



— foundations —

F&G Greens

field greens, apple, cabbage, english stilton,
baguette crisp, colman's mustard vinaigrette
8

Black Bean Chili | *sour cream, onion*

cup 6 bowl 8

Carrot-Ginger Soup

cup 6 bowl 8

The Ploughman's

ford farms cheddar, english stilton,
corned beef, apple, hard-boiled egg,
house-pickled cucumber & red onion,
piccalilli relish, branston pickle,
griddled wheat mini loaf
12

— british standards —

Chicken Tikka Masala | *basmati rice & garlic naan*

curry spices, onion, tomato, cream
vegetarian option available
13

Cornish Pasty | *field greens*

beef, pork, turnip, potato, carrot, onion,
herbs, gravy

-or-

sweet potato, turnip, carrot, potato, onion,
peas, herbs, welsh rarebit cheese sauce
11

Banger & Mash

gravy, buttered peas and carrot
12

Fish & Chips | *marshy peas*

ale-battered cod, kennebec chips, tartar, lemon
14

Shepherd's Pie | *field greens*

niman ranch beef, gravy, peas, onion, carrot,
cheddar, mash
13

— salads —

Roasted Beet, Avocado & Grapefruit

field greens, spinach, house-pickled red onion,
roasted walnut, creamy basil vinaigrette
12

Asian Chicken

field greens, ale-battered chicken,
cabbage, spinach, whole wheat noodles,
cucumber, carrot, red bell pepper,
green onion, sesame seeds, toasted cashews,
herbs, sesame-ginger vinaigrette
14

Pub Cobb

romaine, turkey, avocado, bacon,
blue cheese, hard-boiled egg, tomato,
your choice house-made dressing
13

Smoked Salmon & Spinach

red potato, hard-boiled egg, cucumber,
house-pickled red onion, dill, baguette crisp,
colman's mustard vinaigrette
15

sandwiches

served with kennebec chips or field greens tossed in colman's mustard vinaigrette

Dilled Smoked Salmon

cucumber, house-pickled red onion, tomato, cream cheese, toasted bagel

13

Turkey Bacon Cheddar

romaine, tomato, mayonnaise, toasted, thick challah bread

11

BLT & A

bacon, avocado, romaine, tomato, mayonnaise, toasted sourdough bread

12

½ Sandwich with a Cup of Soup or F&G Greens

10

A Bit of Alright

white bean hummus, avocado, spinach, jack cheese, toasted sunflower seeds, tomato, cucumber, whole wheat bread

10

Devon Tuna

albacore tuna, dill, capers, celery, tomato, red onion, romaine, mayonnaise, rye bread

10

Tempeh Grinder

tempeh strips, avocado, cucumber, romaine, tomato, colman's mustard vinaigrette, baguette

11

from the grill

served with kennebec chips or field greens tossed in colman's mustard vinaigrette

Manchester Dog

banger sausage, welsh rarebit cheese sauce, grilled onion and green bell pepper, piccalilli relish, griddled brioche roll

11

Signature Burger *

1/3 pound niman ranch beef, tomato, red dragon welsh cheddar, romaine, house-pickled cucumber & red onion, mayonnaise, griddled brioche bun

14

Erin Go Bragh

house-roasted corned beef, swiss, grilled red onion, thousand island, griddled rye bread

13

Caerphilly Grilled Cheese

english cheddar, swiss, grilled mushroom, wilted spinach, griddled, thick challah bread

12

Nutty Burger

house-made nut burger, white bean hummus, cucumber, avocado, sesame-ginger cabbage slaw, red onion, griddled sesame bun

12

Voodoo Chicken Sandwich

spicy, ale-battered chicken, romaine, tomato, house-pickled cucumber, red onion, buttermilk ranch dressing, griddled sesame bun

13

**Served raw or undercooked or contains raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*