

The Kingfisher | Lunch

All of our food is prepared fresh upon your request. Waiting times may vary – please ask at the bar when ordering.

Sandwiches

All sandwiches come with salad and crisps

All of our fillings are **gluten free** - upgrade to gluten free bread for **50p**

Ham and mustard		£4.00
Egg mayo	(v)	£4.00
MOIST Hummus and red pepper		
	(vg)	£4.00
Cheese and tomato	(v)	£3.50
Cream cheese and salmon		£4.50
Chicken pesto		£4.50
Tuna mayo and cucumber		£4.50

Wraps

All wraps served with small salad

All of our fillings are **gluten free** - upgrade to a gluten free wrap for **50p**

Thai style beef & 'slaw		£5.50
Smoked paprika chickpea, sautéed tomato & onion with spinach	(vg)	£5.00
MOIST Hummus, red pepper, olives & salad	(vg)	£5.00
Coronation chicken, salad		£5.50
Halloumi, basil & red pepper	(v)	£5.00
Grilled chicken, pesto & 'slaw		£5.50
Add potato wedges		£2.00
Add sweet potato wedges		£3.00

Jacket Potatoes (gf) all served with side salad

Butter/ soya spread	(vg)	£3.00
Beans	(vg)	£3.50
Cheese	(v)	£3.50
Cheese & beans	(v)	£4.00
Tuna mayo		£4.50
Coronation chicken		£4.50

Paninis

Tuna cheese melt		£4.50
Ham & cheese		£4.50
Cheese & tomato	(v)	£4.00
Cheese & mushroom	(v)	£4.00
MOIST Hummus, roast pepper & olive		
	(vg)	£4.00
Chicken, pesto & red pepper		£5.00

Salads All gluten free

Chicken, pesto & red pepper salad		£6.50
Halloumi, red onion, pepper & olive		
	(v)	£6.50
Falafel, MOIST hummus, red cabbage, pickles, lettuce, grated carrot		£7.00

Have as a wrap for the same price

Sides

Potato wedges	£2.00
Sweet potato wedges	£3.00
Side salad	£3.00
Garlic bread	£2.00
'Slaw	£1.50

Fancy our 'slaw with mayo? Just ask at the bar!

Our house 'slaw

Our house 'slaw is a tasty mix of thinly sliced cabbage, carrot and red onion finished with a dash of white wine vinegar and olive oil.

It's healthier, gluten free and vegan - what's not to like!

Gluten free lunch options

All gluten free options are marked with **(gf)**
Please make your needs clear when ordering.

Although we are always careful we cannot guarantee our foods are allergen free.

Check out our specials boards for our daily
meals, hummuses and sides

The Kingfisher | Lunch

All of our food is prepared fresh upon your request. Waiting times may vary – please ask at the bar when ordering.

Burgers

All our burger fillings are **gluten free**- upgrade to a gluten free bun for **50p**

All served with potato wedges, relish & salad

Upgrade to sweet potato wedges £1.00

Beef burger 7oz £9.00

BBQ pulled pork £9.00

Jerk chicken £8.50

Veggie burger (vg) £8.00

Roast red pepper, mushrooms, salad & chutney (vg) £7.00

Succulent slices of roasted red pepper, roast mushrooms, leafy salad and homemade chutney

- With halloumi (v) £8.50

Pile it high! Add:

Hash Brown 75p Fried egg 50p

Bacon 50p Cheese 50p

Mushrooms 50p Halloumi £1.50

Pulled pork £2.00 'Slaw 50p

MOIST hummus £1.00

To share - or great as a meal for one

The hummus board (vg) £6.00

A selection of MOIST hummuses, vegetable sticks and toasted pitta.

Sweet potato board (vg)(gf) £6.00

Two generous portions of our homemade sweet potato wedges paired with two MOIST hummuses of your choice.

Cheesy nachos (v) £5.50

Tortilla chips topped with melted cheese, salsa, guacamole & sour cream.

- With beef or veggie chilli £7.50

Hummus nachos (vg) £6.00

Tortilla chips topped with salsa, guacamole and two MOIST hummuses of your choice – see our specials board for today's selection

**our tortillas don't include gluten in the recipe but may contain*

Our house 'slaw

Our house 'slaw is a tasty mix of thinly sliced cabbage, carrot and red onion finished with a dash of white wine vinegar and olive oil.

Fancy it with mayo? Just ask at the bar and we'll mix it in for you.

It's healthier, gluten free and vegan - what's not to like!