

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
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Part of The Coaching Inn Group

www.coachinginngroup.co.uk



THE
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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, 12 noon until 2.30pm

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

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

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

6oz Flat Iron Steak

Skin-on fries, green peppercorn sauce, rocket

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

Sauces 2.50

Chip Shop Curry Sauce 125 kcal **V**

Gravy 50 kcal **GF**, Peppercorn Sauce 197 kcal

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

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

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

SALADS & NOURISH BOWLS

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

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

Onion Rings **G** / S, MU / 411 kcal **VE** 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

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.

 Wine Pairing  Seasonal Special **V (VO):** Vegetarian (on request) **VE (VEO):** Vegan (on request) **GF (GFO):** Gluten-Free (on request)

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.