

Adults need around 2000 kcal a day.

SIDES

SEASONED SKINNY FRIES (VE)*

379kcal **£3.25**

CHUNKY CHIPS (VE)*

401kcal **£3.75**

SWEET POTATO FRIES (VE)*

366kcal **£3.75**

BEER-BATTERED ONION RINGS (VE)*

508kcal **£3.25**

GARLIC FLATBREAD (V)

666kcal **£3.25**

GARLIC FLATBREAD WITH CHEESE (V)

732kcal **£3.75**

DESSERTS

STICKY TOFFEE PUDDING (V)

Rich sponge, warm toffee sauce and vanilla pod ice cream 743kcal

£6.45

STRAWBERRY & PROSECCO LOLLIPOP (V)†

Prosecco-infused vanilla ice cream dipped in white chocolate and topped with strawberries, meringue pieces and red berry coulis 356kcal

£7.75

SALTED CARAMEL CHOCOLATE BROWNIE (V)

Gooley chocolate & salted caramel brownie with vanilla pod ice cream and salted caramel sauce 830kcal

£6.25

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Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns.

Full allergen information is available on our website

(V) Suitable for vegetarians or vegetarian option available. (VE) Suitable for vegetarians & vegans or vegetarian/vegan option available. (V)*/(VE)* We cannot guarantee that our vegetarian/vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information.

Calorie counts are for guidance only and are based on the complete dish/drink as listed on the menu and are correct at the time of menu print. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Live nutrition information is available on line.

🐟 We select our fish from sustainable sources. We regret that we cannot guarantee that our fish/chicken/pork/beef/shellfish dishes do not contain bones/shell. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams.

†This product contains alcohol. If you are lucky enough to look under 25, a member of our team will ask for ID. PPJULYMMBI

R&T PLATES

PERFECT AS A STARTER, SIDE OR TO SHARE
CHOOSE ANY TWO DISHES FOR £11.95 OR THREE FOR £16.45

PULLED CHILLI BEEF TACOS

Soft tortilla tacos filled with pulled chilli beef, shredded lettuce, red chillies, micro coriander and sour cream 383kcal

£7.45

MASALA CORN RIBS (VE)*

Crunchy corn ribs seasoned with a masala rub, topped with coconut yogurt, red chilli, micro coriander 186kcal

£7.45

HALLOUMI FRIES (V)*

Chunky fried Halloumi slices with chilli jam, spring onion and sour cream 605kcal

£7.45

BEETROOT HOUMOUS (VE)

Vibrant beetroot houmous bowl topped with harissa roasted chickpeas and mint.

Served with toasted flatbread 947kcal

£6.45

CHARGRILLED CHICKEN SKEWERS

Marinated chicken breast skewers with katsu-style mayo, red chillies and lime 492kcal

£7.45

HAND-BATTERED COD GOUJONS

Crispy hand-battered Atlantic cod goujons with a chunky tartare sauce 609kcal

£7.45

SHARERS

SPICY NACHOS (V)

Spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1489kcal Serves 2

£10.25

CHILLI PULLED BEEF NACHOS

Chilli pulled beef with spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1687kcal

Serves 3

£13.25

DIRTY CHICKEN KATSU FRIES

Seasoned skinny fries topped with crispy buttermilk chicken tenders, Mozzarella cheese sauce, katsu-style, coconut yogurt dressing and spicy ketchup 1279kcal

Serves 3

£12.25

BURGERS

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

CHEESE

Two 3oz beef burger patties with double Monterey Jack cheese, little gem lettuce, beef tomato and burger sauce 1314kcal

£12.50

Add smoked streaky bacon for £2 1449kcal
Naked version 710kcal

CRISPY KATSU HALLOUMI (V)*

Crispy Halloumi with chilli jam, little gem lettuce, rainbow pickled slaw and katsu-style mayo 1607kcal

£12.00

Naked version 1003kcal

CHIPOTLE BUTTERMILK CHICKEN

Crispy buttermilk fried chicken breast with smoked streaky bacon, Monterey Jack cheese, beef tomato, little gem lettuce and chipotle barbecue sauce 1439kcal

£12.75

Naked version 835kcal

THE R&T

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 1793kcal

£14.95

Naked version 1189kcal

PLANT-BASED (VE)*

Revolutionary plant based **future © farm™** burger with little gem lettuce, beef tomato and vegan burger sauce 1099kcal

£11.75

Naked version 561kcal

SOMETHING NEW

Naked version! Remove your bun and swap your fries with side salad for a lighter option

MAINS

CHORIZO MAC & CHEESE

Smoked paprika and chorizo macaroni cheese served with crispy onions and charred flatbread 1195kcal

£12.25

Veggie? Try our classic mac & cheese (V)* 966kcal

HAND-BATTERED FISH & CHIPS

Hand-battered Atlantic cod with chunky chips, minted pea purée and chunky tartare sauce 1619kcal

£13.45

THAI-STYLE GREEN VEGETABLE CURRY (VE)

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 846kcal

£12.25

8oz SIRLOIN STEAK

Chargrilled British sirloin steak, chunky chips, slow-roasted plum tomato and a garlic roasted flat mushroom. Served with peppercorn sauce 1023kcal

£18.00

PERI-PERI CHICKEN TENDERS

Crispy buttermilk chicken tenders, seasoned skinny fries, pickled rainbow slaw and peri-peri mayo 1057kcal

£13.75

CHARGRILLED CHICKEN, BACON & AVOCADO SALAD

Chargrilled chicken breast, crispy smoked streaky bacon, avocado, Gran Moravia cheese and little gem lettuce with a herby ranch dressing 720kcal

£12.25

A DEDICATED HERBIVORE?

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

AVOIDING WHEAT?

Ask a member of our team for our dedicated non-gluten containing ingredient menu

PERFECT FOR LUNCH

AVAILABLE EVERYDAY 12PM - 4PM

R&T CLUB SANDWICH

Chargrilled Cajun-marinated chicken breast, smoked streaky bacon, guacamole, beef tomato, little gem lettuce, garlic mayo and seasoned skinny fries 1122kcal

£9.95

CRISPY FISH FINGER BRIOCHE

Crispy hand-battered Atlantic cod goujons with little gem lettuce, pickled rainbow slaw, chunky tartare sauce and seasoned skinny fries 1138kcal

£9.50

FLATBREADS

Soft flatbread topped with your choice of:

SHAWARMA CHICKEN

Marinated chargrilled chicken breast, little gem lettuce, pickled slaw, garlic mayo and Korean-style mayo served on a chargrilled flatbread 1044kcal

£10.95

RUMP STEAK

Chargrilled British rump steak, rocket, pickled red slaw, Gran Moravia cheese and herby ranch dressing served on a chargrilled flatbread 1001kcal

£12.25 (+£2 supplement on lunch offer)

VEGAN MEATBALL (VE)

Tomato and chilli vegan meatballs, vegan Mozzarella and fresh basil served on a chargrilled flatbread 810kcal

£10.95