

LUNCH MENU

MONDAY – FRIDAY
12PM – 6PM

CHOOSE FROM **FP** FIXED PRICE
STARTERS, MAINS AND DESSERTS

2 COURSES FROM £14.95

3 COURSES FROM £18.95

See our all-day menu for the full range of starters and mains

Our easy to use allergen guide is available for you to use on the food section of our website. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens.

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

OUR REDUCED ALCOHOL & CALORIE WINE RANGE FROM THE WESTERN CAPE

SUNLIGHT SAUVIGNON BLANC,
TWILIGHT CINSULT ROSÉ & MOONLIGHT SHIRAZ (VE)

Try our new, revolutionary 8.5% ABV wine range made from sustainably grown handpicked grapes. At least 30% fewer calories and 35% less alcohol than a typical South African equivalent – available by the glass.

See our drinks menu for pricing

STARTERS

- FP** HOMEMADE SOUP OF THE DAY (v) With ciabatta & Netherend Farm butter | 6.25
- FP** PANKO-CRUSTED FRIED BRIE (v) Served with sloe gin chutney | 5.95
- FP** TEMPURA OYSTER MUSHROOMS (v) Soy, lime & ginger dipping sauce | 6.95
- FP** GARLIC, MOZZARELLA & ROCKET PIZZETE (v) | 6.50
- FP** DUCK LIVER PARFAIT With spiced fruit chutney, pickles & toasted sourdough | 6.50
- SEARED WILD ATLANTIC SCALLOPS With lobster & crab bonbons, pea & truffle oil velouté | 11.95
- TEMPURA SQUID Preserved lemon aioli & furikake | 6.95
- GRILLED LAMB KOFTA Smoky creamed corn & crumbled goats' cheese | 7.50

ALLERGEN & DIETARY INFORMATION

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation and cooking methods could affect this. Dishes containing fish or hand-pulled chicken may contain small bones. Some of our dishes contain alcohol. Weights stated are approximate uncooked weights. All items are subject to availability. The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size. Folate and Vitamin A contribute to the normal function of the immune system. Vitamin C contributes to normal psychological function. If you require more information, please ask your server.

Please note an optional 10% service charge will be added to the bill for tables of 6 or more.

SALADS & HEALTHY MAINS

FP NOURISH BOWL (VE) Warm lentil falafel, roasted butternut squash, avocado, crispy chickpeas, pickled rainbow vegetables, baby spinach, slow-roasted tomato dip & soft tortilla *Rich in vitamin C** | 9.95

Top with Tofu (VE) 2.50 | Halloumi (V) 2.50 | Goats' cheese (V) 2.00 | Grilled chicken breast 4.00
King prawns 4.00 | Salmon fillet 5.00

DICED TUNA POKE BOWL Tuna tartare, pickled watermelon and rainbow vegetables, sesame roasted aubergine, avocado, edamame beans, Jasmine rice, soy & mirin dressing *High in vitamin A** | 14.95
Without tuna (VE) 2597kj/619kcal | 9.95

SEARED SALMON FILLET Pan-fried samphire, broccoli & baby spinach, confit tomatoes, lemon olive oil. 2367kj/562kcal. *High in vitamin C** | 14.50

FP MOROCCAN BOWL (VE) Giant couscous, baby spinach, roasted chickpeas, pomegranate & coconut tzatziki, topped with an aubergine, lentil & chickpea Moroccan-inspired stew. 2622kj/624kcal *Source of folate** | 10.95
With grilled lamb kofta | 14.45

CAESAR SALAD Baby gem lettuce, Parmigiano Reggiano, anchovies, pan-fried croutons & Caesar dressing | 9.95 *With grilled chicken breast | 13.95*

SANDWICHES & FRESHLY STONEBAKED PIZZETTES

All our sandwiches and pizzettes are served with your choice of skinny fries (v) or side salad (VE)

FP FILLET STEAK SANDWICH With caramelised red onion chutney, rocket & beef dripping sauce | 10.95

FP KING PRAWN, SEAFOOD AND LOBSTER SESAME ROLL In a slow-roasted tomato Marie Rose sauce | 10.95

CROQUE MONSIEUR Ham, béchamel and smoked Cheddar cheese toasted sandwich | 7.95
Make it a Madame with a fried egg | 8.95

PIZZETTES

FP CONFIT TOMATO, BURRATA & BASIL (V) 2495kj/594kcal | 9.95

FP PEPPERONI, FENNEL & PORK SAUSAGE, CHILLI & MOZZARELLA | 10.95

FP WILD MUSHROOM, PROSCIUTTO, CRÈME FRAÎCHE & PARMIGIANO REGGIANO | 10.95

FP MEDITERRANEAN MEZZE (VE)
Hummus base, roasted chickpeas, Greek-style salad, seeds, avocado & rocket | 8.95

Add Jalapeños (v), Flat mushroom (v) or Red peppers (v) 1.50 | Bacon, Chorizo or Hand-pulled chicken 2.00

ROTISSERIE & CLASSICS

ROTISSERIE HALF CHICKEN *Finished with your choice of flavour: truffle, chimichurri or massaman*
With skinny fries, garlic confit & preserved lemon aioli | 13.95

FRESHLY BEER-BATTERED LINE CAUGHT COD & CHIPS
Twice-cooked chunky chips, minted pea purée, tartare sauce | 13.95
Swap fish for battered halloumi (v) | 12.95

FP PANKO-CRUMBED CHICKEN MILANESE With rocket, caper, Parmigiano Reggiano & toasted pine nut salad, fries & lemon aioli | 12.95

SLOW-ROASTED TOMATO, BASIL & ALMOND BAKE (VE) Roasted sweet peppers, oyster mushrooms, slow-roasted tomato tapenade. 2971kj/707kcal | 13.95

KING PRAWN, CRAB & CHORIZO LINGUINE Cooked in white wine, tomatoes, garlic & chilli. 3078kj/733kcal *High in protein* | 13.95

FP LOBSTER & DEVON CRAB FISHCAKES Asparagus, pea & truffle oil velouté, topped with crispy seaweed | 13.50

SIDES

Skinny fries & aioli (v) | 3.50

Twice-cooked chunky chips (v) | 3.50

Crispy onion rings (v) | 3.50

Crispy thyme baby potatoes (v) | 3.50

Rocket salad with tomato, cucumber, capers, pine nuts & lemon olive oil (VE) | 3.50

Samphire & baby spinach (VE) | 3.50

Halloumi fries & sweet chilli sauce (v) | 4.95

Mac & Cheese (v) | 3.95

Sautéed cavolo nero & leeks (VE) | 3.50

ROOM FOR A MINI PUD?

MINI PUD WITH A COFFEE OR TEA | 5.25

Choose from apple, plum & damson crumble (v), home-baked chocolate brownie (v), caramel crème brûlée (v) or Belgian chocolate & hazelnut mousse (v) *Mini desserts are 350kcal or less*