



SMALL

sourdough roll, black tahini butter v	£3.5	artichoke dip, grilled sourdough v	£6.8
chicken buttered flatbread	£4	soul fried wings, bajan pepper sauce	£8.8
seared squid & Korean fishcakes, spring onion, pepper, chilli	£8.8	blackened hake head to share, miso & sake glaze, sesame	£13.5

BOWLS

black quinoa & mango salad, corn, black beans, cashews, endive v/n/gf	£8 / £13.2
coconut & cardamom dhal, roast peppers, cauliflower, sugar snaps vg/gf	£8.5 / £13.8
truffled mac & cheese, shallot rings, crispy rocket, capers v	£8 / £13.2
falafel, burnt lemon labneh, courgettes, broad beans v/gf	£8.5 / £13.8
rigatoni, kale & almond pesto, asparagus, parmesan, chia seeds v/n	£8.5 / £13.8

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SKEWERS

confit duck gizzards gf	£1.8
jerk chicken thigh	£3.8
tempura broccoli, sesame glaze vg	£2.8
panko halloumi, mojo v	£3.5
octopus, 'nduja, lime gf	£7.5
king prawns, chilli	£5.8
miso-glazed salmon	£6.2

ADD SKEWERS TO YOUR BOWLS

truffled portobello & sweet potato wellington, porcini cream vg	£17
hake, Singapore noodles, prawn gyoza, pak choi	£19.5
lemon sole, brown shrimp, crispy seaweed gf	£22
peanut, cashew & coconut chicken, grilled spring onions n	£16.5
five spice crispy pork belly, XO sauce, roast fig	£18
400g rib eye, 40 day aged, native breed, East Anglia gf	£33
500g côte de boeuf, 40 day aged, native breed, East Anglia gf	£38.5

SANDWICHES

soul burger; beef patty, smoked cheddar, jerk quince mayo, pink pickled onion, ackee & callaloo, smoked streaky Dingley Dell bacon	£13
sandwich la sandwich; buttermilk chicken, Comté, chipotle mayo	£12.8

AFTER

chocolate fondant, coconut ice cream v	£8
hot lemon doughnuts, coconut cream v	£6.8
Riding House sundae, macarons, honeycomb v/n	£9.5
piña colada parfait, lime ice cream v/gf	£8

SIDES

chips vg	£3.8	crispy new potatoes, mustard, chilli vg	£4.5
kale, chilli, garlic vg/gf	£4	fennel salad, citrus, candied walnuts vg/n/gf	£4
creamed corn v/gf	£3.5		

100% OF SERVICE CHARGE GOES TO THE TEAM