

Lunch & Later!

12:00 to 18:00

Build a box! Choose one item from each box to create a perfectly balanced meal

Eat in **£7.95**
Take out **£6.95**

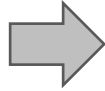
Protein

Smoked salmon
5.2g c / 8.8g f / 20.1g p
167 calories

Roast chicken
0g c / 6.6g f / 13.7g p
125 calories

Tuna
0g c / 0.6g f / 13.6g p
61 calories

Baked ham
2.5g c / 3.5g f / 22g p
130 calories



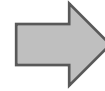
Carbs

Cajun sweet potato
20g c / 10g f / 1.6g p
176 calories

Israeli Couscous
16.1g c / 5g f / 1.7g p
116 calories

Five bean salad
13g c / 4.1g f / 5.4g p
110 calories

Olive & artichoke pasta
36g c / 8.1g f / 7.2g p
245 calories



Veg

Red cabbage slaw
7.8g c / 11.1g f / 0.7g p
132 calories

Mediterranean veg
5.7g c / 3.6g f / 1.5g p
63 calories

Avocado
6.4g c / 11g f / 1.5g p
120 calories

Spiced chickpeas
10g c / 1.2g f / 3.1g p
62 calories

c = carbs / f = fat / p = protein

Salads and small plates

Caeser salad **£8**
Baby gem lettuce, anchovies, egg, smoked bacon
* Add chicken breast for **£7**

Tuna Niçoise **£7**
Tuna, potato, green beans, olives, egg, wild rocket

Giant couscous, Mediterranean vegetables, spinach **£7**

Avocado, smoked bacon & goats cheese salad **£8**

Smoked salmon, sourdough, horseradish skyr, lemon and caper dressing **£10**

Creamy Young Buck blue, Yorkshire fruitcake, Elland honey and apple **£8**

Quiche of the day **£8**

Sandwiches

Soup and sandwich or salad **£12**

Avocado, sriracha, goats cheese, wild rocket, sesame **£7**

* Mrs Kirkhams and smoked bacon croissant **£6**

Air dried ham, gherkin, tomato, wild rocket, mustard **£7.5**

Mediterranean vegetable, spiced chickpea, wild rocket **£7**

Mature cheese, tomato, ale chutney, baby gem **£7**

* Homemade soup of the day, crusty bread **£6.5**

* Dishes available until 4pm

* Pizza £9

Choose from three freshly baked pizza bases

Iron Rich Spinach

Potassium Embellished Beetroot

Classic Italian Sourdough

And a topping!

Prosciutto ham, globe artichoke, Parmesan
Tuna, marinated olives, wild rocket

Chorizo, roasted vegetable, spinach
Margherita, buffalo mozzarella, basil,

Extras

Long Moor Pale Ale sourdough **£3.5** Smoked almonds **£3**

Marinated olives **£3.5** Cornichons **£3**

For allergens and dietary requirements please speak to a member of the team

Brunch

THE
Kitchen

7:00 to 13:00

The perfect start to the day - our juices, and smoothies change daily.

Energising juice of the day £4

Power smoothie £4

Apple, Orange, Pink Grapefruit juice £3

Teas from T2 £2.5

English Breakfast, Earl Grey, Peppermint, French Earl Grey, Camomile, Green Sencha, Lemon and Ginger.

Hot chocolate £2.5

Nespresso coffees; £3

Espresso, Americano, Latte, Cappuccino, Mochaccino, Macchiato, Flat White, Intenso Americano

Flavoured syrups £0.5

Hazelnut, Vanilla, Honeycomb, Pumpkin Spice, Caramel

Selection of cereals £3

Sourdough toast local butter £2
with jam or peanut butter and banana

Freshly baked pastries £2.5

Fresh fruit plate £6
Honey, skyr yoghurt, sunflower and chia seed

Toasted crumpets £4
Jam or banana and peanut butter

Toasted tea cake £2.5
Butter and jam

Seed and nut granola £5
Yorkshire skyr yoghurt, berry compote

Porridge £5
Plain/honey/berry and chia seed

Pancakes £6.5
Honey, yoghurt and poached berries
Or
Maple syrup and cinnamon sugar

Traditional Yorkshire breakfast £12

Bacon, sausage, black pudding, vine tomato, mushroom and your choice of egg inc. toasted sourdough

Vegetarian breakfast £12

Veg sausage, avocado, spiced chickpeas, vine tomato, mushroom and your choice of egg inc. toasted sourdough

Boiled duck eggs, toasted soldiers £7.5

Fried duck eggs and Yorkshire chorizo £10

Smashed avocado, poached eggs on toasted sourdough or wholemeal £9
Add smoked salmon for £3 or bacon for £1

Bacon doorstep sandwich on sourdough or wholemeal £6.5
Add a fried egg for £1

Spiced chickpea, spinach, avocado on sourdough or wholemeal £8

Bliekers smoked salmon, scrambled egg on sourdough or wholemeal £9
Add avocado for £3

Eggs Florentine served on sourdough toast £9

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