

## aperitif

**GLASS OF PROSECCO** 6.65

**APEROL SPRITZ** 7.95  
Aperol, Prosecco, soda

**ESPRESSO MARTINI** 8.95  
Ketel One vodka, Kahlua, espresso

**PORNSTAR MARTINI** 8.95  
Absolut Vanilia vodka, Passoa, lime puree, passionfruit puree, shot of Prosecco

SEE OUR DRINKS MENU FOR FULL RANGE  
ASK OUR TEAM FOR DETAILS

## NON GLUTEN MENU

### to nibble

**MARINATED NOCELLARA OLIVES** (VE) 182kcal 4.00  
Lemon, chilli flakes, extra virgin olive oil

**ROASTED HERITAGE CARROTS & HUMMUS** (VE) 632kcal 4.50  
Roasted pistachios, toasted seeds, sorrel leaves, extra virgin olive oil

### starters

#### VEGAN & VEGETARIAN

**GARDEN PEA & FENNEL SOUP** (VE) 178kcal 5.00  
Toasted almonds - add toasted non-gluten bread (V), butter 1.25 175kcal

**CAPRESE BRUSCHETTA** (V) 460kcal 7.25  
Heirloom tomatoes, torn burrata, toasted pine nuts, non-gluten crouton, balsamic glaze, herb oil, Maldon sea salt

**ROSARY GOAT'S CHEESE & BEETROOT** (V) 424kcal 7.25  
Toasted non-gluten bread, Tracklements onion marmalade, sorrel leaves, herb oil

**HALLOUMI CHIPS** (V) 968kcal 7.00  
Sweet chilli mayonnaise, Maldon sea salt, coriander

#### SEAFOOD

**SEED CRUSTED WEST COUNTRY SMOKED MACKEREL** 725kcal 7.25  
Fennel and celeriac 'slaw, coarse grain mustard, herb oil, toasted seeds

**GRILLED GARLIC PRAWNS** 894kcal 7.25  
Pea purée, tarragon and parsley tartare, lemon

**KING PRAWNS PIL PIL** 957kcal 7.00  
Chilli, garlic and parsley butter, lemon, toasted non-gluten bread

#### MEAT

**SHREDDED FLAT IRON ON TOAST** 525kcal 7.25  
Toasted non-gluten bread, poached free range egg, red wine jus, sorrel leaves, herb oil

**WHIPPED CHICKEN LIVER PARFAIT** 515kcal 7.25  
Tracklements apple and cider chutney, toasted non-gluten bread, red amaranth leaves, butter

**BAKED CHORIZO SAUSAGES** 762kcal 7.25  
Honey, cider, toasted non-gluten bread

### a little extra

**BUTTERED GREENS** (V) 136kcal 3.50  
Tenderstem broccoli, kale, leeks, peas

**TRIPLE-COOKED CHIPS** (VE) 730kcal 3.95

**SKIN ON FRIES** (VE) 809kcal 3.95

**SWEET POTATO FRIES** (VE) 981kcal 3.95

**CAPRESE SIDE SALAD** (V) 266kcal 3.75  
Heirloom tomatoes, torn burrata, roasted corn, avocado, basil oil, pine nuts

**FENNEL & CELERIAC 'SLAW** (V) 552kcal 2.50  
Coarse grain mustard mayonnaise

TURN OVER FOR MAINS, DESSERTS AND HOT DRINKS

# mainz

## SEAFOOD

**ROASTED COD** 944kcal **15.95**  
Garlic roasted Jersey royals, Tenderstem broccoli, lemon and parsley sauce, red amaranth leaves

## VEGAN & VEGETARIAN

**ROAST CHICKPEA & HUMMUS RICE BOWL** (VE) **11.25**  
674kcal  
Spinach, kale, bread and butter pickles, roasted heritage carrots, roasted corn, seed crusted avocado, lemon, olive oil - add **grilled prawns** 4.15 131kcal, **grilled chicken** 3.15 193kcal, **halloumi** 2.65 855kcal

**SWEETCORN & EDAMAME CURRY** (VE) **11.25**  
438kcal  
Lime and coriander rice, roasted pak choi, baby corn, coriander - add **grilled prawns** 4.15 131kcal, **grilled chicken** 3.15 193kcal, **halloumi** 2.65 855kcal

## MEAT

**GARLIC CHICKEN SUPREME** 1586kcal **14.95**  
Tenderstem broccoli, cream, peas, almonds, creamy mash, red amaranth leaves

**SHREDDED CHICKEN & GREEN PEPPER NOURISH BOWL** 555kcal **12.25**  
Brown rice, spring onions, roasted heritage carrots, Tenderstem broccoli, cashew nuts, curry spice, crispy fried egg - add **halloumi** 2.65 855kcal, **seeded avocado** 2.25 128kcal

**WAGYU BURGER** 1393kcal **15.75**  
Toasted non-gluten bun, 6oz Wagyu beef patty, bread and butter pickles, red onion pickles, triple-cooked chips - add **charcoal Cheddar** 1.00 312kcal

**RIBEYE STEAK 10<sup>OZ</sup>** 1722kcal **24.95**  
Grass-fed, 28 day matured, confit garlic butter, watercress, triple-cooked chips - add a sauce 1.75: **béarnaise** 151kcal, **Stilton and mushroom** 115kcal or **peppercorn** 54kcal, add **grilled prawns** 4.15 131kcal

**RIBEYE STEAK FRITES** 1371kcal **13.25**  
5oz ribeye steak, grass-fed, 28 day matured, confit garlic butter, skin on fries, watercress

**GRILLED CHICKEN CAPRESE** 857kcal **14.45**  
Heirloom tomatoes, torn burrata, roasted corn, avocado, basil oil, pine nuts, rouquette, garlic focaccia croutons - add **seeded avocado** 2.25 128kcal

## something sweet

**BLUEBERRY & LEMON ETON MESS** (V) 722kcal **6.50**  
Blueberry compote, lemon curd, crushed meringue, whipped cream, mint

**SORBET** (VE) **6.50**  
Apple 258kcal or blood orange 340kcal

**CRÈME BRÛLÉE** (V) 425kcal **6.50**  
Caramelised sugar, toasted pistachio and almond crumb

**CHOCOLATE BROWNIE** (V) 667kcal **6.50**  
Hot chocolate sauce, vanilla pod ice cream

**INDULGENT ICE CREAM** (V) 450kcal **6.50**  
Three scoops: honeycomb, vanilla pod, strawberry or chocolate  
*\*vegan ice-cream available*

**COFFEE & MINI DESSERT** (V) **5.50**  
Salted caramel chocolate brownie 310kcal, blueberry and lemon Eton mess 361kcal, crème brûlée with toasted pistachio and almond crumb 168kcal

## hot drinks

**ESPRESSO** 0kcal **2.25/2.95**  
Single/double

**CAPPUCCINO** 153kcal **3.25**

**FLAT WHITE** 120kcal **3.25**

**CAFFÈ LATTE** 153kcal **3.25**

**MOCHACCINO** 110kcal **3.25**

**AMERICANO** 0kcal **2.95**

**HOT CHOCOLATE** 234kcal **3.45**

**TEAPIGS** **2.45**

Choose from everyday brew 22kcal, earl grey strong 22kcal, peppermint 0kcal, super fruit 0kcal or mao feng green tea 0kcal

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(V) Suitable for vegetarians. (VE) Suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. Adults need around 2000 kcal a day. **Allergen Information.** If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten, or other allergens. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. All prices include VAT. Service is not included. All tips are retained by the grateful team.