



Low

Lighter Spritz Alternative

Low in sugar & alcohol, high in flavour.

Fin & Tonic £4.75

CRISP XECO FINO MIXED TO PERFECTION WITH DOUBLE DUTCH INDIAN TONIC WATER OVER ICE

Cucumber & Watermelon

Fino Fizz £4.75

FRESH XECO FINO PERFECTLY PAIRED WITH DELICIOUS DOUBLE DUTCH CUCUMBER & WATERMELON

Bottled Beer

Lucky Saint

0.5% abv £3.25

Shipyards Low Tide Pale Ale

0.5% abv £3.75

Low Calorie & No Gluten

Skinny Brands Lager

4.0% abv £3.80

(89 CALS)

Low & No

Menu

Our delicious Low & No menu includes gluten free and vegan options that are perfect for those looking to beat the bulge whilst enjoying some of the finer things in life.

Mains are under 600 calories and starters and desserts are 350 calories or below. This delicious menu runs Monday – Saturday from 12pm, commencing on January 6 through to February 13.

Starters

All dishes are 350 calories or below

Roasted Red Pepper & Tomato Soup (VG/GF) £5.50

Chicory Lettuce Cups (VG/GF) £6.50

Sun blushed tomato & basil tapenade, vegan feta

Mains

All dishes are 600 calories or below

Warm Roasted Curried Cauliflower (VG/GF) £13

Red onion, pumpkin seeds, pomegranate, spinach, chilli & pickled ginger dressing

Roasted Pork Fillet (GF) £14.50

Courgettes, red endive, broad bean houmous, herb dressing

Desserts

All dishes are 350 calories or below

Cacao & Avocado Mousse (VG) £6.50

Crushed & roasted hazelnuts

Coconut & Clementine Granita (VG/GF) £5

Cocoa nibs



No

'G&T'

Seedlip & tonic £5.50

SPICE 94 OR GARDEN 108 & DOUBLE DUTCH INDIAN TONIC WATER

Skinny B £5

DRY & COMPLEX BORRAGO SERVED WITH A DOUBLE DUTCH SKINNY TONIC WATER


Bottled Beer & Cider

Heineken 0% abv £3.25

Old Mout Berries & Cherries 0% abv £3.75

No Gluten

Peroni 5.1% abv £3.95



Please advise a team member when ordering your food of any allergy or intolerance. Even if you are a regular guest please inform us as our ingredients and recipes can change from time to time. We produce our food in kitchens where allergens are handled, while we try to keep things separate we cannot guarantee any item is allergen free. V - vegetarian VG - vegan GF - no gluten containing ingredients