

foundations

Black Bean Chili | *sour cream, onion* - cup 6 bowl 8

Daily Soup - cup 6 bowl 8

Banger Rolls | *curry ketchup, colman's mustard* - 8

White Bean Hummus | *garlic naan* - 8

carrot, cucumber, tomato, extra virgin olive oil, chili

The Ploughman's - 12

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

british standards

Chicken Tikka Masala | *basmati rice & garlic naan* - 13

curry spices, onion, tomato, cream
vegetarian option available

Cornish Pasty | *field greens* - 11

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

- or -

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

Bangers & Mash - 12

gravy, buttered peas and carrot

Fish & Chips - 14

ale-battered cod, kennebec chips, tartar, lemon

Shepherd's Pie | *field greens* - 13

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

salads

F&G Greens - 8

field greens, apple, cabbage, english stilton, baguette crisp, colman's mustard vinaigrette
add herb-marinated chicken breast - 4

Roasted Beet, Avocado & Grapefruit - 12

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

Pub Cobb - 13

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

Cashew Chicken Salad - 12

herb-marinated chicken breast, cabbage, celery, green onion, cilantro,
creamy sesame dressing, cashews

Smoked Salmon & Spinach - 15

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

sandwiches

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

Dilled Smoked Salmon - 13

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

Turkey Bacon Cheddar - 11

romaine, tomato, mayonnaise, toasted, thick challah bread

BLT&A - 12

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

A Bit of Alright - 10

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

Devon Tuna - 10

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

Tempeh Grinder - 11

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

1/2 Sandwich with a Cup of Soup or F&G Greens - 10

from the grill

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

Manchester Dog - 11

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

Signature Burger - 14 *

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

Erin Go Bragh -13

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

Caerphilly Grilled Cheese - 12

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

Nutty Burger - 12

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

Voodoo Chicken Sandwich - 13

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

* 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.