

LUNCH MENU

MONDAY – FRIDAY
12PM – 6PM

FIXED PRICE MENU
THREE COURSES FROM £18.95
TWO COURSES FROM £14.95
CHOOSE FROM  FIXED PRICE
STARTERS, MAINS AND DESSERTS

See our all-day menu for the full range
of starters, mains and desserts

OUR REDUCED ALCOHOL & CALORIE WINE RANGE FROM THE WESTERN CAPE

SUNLIGHT SAUVIGNON BLANC,
TWILIGHT CINSULT ROSÉ & MOONLIGHT SHIRAZ (VE)

*Try our new, revolutionary 8.5% ABV wine range made from sustainably grown handpicked grapes.
At least 30% fewer calories and 35% less alcohol than a typical South African equivalent – available by the glass.*

See our drinks menu for pricing

STARTERS

-  **SOUP OF THE DAY (v)** With ciabatta & Netherend Farm butter | 5.50
-  **PANKO-CRUSTED FRIED BRIE (v)** Served with sloe gin chutney | 5.75
-  **TEMPURA OYSTER MUSHROOMS (VE)** Soy, lime & ginger dipping sauce | 6.95
-  **GARLIC, MOZZARELLA & ROCKET PIZZETE (v)** | 5.95
-  **DUCK LIVER PARFAIT** With spiced fruit chutney, pickles & toasted sourdough | 6.50
- SEARED WILD ATLANTIC SCALLOPS** With lobster & crab bonbons, pea & truffle oil velouté | 11.95
- TEMPURA SQUID** Preserved lemon aioli & furikake | 6.95
- GRILLED LAMB KOFTA** Smoky creamed corn & crumbled goats' cheese | 7.50

ALLERGEN & DIETARY INFORMATION

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering. Our easy to use allergen guide is available for you to use on the food section of our website. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation and cooking methods could affect this. Dishes containing fish or hand-pulled chicken may contain small bones. Some of our dishes contain alcohol. Weights stated are approximate uncooked weights. All items are subject to availability. The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size. Folate and Vitamin A contribute to the normal function of the immune system. Vitamin C contributes to normal psychological function. If you require more information, please ask your server.

Please note an optional 10% service charge will be added to the bill for tables of 6 or more.

HEALTHY MAINS

- FP NOURISH BOWL (VE)** Warm charred broccoli, beluga lentils, roasted chickpeas, seeds, pomegranate & lemon olive oil. 2321kj/553kcal. *Rich in vitamin C** | 9.95
Top with Tofu (VE) 2.50 | Halloumi (V) 2.50 | Goats' cheese (V) 2.00 | Grilled chicken breast 4.00 | Salmon fillet 5.00
- DICED TUNA POKE BOWL** Tuna tartare, sesame roasted aubergine, avocado, edamame beans, pickled vegetables, jasmine rice, soy & mirin dressing. *High in vitamin A** | 14.95
Without tuna (VE) 3010kj/717kcal | 9.95

SEARED SALMON FILLET Pan-fried samphire, broccoli & baby spinach, confit tomatoes, lemon olive oil. 2367kj/562kcal. High in vitamin C* | 14.50

- FP AUBERGINE, LENTIL & CHICKPEA TAGINE (VE)** A Moroccan-inspired spiced stew, with giant couscous, baby spinach, roasted chickpeas, pomegranate & coconut tzatziki. 2430kj/579kcal *Source of folate** | 10.95 *With grilled lamb kofta* | 14.45

SANDWICHES & FRESHLY STONEBAKED PIZZETTES

All our sandwiches and pizzettes are served with your choice of skinny fries or side salad (VE)

- FP FILLET STEAK SANDWICH** With caramelised red onion chutney, rocket & beef dripping sauce | 10.95
- FP LOBSTER & KING PRAWN SESAME ROLL** In a slow-roasted tomato Marie Rose sauce | 10.95
- KALE, ONION & TURMERIC PAKORA OPEN SANDWICH (VE)**
 With hummus, sun-blush tomato tapenade & baby spinach, on sourdough. 1637kj/390kcal | 7.95
- CROQUE MONSIEUR** Ham, béchamel and smoked Cheddar cheese toasted sandwich | 7.95
Make it a Madame with a fried egg | 8.95

PIZZETTES

- FP CONFIT TOMATO, BURRATA & BASIL (V)** 2495kj/594kcal | 9.95
- FP PEPPERONI, FENNEL & PORK SAUSAGE, CHILLI & MOZZARELLA** | 10.95
- FP WILD MUSHROOM, PROSCIUTTO, CRÈME FRAÎCHE & PARMIGIANO REGGIANO** | 10.95

Add Jalapeños (V), Flat mushroom (V) or Red peppers (V) 1.50 | Bacon, Chorizo or Hand-pulled chicken 2.00

ROTISSERIE & CLASSICS

- FP STEAK FRITES** Chargrilled 6oz 30-day aged Picanha, skinny fries, confit tomato, flat mushroom & herb butter 3275kJ/780kcal | 14.95
 +£2.00

ROTISSERIE HALF CHICKEN *Finished with your choice of flavour: truffle, chimichurri or massaman*
 With skinny fries, garlic confit & preserved lemon aioli | 13.95

FRESHLY BEER-BATTERED LINE CAUGHT COD & CHIPS

Twice-cooked chunky chips, minted pea purée, tartare sauce | 13.95
Swap fish for battered halloumi (V) | 12.95

- FP PANKO-CRUMBED CHICKEN MILANESE** With rocket, caper, Parmigiano Reggiano & toasted pine nut salad, fries & lemon aioli | 12.95

- FP LOBSTER & DEVON CRAB FISHCAKES** Asparagus, pea & truffle oil velouté, topped with crispy seaweed | 12.95

CAESAR SALAD Cos lettuce, Parmigiano Reggiano, anchovies, pan-fried croutons & Caesar dressing | 9.95
With grilled chicken breast | 13.95

KING PRAWN, CRAB & CHORIZO LINGUINE Cooked in white wine, tomatoes, garlic & chilli 3078kj/733kcal. *High in protein* | 13.50

SLOW-ROASTED TOMATO, BASIL & ALMOND BAKE (VE) Roasted sweet peppers, oyster mushrooms, slow-roasted tomato tapenade. 2971kj/707kcal | 13.95

SIDES

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| Skinny fries & aioli (V) 3.50 | Rocket salad with capers, pine nuts & lemon olive oil (VE) 3.50 | Mac & Cheese (V) 3.95 |
| Twice-cooked chunky chips (VE) 3.50 | Samphire & baby spinach (VE) 3.50 | Crispy onion rings (VE) 3.50 |
| Crisp, thyme baby potatoes (VE) 3.50 | Charred broccoli (VE) 3.50 | Halloumi fries & sweet chilli sauce (V) 4.95 |

ROOM FOR A MINI PUD?

MINI PUD WITH A COFFEE OR TEA | 4.95

Choose from apple & rhubarb crumble (V), home-baked chocolate brownie (V) or crème brûlée (V). 350kcal or less