



# CHANNELS

— Bar & Brasserie —

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## EXPRESS LUNCH

SERVED FROM 12 - 5PM

**SOUP OF THE DAY** v £6.25  
Grilled Sourdough.

**TOMATO & MOZZARELLA CIABATTA** v £6.95  
Basil Pesto, House Coleslaw, Salted Crisps.

**HOUSE PULLED SALT BEEF CIABATTA** £7.95  
Mustard Mayonnaise, Pickles.

**BREADED FISH TOASTED CIABATTA** £7.95  
Smashed Minted Peas, Tartar Sauce,  
House Coleslaw, Salted Crisps.

**ATLANTIC PRAWN & CRAB  
WHOLEMEAL SANDWICH** £8.75  
Marie Rose, Cucumber & Tomato, Crisp Gem,  
House Coleslaw, Salted Crisps.

**CHICKEN CLUB SANDWICH** £8.95  
Crispy Smoked Bacon, Sliced Egg, Tomato,  
Crisp Gem Lettuce & Mayo on Toasted Wholemeal

**ROAST PEAR &  
SWEET POTATO SALAD** v £13.95  
Rocket, Dried Fig, Baby Spinach, Crumbled  
Feta, Sticky Pecans & Seeds, Crisp Bread.

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**SICILIAN GREEN OLIVES** v £3.50

**SPICED NUTS** v £3.50

**CAULIFLOWER CHICKPEA BHAJI** v £3.50  
Mango Yoghurt, Dukkha.

**ONION RINGS** £3.95

**RUSTIC CHIPS** £3.95

**SKINNY FRIES** £3.95



All of our food is prepared in a kitchen where nuts, glutes and other allergens may be present, our menu descriptions do not include all ingredients. If you have a known food allergy or intolerance please let us know before ordering, full allergen information is available from Management if required.

v - Vegetarian | This menu is printed on FSC certified material.



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