

THE RUNNER

PUB CLASSICS MENU



START WITH

Creamy Cheese Jalapenos (V) (G, M, SO)

Tortilla breaded jalapenos filled with cream cheese & sauce blanche served with homemade sweet chili sauce.

£7.00

Loaded Nachos (V) (M, SO)

Corn Chips drizzled with melted cheese, our homemade Pico de Gallo, topped with guacamole, sour cream and nachos cheese sauce.

£7.50

Vegetable Spring Rolls (V/VE) / **Duck Spring Rolls** (SE, SO, G, SU)

Crispy spring rolls filled with oriental mixed vegetables/shredded duck & onion served with homemade sweet chilli sauce.

£6.50/£7.00

Crispy Fried Calamari (MO, E)

Battered fried squid with homemade garlic aioli dip served with a lemon wedge.

£8.00

Garlic Butter Prawns (CR, M)

Peeled & deveined king prawns tossed in our special house creamy garlic butter sauce with onions and peppers.

£9.50

Salt & Pepper

Tossed with onions, peppers and special house sauce.

Mushroom (V/VE) (G, SO)

£8.50

Chicken (G, SO)

£8.50

Prawns (CR, G, SO)

£9.50



SANDWICHES

Our sandwiches are lightly grilled on your choice of white or brown bread, served with peri-peri fries/plain fries.

replace peri-peri fries with sweet potato fries £1.50

Classic Club Sandwich (G, M, E, SO)

£13.00

grilled chicken, bacon, lettuce, tomato, cheese and mayo.

Steak Ciabatta (G)

£14.00

4oz grilled steak slices with caramelised onion in gravy.

BLT Sandwich (G, M, E, SO)

£10.00

bacon, lettuce, tomato, cheese & mayo.

West Country Cheese (V) (G, M, SO)

£9.00

lettuce, caramelised onion chutney and cheese

BURGERS & WRAPS

Our burgers and wraps are served with peri-peri fries or plain fries.

replace peri-peri fries with sweet potato fries £1.50

Veggie Burger with Hummus (V/VE) (G, M, E, SE, SU)

£10.00

Homemade slightly spiced Veggie patty layered with Lettuce, onion, tomato, gherkins & hummus in brioche bun

Cheese Burger (G, M, E, SU)

£13.00

Lettuce, tomato, gherkins, beef patty, melted cheese, bacon, caramelised onion, sriracha mayo, brioche bun.

Double Cheese Burger (G, M, E, SU)

£16.00

Lettuce, tomato, gherkins, double beef patty, melted cheese, bacon, caramelised onion, sriracha mayo, brioche bun.

Grilled Chicken Burger (G, M, E, SU)

£12.00

Garlic & Herb Grilled Chicken breast, lettuce, onion, tomato, gherkins, sriracha mayo, brioche bun.

Mediterranean Lamb Burger (G, M, E, SU)

£13.00

Lettuce, tomato, onion, gherkins, lamb patty, melted cheese and tzatziki sauce.

Crispy Fried Fish Burger (G, M, E, SU, F)

£12.00

Crispy cod with lettuce, tomato, gherkins, tartare sauce in a brioche bun.

Chicken Tikka Naan Wrap (G, M, E, SU)

£12.00

lettuce, chicken tikka pieces, sriracha mayo

Paneer Tikka Naan Wrap (G, M, E, SU)

£12.00

lettuce, paneer tikka pieces, sriracha mayo

KIDS MENU

Mini Chicken Tikka Masala (G, M, N, MU)

Chicken Korma (G, M, N, MU)

Paneer Tikka Masala (V) (G, M, N, MU)

£12.00

Kids portion of curry served with butter naan bread & basmati pilau rice.

Kids Beef Burger with Cheese (G, E, M, SU)

£8.00

skinny fries, brioche bun

Grilled Garlic & Herb Chicken Burger

£8.00

with cheese (G, E, M, SU)

skinny fries, brioche bun

Cod Fish Finger (G, F, MU)

£8.00

skinny fries, peas, tartare sauce

Mac & Cheese (G, M)

£8.00

cheesy macaroni baked with breadcrumbs

Sausage and Beans (G, SU)

£7.00

2 sausages with baked beans served with fries

KIDS DESSERTS

Selection of Ice Creams

(G, E, M, SO) lone scoop, wafer roll and marshmallows

strawberry, vanilla, chocolate, salted caramel

£2.50

Kids Sundae (G, E, M, SO)

£4.00

vanilla, wafer roll, chocolate drizzle, marshmallows, whipped cream

(V) suitable for vegetarians (VG) suitable for vegans

Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

Do you have any allergies? Some of our dishes may contain the following allergens: Cereals Contain Gluten, Crustaceans, Eggs, Fish, Peanuts, Soya Beans, Milk, Nuts, Celery, Mustard, Sesame, Sulphites, Lupin, Molluscs. These have been listed in the menu in abbreviated forms. We have taken all reasonable steps to avoid the

unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens; therefore, it is not possible to fully guarantee allergen separation. All food items may contain traces of nuts. Fish, poultry and meat dishes may contain bones and/or shell.

Gluten (G), Fish (F), Sesame (S), Celery (C), Crustaceans (CR), Mustard (MU), Milk (M), Eggs (E), Nuts (N), Peanuts (P), Soya (SO), Sulphites (SU), Lupin (L), Molluscs (MO)

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MAINS



Hand Battered Cod and Chips (G, F, E, MU)	£14.00
Cooked until golden and crispy, our hand battered cod served with gourmet chunky chips, tartare sauce & garden peas.	
Pan Fried Salmon Fillet (F, M, SU)	£17.00
Skin-on pan fried salmon fillet with chunky chips & creamy garlic lemon butter sauce.	
Beef Sirloin Steak 10oz (M, SU)	£19.00
Deliciously flavoursome 10oz Steak, served with grilled half tomato, salad mix, gourmet chunky chips and creamy peppercorn sauce.	
Garlic & Herb Grilled Chicken (M, SU)	£16.00
Grilled chicken lightly marinated with lemon garlic & herbs, served with salad mix, gourmet chunky chips and creamy garlic mushroom sauce.	
Chicken Tikka Masala (G, M, N, SU)	£17.00
Nation's favourite, chicken tikka pieces cooked in a rich creamy tomato and cashew nut sauce, served with butter naan bread and basmati pilau rice.	
Paneer Tikka Masala (V) (G, M, N, SU, MU)	£17.00
Paneer tikka (cottage cheese, marinated and cooked in clay oven) pieces cooked in a rich creamy tomato and cashew nut sauce, served with butter naan bread and basmati pilau rice.	

BREAD PIZZA

ON THE SIDE

Veggie (V) (G, M)	£12.00
with tomato base, shredded mozzarella & cheddar mix, Jalapeños, mixed peppers, mushroom, tomatoes & red onion.	
Pepperoni (G, M)	£14.00
A perfect pepperoni pleasure, tomato base, shredded mozzarella & cheddar mix & parmesan.	
Margherita (V) (G, M)	£11.00
The simple classic, tomato base, shredded mozzarella & cheddar mix	
Chicken Tikka (G, M, SU)	£14.00
Tomato base, shredded mozzarella & cheddar mix, Himalayan chicken tikka pieces, red onion and peppers.	
Paneer Tikka (G, M, SU)	£14.00
Tomato base, shredded mozzarella & cheddar mix, Himalayan paneer tikka pieces, red onion and peppers.	

Poppadom Basket & Dips (G, M, MU)	£4.00
Triple Cooked Chunky Chips	£4.50
Piri-Piri Fries/Plain Fries	£4.00
Halloumi Fries (G, M, SO)	£5.00
Onion Rings (G)	£4.00
Sweet Potato Fries	£5.00
Dressed Side Salad	£4.00
cream salad (E, MU) / classic vinaigrette dressing (SU)	
Loaded Cheesy Fries (M)	£7.00
with homemade onion chutney,	

SALADS & NOODLES

Grilled Halloumi Salad (M, MU, N, E, SU)	£9.00
Grilled Halloumi Chunks served on mixed lettuce, cherry tomatoes, cucumber, red onions, topped with blend on sunflower & pumpkin seeds, dried cranberries, dried pineapple, dried coconut and goji berries and creamy salad dressing.	
Classic Caesar Salad (V) (G, M, E, F, MU)	£9.00
add: grilled chicken - £5.00, Grilled Prawns (CR) - £6.50	
Crunchy cos lettuce tossed in our creamy garlic Caesar dressing topped with herby toasted croutons, parmigiano reggiano shavings, oil marinated anchovies.	
Vegetable Chow Mein (V) (E, SE, G, SO)	£13.00
add: fried egg (e) - £1.50	
A popular street food of Nepal. A delicious fusion of Chinese stir-fried egg noodles with Nepali spices mingles with Pok choy, mixed vegetables all tossed in a delicious house sauce.	
Chicken Chow Mein (E, SE, G, SO)	£14.00
add: fried egg (e) - £1.50	
A popular street food of Nepal. A delicious fusion of Chinese stir-fried egg noodles with Nepali spices mingles with battered fried chicken breast, pok choy, mixed colourful vegetables all tossed in a delicious house sauce.	

DESSERTS



Selection of Ice Creams (V) (G, E, M, SO) (two scoops, with waffle curls)	£5.00
strawberry, vanilla, chocolate or salted caramel, vanilla/raspberry sorbet (V, VG)	
Warm Chocolate Brownie (V) (G, E, SO, M)	£7.00
Chocolate sauce, vanilla ice cream	
Sticky Toffee Pudding with Vanilla Ice Cream (G, E, M, SO)	£7.00
Homemade Gulab Jamun with Vanilla Ice Cream (V) (G, M, N)	£7.00
fried dumplings made of thickened or reduced milk, then soaked in a sugar syrup made with rose water and garnish with coconut flakes.	
New York Style Baked Cheesecake (V) (G, E, M, SO)	£7.00
whipped cream, forest berry compote.	
Chocolate & Raspberry Tart (V/VG) (SO, CONTAINS OATS)	£7.00
vegan vanilla ice-cream, forest berry compote.	