted and served with onion and plum chutney	
CAJUN SHROOMIES 🍷	£4.95
Spicy breaded mushrooms, deep-fried and served with sour cream	
JALAPENO POPPERS 🍷	£5.25
Filled with cheese and served with sour cream	
CHICKEN SATAY	£5.25
Succulent chicken skewers with a peanut satay sauce	

PLATTERS

THE BIG ONE	£11.95
Chicken skewers, potato skins, crispy onion rings, spicy chicken wings, carrot & celery batons and garlic bread with spicy tomato and sour cream dips	
THE BIG VEGGIE ONE 🍷	£10.95
Deep-fried cheese, spicy crumbed mushrooms, potato skins, crispy onion rings, carrot & celery batons and garlic bread with spicy tomato and sour cream dips	
NACHOS 🍷	£6.75
Layers of tortilla chips, tangy tomato salsa, melted cheese, sliced jalapeno peppers, guacamole and sour cream	
o with spicy chilli	£7.20

WORLD FAVOURITES

LASAGNE AL FORNO	£8.75
Layers of pasta with meaty bolognese and béchamel sauces, topped with parmesan cheese and baked in the oven	
SPINACH CANNELLONI 🍷	£8.75
Pasta tubes filled with spinach and ricotta cheese topped with tomato and béchamel sauces covered with cheese and oven baked	
CHARGRILLED CHICKEN PENNE	£9.50
Penne pasta tossed in a rich tomato, basil and cherry tomato sauce topped with slices of chargrilled chicken breast	
o available without chicken 🍷	£8.25
MACARONI CHEESE 🍷	£8.25
Pasta tossed with a creamy four cheese sauce and topped with Cheddar cheese. Served with garlic bread.	
CHILLI CON CARNE	£9.25
Minced beef with tomato, onion and red kidney beans in a spicy chilli sauce with basmati rice and nachos	
CHICKEN TIKKA MASALA	£9.25
Tender chicken breast in an authentic medium curry sauce with basmati rice and a mini naan bread	
SIZZLING FAJITAS	
Served on a sizzling bed of mixed peppers, onions, garlic and chilli. Our fajitas come with a side of warm floured tortillas, spicy salsa, grated Cheddar, guacamole, sour cream and cool crisp salad. Choose from our 3 varieties:	
o chicken	£12.25
o steak	£12.95
o veggie 🍷	£12.25

PIZZA

PEPPERONI	£8.25
Double spicy pepperoni and jalapeno peppers	
HAWAIIAN	£8.25
A classic! Ham and pineapple pizza	
MARGERITA PIZZA	£6.75
Traditional tomato and mozzarella pizza	
o extra toppings	Each £1.00
ham, pepperoni, mozzarella cheese, Stilton cheese, mushroom, pineapple, jalapenos, fresh tomato, onions, red peppers	

CLASSICS

BANGERS & MASH	£8.95
Grilled pork & leek sausages with creamy potato mash, red onions and gravy	
VEGGIE BANGERS & MASH 🍷	£8.50
Meat free sausages with creamy potato mash, red onions and mustard gravy	
SALMON FISHCAKES	£8.95
With chunky chips, salad garnish and lime mayonnaise	
CHICKEN AND HAM PIE	£9.95
Served with peas and mash	
STEAK AND ALE PIE	£9.95
Served with peas and mash	
FISH & CHIPS	£9.95
The seaside classic, beer battered fish with chunky chips, mushy peas and tartare sauce	
HUNTERS CHICKEN	£11.25
Chicken breast filled with cheese and smothered in a classic sauce of smoked bacon, tomato, onion and mushroom, served with roasted new potatoes and green beans	
DEEP-FRIED SCAMPI	£8.95
Breaded whole tail scampi with chunky chips and garden peas	

SALADS & LIGHT DISHES

CHICKEN COBB SALAD	£9.25
Chargrilled chicken breast salad with crispy bacon, blue cheese, hard boiled egg, lettuce and tomato with French dressing	
CAESAR SALAD 🍷	£6.95
Baby gem lettuce leaves tossed in Caesar dressing with shaved parmesan croûtons.	
o with chicken	£8.95
SALMON SALAD	£9.95
Fillet of salmon, pan fried and served on a mixed salad with red & yellow peppers and red onion in a lemon dressing	
GRILLED CHICKEN BAGUETTE	£8.50
Chargrilled chicken and red pepper in a freshly baked baguette with mayonnaise and chunky chips	
CLASSIC CLUB SANDWICH	£8.95
Toasted triple decker of chicken & lettuce under bacon with mayonnaise and chunky chips	

GRILLS & BURGERS

o All dishes cooked on our chargrill are served with your choice of chunky chips, herb mash, new potatoes or baked potato with butter	
GAMMON STEAK	£10.25
Thick cut 8oz*gammon, topped with a fried egg or pineapple and served with peas	
RIB EYE STEAK	£14.95
A juicy full flavoured 10oz*steak served with garlic butter, roast mushroom, tomato and rocket	
GRILLED CHICKEN	£10.25
Chicken breast, served with garlic butter, chips, and rocket salad	
MIXED GRILL	£16.25
Combination of grilled 5oz*rib eye steak, 4oz* gammon steak, chicken breast, pork & leek sausage, roast tomato, mushroom and fried egg	
o add Peppercorn Sauce	£2.00
PRIME BEEF BURGER	£8.95
Chargrilled burger in a floured bap with lettuce, tomato, red onion and gherkin	
BACON DOUBLE CHEESEBURGER	£9.75
Beef burger or chicken fillet in a floured bap with grilled bacon, two slices of melted cheese and red onion	
THE HUMDINGER	£10.95
The ultimate chargrilled beef burger in a floured bap loaded with grilled bacon, lettuce, cheese, tomato, fried onion rings, red onion, chilli con carne and jalapenos!	
SPICY BEAN BURGER 🍷	£8.25
Red kidney beans and cannellini beans with vegetables, mixed spices and a crispy tortilla crumb in a floured bun with lettuce, tomato and red onion	
CHICKEN FILLET BURGER	£8.95
Grilled chicken breast in a floured bap with lettuce, tomato and red onion	
o extra toppings	Each £1.00
cheese, chilli, bacon, blue cheese, onion rings, chilli con carne	
o Burgers all served with chunky chips	

SIDES

DEEP FRIED ONION RINGS 🍷	£3.75
CHUNKY CHIPS 🍷	£2.95
JACKET POTATO 🍷	£3.25
o with sour cream or butter	
COLESLAW 🍷	£2.25
NEW POTATOES 🍷	£2.25
HERB MASH 🍷	£2.95
DRESSED MIXED SALAD 🍷	£3.75

PUDDINGS

CHOCOLATE FUDGE CAKE	£5.25
Served hot or cold with vanilla ice cream	
LEMON TART	£5.25
Three layer lemon tart with a biscuit crumb, smooth lemon cheesecake and zesty lemon custard	
APPLE PIE	£5.25
Served warm with custard	
KNICKERBOCKER GLORY	£5.25
Layers of strawberry & raspberry sauce, vanilla ice cream, sponge fingers and whipped cream in a tall glass	
BANOFFEE PIE	£5.25
Slices of banana and caramel sauce on a crisp biscuit base covered with whipped cream and crushed almonds biscuit	
ICE CREAM	£3.95
Choose your favourite flavours served with a wafer curl	

WHITE WINE

HOUSE WHITE, ITALY	175ml £3.60	250ml £4.70	Bottle £12.95
Fresh and fruity, this wine from central Italy has citrus and tropical fruit flavours			
PINOT GRIGIO SAN VITO, ITALY	£3.00	£4.25	£15.75
Fragrant white flowers, smooth tropical fruit and a zesty finish			
CHARDONNAY, ONE CHAIN VINEYARDS, AUSTRALIA	£4.35	£5.75	£15.95
Easy drinking unwooded chardonnay. Crisp and fresh.			
WHITE WINE SPRITZER			£4.60

RED WINE

HOUSE RED, ITALY	175ml £3.60	250ml £4.70	Bottle £12.95
Smooth red with mellow berry fruit flavours			
MERLOT LOS ESPINOS, CHILE	£3.75	£5.15	£14.50
Smooth and juicy black plum flavours			
SHIRAZ/CABERNET ONE CHAIN VINEYARDS, AUSTRALIA	£4.35	£5.75	£15.95
Spicy red wine with ripe berry flavours			

ROSÉ & SPARKLING WINE

PINOT GRIGIO BLUSH CAVIRO, ITALY	175ml £4.45	250ml £5.65	Bottle £16.25
Light and fragrant with rose petals and peaches			
PINOT GRIGIO FRIZZANTE CASA DE LAORA, ITALY	£4.90	£6.45	£17.95
Refreshing dry sparkling with a focus on fruit			

BOTTLED BEER & CIDER

MORETTI 4.6%	330ml £3.25
STELLA ARTOIS 5.2%	330ml £3.25
BECK'S 5.0%	275ml £3.00
BECK'S 0.05%	275ml £2.75
CORONA 4.8%	330ml £3.00
YOUNG'S BITTER	500ml £3.75
BOMBARDIER	568ml £4.50
STRONGBOW 5.3%	275ml £2.95
BULMERS CIDER	568ml £4.60

HOT DRINKS

FILTER COFFEE	Regular £1.95	Large £2.50
CAPPUCCINO	Regular £2.25	Large £2.75
ESPRESSO	Regular £1.75	Large £1.95
LATTE/SKINNY LATTE		£2.25
HAZELNUT OR CARAMEL LATTE		£2.75
POT OF TEA	For one £1.95	For two £3.50
HOT CHOCOLATE		£2.95
o with cream and marshmallows		

SOFT DRINKS

COKE, DIET COKE, FANTA, OR LEMONADE	Regular £2.00	Large £2.50
FRUIT JUICES		£2.10
o pineapple, apple, grapefruit, orange or cranberry		
MINERAL WATER		
o still or sparkling	Small £1.95	Large £3.55
J2O		£2.50
ICE CREAM SHAKES		£3.25
o strawberry, chocolate, banana		

LUNCHTIME

LUNCH FOR A FIVER
SERVED MONDAY-FRIDAY 12-5pm

ANY OMELETTE OR TOASTIE WITH CHIPS AND A SALAD FOR £5

- OMELETTE**
With your choice of ham, cheese or mushrooms
- TOASTIE**
- o Cheese & Tomato Toastie
 - o Cheese & Ham Toastie
 - o Tuna & Cheese Melt

SOUP & TOASTIE

For something lighter, have our soup of the day with any toastie	£7.95
Add chunky chips to your soup and toastie	£2.50

JACKET POTATOES

All served with dressed mixed leaves	
o melted Cheddar cheese 🍷	£4.50
o cheese and bacon	£4.95
o cheese and mushrooms 🍷	£4.75
o tuna mayonnaise	£4.95
o cheese and beans 🍷	£4.75
o chilli con carne	£4.95
o extra toppings	£1.00 each
Cheddar cheese, Sour cream, Bacon, Mushroom, Baked beans, Chilli con carne	

SUNDAY ROAST

SERVED SUNDAYS FROM 12pm

Classic Sunday roast dinner served with Yorkshire pudding and vegetables **£9.95**

KIDS MENU AVAILABLE – MAIN COURSE AND A DRINK £5.25

*Weights shown are approximate prior to cooking
Wines by the glass are also available as 125ml measures, please ask for details. We cannot guarantee that our dishes will be free from traces of nuts or flour etc. Please inform your waiter if you have any allergies. Fish and poultry dishes may contain bones. All dishes may contain items not mentioned in the menu description. All prices include VAT. Both credit card tips and service charge are subject to a 10% deduction for administration and other house costs, prior to distribution in full to employees in the restaurant through the company's payroll system. Any tips paid in cash are retained by waiters and these may or may not be shared by them with other restaurant employees. A full copy of our tipping policy is available in this restaurant or on our website at www.tragsgroup.com



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