

LUNCH OFFER

1 FLATBREAD or BOWL PLUS A DRINK*
ONLY 13.50!

*330ml Coca Cola, 200ml Lemonade, Fruit Juice, 125ml Petit Ballon Wine,
Pint Helles Lager

12pm -5pm

FLATBREADS

LEMON PEPPER CHICKEN

Leaf, Peppers, Onion, Lemon
Pepper Mayo. 11.00 (GF)

HADDOCK BITES

Beer Battered Haddock, Herb
Aioli, Leaf 10.95 (GF)

TEMPURA PRAWN

Leaf, Herb Aioli. 11.25 (GF)

MEDITERRANEAN

Confit Tomato, Feta, Peppers,
Pickled Onion, Chimichurri.
10.75 (V+) (GF)

LAVISH

Beetroot Falafel, Beetroot Jam,
Confit Tomatoes. 10.75 (GF)

CRISPY BEEF

Chilli, Spring Onion, Sesame.
11.50 (GF)

BOWLS

BURRATA

Grilled Peaches, Dressed
Rocket. 10.50 GF

COLD NOODLE SALAD

Peppers, Broccoli, Corn, Onion,
Sesame, Soy. 10.50 V+

LAMB KOFTA

Mixed Leaf, Pomegranate, Garlic
Yoghurt Dressing. 11.25 GF

SALAD BOWL

Dressed Leaf, Confit Tomatoes,
Peppers, Chimichurri. 10.75 V+
GF

With Salmon, Chicken or Falafel

PASTA SALAD

Mayo, peppers, Spring Onion,
Crispy Onion. 11.00 V+

With Salmon, Chicken or Falafel

LOADED ROMAINE WEDGE

CRISPY BACON

Tomatoes, blue cheese, Ranch
5.75 GF

CAESER

Dressing, Crispy Bacon,
Parmesan. 5.50 GF

GARLIC PARM

Garlic Mayo, Parmesan, Crispy
Onion. 5.25 GF V

PAPRIKA MAPLE

Pomegranate Seeds.
5.25 V+ GF

PAL

Please inform staff of any dietary requirements

FISH

HADDOCK BITES

Tempura Beer Batter, Herb
Aioli. 9.75 GF

KING PRAWNS

Pan Fried, Lemon Butter,
Chopped Herbs. 10.75 GF

PAN FRIED SALMON

Miso, Ginger Noodles. 11.50

CALAMARI

Pan Fried, Buttermilk, Pepper,
Basil, Onion, Aioli. 10.50 GF

LEMON SOLE

Pan Fried, Citrus Salsa. 12.50
GF

MEAT

LEMON PEPPER CHICKEN

Grilled Chicken Breast, Spring
Onion. 10.00 GF

BELLY PORK

Sliced, BBQ, Spring Onion,
Sesame. 11.25 GF

DEEP FRIED LASAGNA

Basil Passata. 11.50

CRISPY BEEF

Chilli, Sesame, Spring Onion
10.50 GF

LAMB KOFTA

Zesty Chimichurri. 11.00 GF

CHEESEBURGER SLIDER

Rocket, Burger Relish. 11.00 GF

OTHER TASTY SHIZZ

PAL BRAVAS

Confit Fried Potatoes, Salsa,
Garlic, Aioli. 6.75
V+ GF

ROAST ASPARAGUS

Truffle Salsa. 6.75 V+ GF

BURRATA

Grilled Peaches, Dressed
Rocket. 8.50 V (GF)

BRUSCHETTA

Ciabatta, Confit Tomatoes,
Basil, Glaze, Garlic.
6.75 V+ (GF)

COLD NOODLE SALAD

Peppers, Broccoli, Corn, Onion,
Sesame, Soy. 7.50 V+

CORN RIBS

Sriracha Butter, Fresh Herb.
6.75 V+ GF

FLATBREAD AND DIPS

Selection of House Dips 5.00 V+

LETTUCE WEDGE

Paprika Maple, Pomegranate
Seeds.
5.25 V+ GF

FRIES

House Salt Mix. 4.75 V+ GF

TRUFFLE AND PARMESAN FRIES

Truffle Oil, Grana Padano.
5.00 V GF

3 FOR 2

**TUESDAY TO THURSDAY
CHEAPEST ITEMS FREE**

PAL

WITH LOVE
X

Please inform staff of any dietary requirements