

Express lunch MENU

(Tuesday- Saturday lunch, subject to changes)

(v) Soup of the day, crusty bread	5
(ve) Tomato, cucumber, olives, roasted red pepper & bulgar wheat salad, croutons	9
Grilled chicken & bacon Caesar style salad, soft egg, croutons	12
Geordie bap, ham & pease pudding, dressed leaves, crisps	7
North Shields crab mayonnaise, tomato & lettuce butty	9
Chef's quiche of the day, buttered new potatoes, salad	8
North Sea fishcakes, triple-cooked chips, tartar sauce, lemon	12
Hinnies beef burger, onion rings, triple-cooked chips	14
Grilled flatbread, roast red peppers, courgettes, hummus, halloumi, rocket	9
Smashed avocado on toasted sourdough, poached eggs, fresh lime, dukka	8
Market fish of the day	please ask
Cured salmon, scrambled eggs, toasted bagel	8

V=vegetarian; Ve=vegan. Please let us know if you have any dietary requirements. Always ask for our Allergen Matrix every time you order. Whilst we try to avoid cross-contamination we cannot guarantee any dish is allergen-free. GM soya/maize not used. Drinks may use sulphites, eggs and fish products in their production and may contain gluten. Always check labels.