

# LUNCH & EVENING



## Life Bites

<b>Today's Soup</b>	£5
Served With Crusty Bread & Guernsey Butter	
<b>Nachos</b>	£7
Cheese Fondue, Guacamole and Spicy Salsa	
<b>Deep Fried Camembert</b>	£6.5
Berry Compote & Dressed Rocket	
<b>Tempura</b>	
Vegetable	£5.5
King Prawn	£8
With Soy, Tamarind & Plum Dip	
<b>Urban Ploughman's</b>	£8.5
Hand Carved Ham, Mature Cheddar, Boiled Egg, Pickles, Chutney, Grapes & Farmhouse Crusty Loaf	

## Mains

<b>Beer Battered Cod</b>	£12
Crushed Mint Peas, Rustic Fries and Tartar Sauce	
<b>Urban Burger</b>	£12
Served on a Brioche Bun with Bacon, Cheese, Lettuce, Tomato Relish & Rustic Fries	
<b>Pulled Pork Burrito</b>	£9
Black Beans, Slaw, Cheese, Hoisin Sauce and Rustic Fries	
<b>Chicken and Avocado Bagel</b>	£10
Pesto Mayo, Lettuce, Sliced Tomato and Rustic Fries	
<b>Vermicelli Noodle Soup</b>	
Sweet & Spicy, Springs Onions, Red Chillies, Pak Choi & Mushrooms	
<b>Tofu</b>	£9.5
<b>Pan Seared Salmon</b>	£12.5
<b>King Prawns</b>	£13

## Sides

Seared Foie Gras	£4
Sweet Potato Fries	£3.5
Rocket & Balsamic Salad	£2
Beer Battered Onion Rings	£2.5
Buttered Seasonal Vegetables	£2.5

## The Grill & Seafood

All Come with Rustic Fries, Mint New Potatoes or House Salad

<b>Maple Glazed Pork Loin</b>	£10
<b>Corn Fed Chicken Supreme</b>	£11
<b>400g T-Bone Steak</b>	£MP
<b>200g/300g Sirloin</b>	£17/24
<b>200g/300g Ribeye</b>	£16/23
<b>220g Fillet</b>	£23
<b>Seabass Fillet</b>	£18
<b>Cajun Salmon</b>	£12.5
<b>Madras King Prawn Skewers</b>	£14.5
<b>Grilled 1/2 Lobster</b>	£MP

Add a Complimentary Sauce or Butter From The following: Garlic Butter, Cajun Butter, Pepper Sauce, Urban Béarnaise or Mushroom Sauce

## Salads

<b>Urban Caesar Salad</b>	
Cos Lettuce, Boiled Egg, Croutons, Anchovies, Parmesan Cheese, Bacon Lardons & Caesar Dressing	
<b>Classic Without Bacon</b>	£7.5
<b>Pan Roasted Chicken</b>	£9
<b>Grilled Salmon</b>	£12.5
<b>Char-grilled King Prawns</b>	£13
<b>Nicoise Salad</b>	
New Potatoes, Green Beans, Plum Tomatoes, Egg, Olives, Red Onions, Mixed Leaf & House Dressing	
<b>Classic</b>	£7.5
<b>Pan Roasted Chicken</b>	£9
<b>Grilled Salmon</b>	£12.5
<b>Char-grilled King Prawns</b>	£13

Check Our  
Black Boards for Daily Specials &  
Market Priced items!