

Rack & Tenter

FOOD

GRAZERS

Perfect as a starter, side or to share. Choose any two dishes for 11.95 or three for 16.45

Pulled Chilli Beef Tacos 7.45	Beetroot Houmous (VE) 6.45
Soft tortilla tacos filled with pulled chilli beef, shredded lettuce, red chillies, micro coriander and sour cream 387kcal	Vibrant beetroot Houmous bowl topped with harissa roasted chickpeas and mint. Served with toasted flatbread 901kcal
Masala Corn Ribs (VE)* 7.45	Chargrilled Chicken Skewers 7.45
Crunchy corn ribs seasoned with a masala rub, topped with coconut yogurt, red chilli, micro coriander 186kcal	Marinated chicken breast skewers with katsu mayo, red chillies and lime 483kcal
Halloumi Fries (V)* 7.45	Hand-Battered Cod Goujons 7.45
Chunky fried Halloumi slices with chilli jam, spring onion and sour cream 615kcal	Crispy hand-battered Atlantic cod goujons with a chunky tartare sauce 620kcal

MAINS

Chorizo Mac & Cheese 12.95	Thai-Style Green Vegetable Curry (VE) 11.95
Smoked paprika and chorizo macaroni cheese served with crispy onions and charred flatbread 1190kcal <i>Veggie? Try our classic mac & cheese (V)* 968kcal</i>	Aubergine, cauliflower, edamame beans, baby sweetcorn, spinach and bamboo shoots in a coconut and lemongrass sauce. Served with steamed basmati & wild rice, coconut yogurt and charred flatbread 861kcal
Chargrilled Chicken, Bacon & Avocado Salad 11.75	8oz Sirloin Steak 17.50
Chargrilled chicken breast, crispy smoked streaky bacon, avocado, Gran Moravia cheese and little gem lettuce with a herby ranch dressing 903kcal	Chargrilled British sirloin steak, chunky chips, slow-roasted plum tomato and a garlic roasted flat mushroom. Served with peppercorn sauce 986kcal
Hand-Battered Fish & Chips 12.95	
Hand-battered Atlantic cod with chunky chips, minted pea purée and chunky tartare sauce 1621kcal	
Peri-Peri Chicken Tenders 13.50	
Crispy buttermilk chicken tenders, seasoned skinny fries, pickled rainbow slaw and peri-peri mayo 1062kcal	

DEDICATED HERBIVORE?

Look out for our **VEGAN (VE)** and **VEGETARIAN (V)** dishes

BURGERS

Our burgers are piled high in a toasted brioche bun and come with seasoned skinny fries and pickled rainbow slaw.

Cheese 12.25	The R&T 14.95
Two 3oz beef burger patties with double Monterey Jack cheese, little gem lettuce, beef tomato and burger sauce 1246kcal	Our signature burger - Three 3oz beef burger patties, double Monterey Jack cheese, smoked streaky bacon, little gem lettuce and beef tomato, topped with burger sauce and beer-battered onion rings 1727kcal
Add smoked streaky bacon for £2 1382kcal	
Crispy Katsu Halloumi (V)* 11.25	Plant-Based (VE)* 11.25
Crispy Halloumi with chilli jam, little gem lettuce, rainbow pickled slaw and katsu-style mayo 1536kcal	Revolutionary plant based future © farm burger with little gem lettuce, beef tomato and vegan burger sauce 1097kcal
Chipotle Buttermilk Chicken 12.25	
Crispy buttermilk fried chicken breast with smoked streaky bacon, Monterey Jack cheese, beef tomato, little gem lettuce and chipotle barbecue sauce 1561kcal	

DESSERTS

Strawberry & Prosecco Lollipop (V)* 7.75	Sticky Toffee Pudding (V) 6.45	Salted Caramel Chocolate Brownie (V) 6.25
Prosecco infused vanilla ice cream dipped in white chocolate and topped with strawberries, meringue pieces and red berry coulis 354kcal	Rich sponge, warm toffee sauce and vanilla pod ice cream 740kcal	Goopy chocolate & salted caramel brownie with vanilla pod ice cream and salted caramel sauce 836kcal

SHARERS

Spicy Nachos (V) Serves 2 9.95
Spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1486kcal
Chilli Pulled Beef Nachos Serves 3 12.95
Chilli pulled beef with spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1683kcal
Dirty Chicken Katsu Fries Serves 3 11.95
Seasoned skinny fries topped with crispy buttermilk chicken tenders, Mozzarella cheese sauce, Katsu mayo, coconut yogurt dressing and spicy ketchup 1290kcal

PERFECT FOR LUNCH

Available every day, 12pm-4pm

R&T Club Sandwich 9.95
Chargrilled Cajun marinated chicken breast, smoked streaky bacon, guacamole, beef tomato, little gem lettuce, garlic mayo and seasoned skinny fries 1268kcal
Crispy Fish Finger Brioche 8.95
Crispy hand-battered Atlantic cod goujons with little gem lettuce, pickled rainbow slaw, chunky tartare sauce and seasoned skinny fries 1077kcal

FLATBREADS

Soft flatbread topped with your choice of:

Shawarma Chicken 10.65
Marinated chargrilled chicken breast, little gem lettuce, pickled slaw, garlic mayo and Korean-style mayo served on a chargrilled flatbread 1040kcal

Rump Steak 12.25
Chargrilled British rump steak, rocket, pickled red slaw, Gran Moravia cheese and herby ranch dressing served on a chargrilled flatbread 933kcal

Vegan Meatball (VE) 10.65
Tomato and chilli vegan meatballs, vegan Mozzarella and fresh basil served on a chargrilled flatbread 780kcal

SIDES

Seasoned Skinny Fries (VE)* 384kcal 2.95
Chunky Chips (VE)* 380kcal 3.50
Beer-Battered Onion Rings (VE)* 514kcal 2.95
Rocket & Balsamic Salad (VE) 40kcal 3.50
Garlic Flatbread (V) 664kcal 3.00
Garlic Flatbread with Cheese (V) 738kcal 3.50