LUNCH MEAL DEAL

AVAILABLE MONDAY TO SATURDAY BETWEEN 12PM – 6PM

CHOOSE A MAIN AND A DRINK OF YOUR CHOICE FROM 13.90

PROTEIN SALADS *11.95*

low calorie, high in protein

MEDITERRANEAN SALAD (GF)

lemon & herb chicken skewers with spinach, matcha Greek yoghurt dressing, salted smashed cucumbers, edamame, fermented red onions, heirloom tomatoes, Gordal olives, beetroot tzatziki labneh - ***392 kcal, 55g protein***

WARM SWEET POTATO & CHICKEN SALAD (NUTS, GF)

lemon & herb chicken skewers with steamed broccoli, roasted sweet potatoes, edamame & peas, feta cheese, soft boiled eggs, pickled red onion, salt & chilli roasted peanuts, toasted sesame and herby hot honey ranch - ***711 kcal, 74g protein***

SWAP YOUR PROTEIN:

chargrilled rump steak (GF) ***3.95***

smoked salmon (GF) ***3.95***

halloumi (GF)

POWER BOWLS *11.95*

under 500 calories

THAI YELLOW CHICKEN COCONUT RICE BOWL (GF)

with broccoli, edamame, peas, charred pineapple, Chinese leaf, carrot, spring onion, red chilli, coriander, crispy shallots and Thai dressing ***495 kcal, 45g protein***

KOREAN CHICKEN POKE BOWL (GF)

Sushi rice, raw kimchi, pineapple & turmeric sauerkraut, crispy nori, avocado crush, smacked cucumbers, Chinese leaf, edamame and spicy gochujang dressing - ***487 kcal, 38g protein***

VEGAN TABBOULEH (NUTS, VG)

fruity giant cous cous, toasted almonds, baby gem, rocket, slow roasted cherry tomatoes, chunky tomato & pepper hummus, smashed avocado with a rose petal harissa dressing - ***491 kcal, 18g protein***

DOUBLE YOUR PROTEIN *3.95*

SANDWICHES *11.95*

with a choice of skin on fries, thick-cut chips, soup* or Moroccan salad

*Soup may contain nuts

CHIPOTLE CHICKEN & BACON FOCACCIA

with guacamole, Cheddar, beef tomato and a sweet chipotle mayonnaise

THREE CHEESE & RED ONION JAM CROQUE MADAME (V)

with fried egg and truffle béchamel

OPEN IPA BATTERED FISH GOUJONS

on toasted sourdough with nori tartare sauce, iceberg and curry ketchup

OPEN CHARGRILLED STEAK SANDWICH

on toasted sourdough with Stilton blue cheese sauce, tomato and rocket - ***Supplement 2.00***

DRINKS

ITALIAN SODAS *1.95*
Watermelon, Raspberry, Strawberry, Passion Fruit

MARLISH SPARKLING WATERS *1.95*
Elderflower, Brazilian Orange, Raspberry

PEPSI, LEMONADE, FANTA ORANGE (bottle) ***1.95***

APPLE JUICE OR ORANGE JUICE *1.95*

BOTTLE OF HEINEKEN ZERO *1.95*

125ML HOUSE WINE *2.95*
Red, White, Rosé

BOTTLE OF CRUZCAMPO *2.95*

LITTLE MAINS

Fancy something a little different?
Your favourites are still available at a great price below

MEDITERRANEAN GYROS CHICKEN FLATBREAD *14.95*

Chargrilled gyros chicken skewer, beetroot tzatziki labneh, Gordal olives, tomatoes, cucumber, spinach and garlic glazed flatbread

POACHED EGGS, SMASHED AVOCADO & CHILLI (V) *12.95*

on toasted sourdough

+ crispy streaky bacon ***2.95***
+ Scottish smoked salmon ***4.95***

SIZZLING FAJITA *15.95*

choice of chicken or halloumi (V)

pan-fried mixed peppers and onions with fajita seasoning. Served with salsa, sour cream & onion, shredded iceberg lettuce, smoked Cheddar cheese and tortilla wraps

CRISPY SCOTTISH SCAMPI *13.95*

with marrowfat mushy peas, thick-cut chips and nori tartare sauce

ALLERGENS

SCAN TO VIEW ALLERGEN & NUTRITION INFORMATION

FOOD ALLERGY NOTICE

Our kitchens handle a wide range of allergens, so we can't guarantee any of our food is completely allergen-free, including ingredients like tree nuts. Not all dish ingredients are listed on the menu, and recipes may change from time to time. If you have an allergy or dietary requirement, please speak to a member of the team before placing your order.

PAROGON GROUP IS A CERTIFIED BCORP BUSINESS

An optional 7.5% service charge will be added to your bill. This is split equally between all team members. If you would like it removing please speak to your server.

Certified B Corporation

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