

LUNCH MENU

CHILDREN EAT FREE ON SUNDAYS

Get one free children's three-course meal from our Children's Menu when you purchase a full-priced adult main course.

*Drinks not included. Dishes and offer subject to availability.
Offer only available for children aged 12 and under.*

BE INN THE KNOW



Get all the latest news and offers delivered to your inbox! Simply scan the code and add your details to sign up.

AFTERNOON TEA

Join us every day between 2pm and 5pm for our sumptuous Afternoon Tea. Enjoy a selection of finger sandwiches and sweet treats with unlimited tea or coffee.

Why not add a glass of fizz and make it extra special?

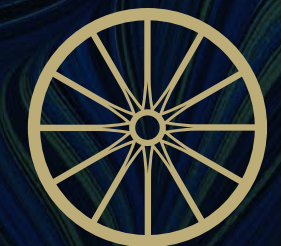


THE
COACHING
INN GROUP



Part of The Coaching Inn Group

www.coachinginngroup.co.uk



THE
COACHING
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Our Head Chef and kitchen team

are passionate about what they do. They take pride in sourcing the finest local ingredients while also seeking out the best seasonal produce from further afield. Every dish is cooked fresh to order, so if you're short on time, just let us know.

 **INN THE DEAL**

2 courses £17.95 – 3 courses £25.95

Pick any courses marked with the wheel icon

Available Monday to Friday, from 12 noon

Speak to a member of the team for exact timings

A LITTLE SOMETHING

To enjoy with a drink while you choose

Houmous & Flatbread

Toasted seeds, dukkah, olive oil

G, SE, SD, N / F, P, S, E, D, CE, MU / 835 kcal **VE** 5.95

Warmed Olives & Sun-Kissed Tomatoes

125 kcal **VE, GF** 5.95

Root Vegetable Crisps

Tzatziki dip **D** / 125 kcal **V, GF** 5.95

STARTERS

 **Chef's Soup of the Day**

Warm bread, Netherend butter

Ask for allergens & calories **V, VEO, GFO** 6.50

Chef's Recommendation

 **Confit Duck Gyoza**

Ribboned cucumber & sesame salad, garlic, soy & ginger dipping sauce **G, S, SE** / C, P, E, CE, SD / 197 kcal 7.95

Pan-Fried Scallops

Caramelised cauliflower purée, garlic & hazelnut butter

MO, D, N / P / 563 kcal **GF** 15.95

  **Forest Mushrooms in Tarragon Cream**

Sourdough toast, poached egg, pickled shallots, pancetta

G, E, D / F, S, CE, MU, SE, SD / 515 kcal 8.95

  **Grilled Goat's Cheese**

Roasted beetroot, apple & frisée salad **D, MU, SD** / 392 kcal **V, GF** 8.50

SANDWICHES

Dressed leaves, Pipers crisps **GFO**

Buttermilk Chicken Caesar Wrap

G, E, D, CE, MU / 781 kcal **GFO** 11.95

Fish Finger Sandwich

Shredded iceberg, tartare sauce **G, F, E, D, MU** / L, CE / 646 kcal **GFO** 11.95

 **Beetroot Falafel, Rocket & Houmous Flatbread**

Sun-kissed tomatoes **G, SE, SD** / F, S, E, D, MU, N / 532 kcal **VE, GFO** 10.95

Cajun-Spiced Pork Belly Flatbread

Tzatziki, shredded iceberg **G, D** / 553 kcal 11.95

Tuna Mayonnaise & Cucumber Bloomer

G, F, E, D, MU / S, L, CE / 598 kcal **GFO** 8.25

Roasted Gammon & Tomato Bloomer

G, E, D, MU, SD / L, S, CE / 631 kcal **GFO** 8.95

Add a Cup of Soup

Ask for allergens & calories

V, VEO, GFO 3.00

Upgrade to Skin-on Fries

SD / 225 kcal **VE, GF** 2.00

We add a discretionary 10% service charge on all our food items.

100% of all gratuities go directly to our team members.

Please let your server know if you wish to remove this element.

MAINS

 **Fish & Chips**

Beer-battered haddock, chunky chips, mushy peas, tartare sauce

F, E, MU, SD / CE / 777/908 kcal **GF** 13.95/17.95

Only the small portion is included in the fixed price menu

 **Chef's Pie of the Day**

Chunky chips or creamed mash, season's best vegetables, gravy

Ask for allergens & calories 17.25

6oz Grilled Beef Chuck & Short Rib Burger

Monterey Jack, smoked bacon, brioche bun, lettuce, beef tomato, burger relish, slaw, skin-on fries

G, E, D, MU, SD / 1142 kcal 17.25

 **The Bulldog Hotdog**

Smoked bratwurst sausage, pulled beef, crispy onions, garlic mayonnaise, French's mustard

G, E, CE, MU, SD / S, D / 841 kcal 15.50

Pan-Roasted Cod Loin

Miso & maple-glazed sweet potato, pak choi, chilli butter sauce **F, S, D** / 661 kcal **GF** 24.95

 Perfectly paired with **Pinot Grigio** – light, crisp and refreshing with delicate apple notes

  **Butternut Squash Ravioli**

Crispy sage, tarragon butter, amaretti biscuits, candied pumpkin seeds

G, E, D / S, CE, MU, SE, SD, N / 274/567 kcal **V** 9.95/17.95

Only the small portion is included in the fixed price menu

Mediterranean Roast Half Chicken

Tzatziki, hispi cabbage, roast baby potatoes

D / G, MU / 1380 kcal **GF** 22.95

Chef's Recommendation

10-Hour Treacle-Braised Blade Beef

Fondant potato, red wine Bourguignon sauce

D, CE, SD / G, F, S / 1770 kcal **GF** 22.95

 Perfectly paired with **Pinot Noir** – light and juicy with ripe cherry and strawberry notes

Sri Lankan Chickpea & Vegetable Curry

Steamed rice, mint raita, pickled red onions, coriander, poppadom **S, SD, G** / L, E, D, CE, MU, N / 818 kcal **VE, GFO** 14.95

Add any Skewer for that extra protein boost 3.95

 **6oz Flat Iron Steak**

Skin-on fries, green peppercorn sauce, rocket

D, CE, MU, SD / 858 kcal **GF** 18.95

 **Confit Duck Leg**

Caramelised garlic mash, roasted squash, vibrant green sauce **D, MU, SD** / 748 kcal **GF** 23.95

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Sauces 2.50

Chip Shop Curry Sauce **G, D, SD** / E, CE, MU / 125 kcal **V**

Gravy CE / 50 kcal **GF**, Peppercorn Sauce **D, SD** / CE / 197 kcal

THE DIPPING BOARD

Juicy, flavour-packed, grilled to perfection and made for dipping 3.95 each

Going solo? Choose any three plus one dip for 13.95 **Sharing with friends?** Choose any six plus two dips for 25.95

Mix and match the options below with any A Little Something or Side, then add your dips

Hot Honey & Sesame Halloumi Skewer

D, SE / P / 289 kcal **V, GF**

Maple & Soy Tofu Skewer

S / 164 kcal **VE, GF**

Pick Your Dips 1.00

Nut-less Satay 134 kcal **V, GF**

Tzatziki **D** / 87 kcal **V, GF**

Garlic Aioli **E, D** / 110 kcal **V, GF**

Coconut & Mango Curry **S** / 133 kcal **VE, GF**

Chilli & Honey **S** / 85 kcal **V, GF**

Soy & Ginger **S** / 72 kcal **VE, GF**

Treacle-Braised Beef Croquettes

G, E, D, CE, SD / 235 kcal

Honey & Mustard Bratwurst Bites

G, MU / 204 kcal

Crispy Cauliflower Bites

G / S, SE / 321 kcal **VE**

 **Roasted Beetroot Falafel**

201 kcal **VE, GF**

Breadboard for Two

Netherend butter, oil, balsamic

G, S, D, SD / E, MU, SE / 711 kcal **V, VEO** 8.00

Hot Honey & Sesame Halloumi Skewer

D, SE / P / 289 kcal **V, GF**

Garlic, Lemon & Herb Chicken Skewer 75 kcal **GF**

King Prawn & Spicy Chorizo Skewer

C, D, SD / 164 kcal **GF**

Cajun-Spiced Pork Belly Skewer 230 kcal **GF**

Classic Caesar Salad

Anchovies, croutons, smoked pancetta, Italian cheese **G, F, E, D, SE** / N, MU, SD / 528 kcal

GFO 20g protein 13.50

 **Maple-Roasted Sweet Potato & Charred Broccoli Bowl**

Whipped marinated tofu, sushi rice & rocket

S, SD / 469 kcal **VE, GF** 16g protein 13.50

Chef's Recommendation

Poke Bowl

Sushi rice, pickled red cabbage, grated carrot, edamame beans, pak choi, roasted beetroot, avocado, soy & ginger dressing **S, SD** / 380 kcal

VE, GF 11g protein 14.50

 **Butternut Squash Nourish Bowl**

Spiced squash, chickpeas, houmous, roasted beetroot, kale, sesame, Greek yoghurt, toasted seeds **D, SE** / G, P, L, S, CE, MU, SD / 413 kcal

VEO, GF 14g protein 11.95

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Add any Skewer 3.95

For that extra protein boost

SALADS & NOURISH BOWLS

 **Wine Pairing**

 **Seasonal Special**

V (VO): Vegetarian (on request)

VE (VEO): Vegan (on request)

GF (GFO): Gluten-Free (on request)

BRUNCH

Served Monday to Saturday until 2pm, Sunday until 11.45am

Full English Breakfast

Sausage, bacon, mushroom, hash brown, eggs, black pudding, baked beans, slow-roasted tomato

G, E, D, SD / 935 kcal 13.50

Vegan Breakfast

Vegan sausage, spinach, tomato, hash brown, baked beans **G, S, CE** / 391 kcal **VE** 12.50

Eggs Benedict

Toasted muffin, ham, poached eggs, hollandaise **G, E, D** / S / 670 kcal **GFO** 10.95

Make it a Royale... swap ham for smoked salmon

G, F, S, E, D / CE, MU, SE / 517 kcal **GFO** 12.95

Make it a Florentine... swap ham for spinach

G, E, D / S / 585 kcal **V, GFO** 10.95

Ham, Egg & Peas

Treacle-glazed ham, fried egg, pea & potato cake

G, E, D, MU, SD / CE / 539 kcal 9.95

Smashed Avocado

Toasted sourdough, sun-dried tomato

G, N / P, S, CE, MU, SE, SD / 537 kcal **V** 9.95

Smoked Back Bacon or Sausage Sandwich

G, D / S, E / Bacon 605 kcal, Sausage 650 kcal **GFO** 7.95

Morning Magic

Greek yoghurt, fresh berries, granola, honey

G, D / P, N / 387 kcal **V** 8.95

SIDES

Chunky Chips **SD** / 469 kcal **VE, GF** 5.25

Make it posh... add Italian cheese & truffle oil **E, D** / 153 kcal **V** 1.00

Skin-On Fries **SD** / 316 kcal **VE, GF** 5.25

Make it posh... add Italian cheese & truffle oil **E, D** / 153 kcal **V** 1.00

Caramelised Garlic Mash **D** / 383 kcal **V, GF** 4.95

 **Buttered Seasonal Greens**

D / 109 kcal **V, GF** 4.50

 **Roasted Squash & Pak Choi**

Chilli butter **D** / 178 kcal **V, VEO, GF** 4.95

Mini Caesar Salad

G, E, D, F / S, MU, SE, SD / 182 kcal **GFO** 4.95

Invisible Chips

0% Fat, 100% Hospitality 2.00



All proceeds from Invisible Chips go to Hospitality Action, who offer help and support to people in Hospitality in times of crisis.

Thanks for chipping in! Scan this code for more information or visit hospitalityaction.org.uk

Allergens (Contains / May Contain): C: Crustaceans • CE: Celery • D: Dairy
E: Eggs • F: Fish • P: Peanuts • G: Gluten • L: Lupin • N: Nuts • MO: Molluscs
MU: Mustard • S: Soya • SD: Sulphur dioxide • SE: Sesame seeds

If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen. Items cooked within our fryers and ovens cannot be separated from allergenic ingredients and cross contamination may occur.