



SUMMER LUNCH MENU

AVAILABLE THURS-SAT 12-3PM

SMALL PLATES

Seasons Soup, warm bread (gf*)(v)(vg) **6**

Homemade Harissa Hummus, olive oil, toasted pine nuts, sliced pitta bread (gf*)(v)(vg*) **8**

Chicken Liver Pate, red onion marmalade, sourdough (gf*) **10**

Ham Hock Croquette, 12hr aged ham hock, potato, onion, parmesan cheese, tomato chutney (gf*) **11**

Cajun Spiced Salmon, warm charred broccoli, confit cherry tomato, white wine sauce (gf) **12**

Smoked Haddock Fishcake, poached egg, wholegrain mustard sauce (gf*) **11**

SANDWICHES

All Served with House Salad, Fat Chips or Fries

Seasons Deli Sandwich, pastrami, gherkin, Emmental cheese, rocket, mustard mayonnaise, served on toasted Italian style bread (gf*) **11**

6oz Bistro Rump Steak Flat Bread, 6oz sliced bistro rump, rocket, 'Henderson's' relish onions, sun-dried tomato salad (gf*) **14**

CLUB SANDWICH, grilled chicken, streaky bacon, tomato, lettuce, mayonnaise, served on toasted Italian style bread (gf*) **11**

Fish Butty, beer battered haddock fillet, pea tartare, chipotle coleslaw, served on toasted Italian style bread (gf*) **10**

Grilled Halloumi, tomato chutney, rocket served on toasted Italian style bread (gf*) **10**

SALADS

Greek Feta, mixed olives, tomato, onion, cucumber, house dressing (gf)(v)(vg*) **12**
add prawns or chicken **4**

Classic Prawn Cocktail, baby gem lettuce, cucumber, tomato, Marie Rose sauce, fresh lemon, served with buttered bread (gf*) **14**

Goats Cheese, rocket, locally sourced beetroot, walnuts, beetroot French house dressing (gf)(v)(n) **12**
add prawns or chicken **4**

Grilled Chicken Caesar, baby gem lettuce, anchovies, Caesar dressing, sourdough croutons (gf*) **14**



SEASONS CLASSICS

Bacon & Cheese Burger, 6oz beef patty, streaky bacon, Emmental cheese, tomato, lettuce, gherkin, 'Frenchie's' mustard, skin on fries, house salad (gf*) **15**

BBQ Pulled Pork Burger, 6oz beef patty, pulled pork, BBQ sauce, Emmental cheese, skin on fries, house salad (gf*) **16**

Surf & Turf Frites, sliced 6oz bistro rump, garlic coated tiger prawns, skin on fries, parmesan cheese, rocket salad (gf*) **17**

Beer Battered Haddock, fat chips, homemade mushy peas, tartare sauce, fresh lemon (gf*) **15**

Cheddar Cheese & Tomato Tart, roasted new potatoes, house salad (v) **12**

Mushroom Alfredo, tagliatelle, wild mushroom cream sauce, parmesan cheese, rocket (v)(vg*) **13**

GRILL

6oz Fillet 34

8oz Fillet 38

10oz Sirloin 30

10oz Rib Eye 36

Served with a choice of fat chips, skin on fries, new potatoes or truffle and parmesan fries (supp 1.50) vine plum tomato, portobello mushroom, onion rings, watercress (gf*)

Sides 4

Fat Chips (v)

Skin on Fries (gf*)(v)

Roasted New Potatoes (gf)(v)(vg*)

Onion Rings (gf*)(v)

Mixed Seasonal Greens (gf)(v)(vg*)

House Salad (gf)(v)(vg)

Truffle and Parmesan Fries **5.5** (gf*)

Sauces 2.5

Diane (gf)(v)

Peppercorn (gf)(v)

Yorkshire Blue Cheese(gf)(v)

(gf) gluten free (gf*) gluten free option (v) vegetarian (v*) vegetarian option (vg) vegan (vg*) vegan option (n) contains nuts (n*) may contain nuts *please note that we are not a nut free kitchen, but we do try our best to prevent any cross contamination*

Please inform your server of any allergies/dietary requirements, as dishes may be altered to suit, or alternatives may be available