



Important Information

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 unless stated otherwise.

Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet.

They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated June 2018.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kj/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

PCP Core Nutrition Guide LN18		Typical nutrition values per average portion							
1. To nibble & share		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Tortillas & Veg Crisps	Mixed tortilla and crispy vegetables	336	80	2	1	13	5	2	0
NOCELLARA OLIVES (v)		357	85	8	0	1	0	1	3
ARTISAN RUSTIC BREADS	with olive oil & balsamic vinegar, Nocellara olives and flavoured butter (v)	969	231	24	3	3	0	1	3
Charmoula flavoured butter	Butter choice for artisan rustic bread	781	186	21	13	0	0	0	0
Chive & Thyme flavoured butter	Butter choice for artisan rustic bread	790	188	21	13	0	0	0	0
Ras El Hanout flavoured butter	Butter choice for artisan rustic bread	781	186	21	13	0	0	0	0
GARLIC PIZZETTE	with rocket and Parmesan	4,070	969	35	16	132	1	31	4
Carne Platter	Southern-fried buttermilk chicken thighs , lamb & Balsamic koftas, crispy sweet chilli beef, spiralised carrot salad, and pork & fennel sausage topped flatbread	6,377	1,518	76	30	141	16	67	7
BOX-BAKED CAMEMBERT	topped with omega seed sprinkle, cranberry & sloe gin chutney and warm dough sticks (v)	5,058	1,204	71	50	76	11	64	5
MEDITERRANEAN MEZZE	Roasted lentil falafel, chargrilled courgette topped with Gran Moravia cheese, harissa hummus, tzatziki, roasted peppers, Lebanese-style cumin dip and seasoned flatbread (v)	4,474	1,065	43	11	126	18	38	4
2. Starters									
LOBSTER & KING PRAWN POT	in Devon crab crème fraîche with toasted ciabatta bread	1,310	312	13	7	31	3	18	2
THYME-ROASTED PORTOBELLO MUSHROOMS	in Cropwell Bishop sauce with rustic toast (v)	450	107	3	0	13	3	6	0

3. Pizzas, Sandwiches & Salads									
All our pizzas are hand-stretched. If you prefer a lighter pizza, we can replace the centre with a baby kale & tomato salad.									
MARGHERITA PIZZA	Mozzarella, cherry tomatoes and basil (v)	3,914	932	23	13	132	6	48	5
Lighter - MARGHERITA PIZZA		2,440	581	13	8	83	14	29	3
Diablo	Chorizo, pepperoni, bacon, pork & fennel sausage, mozzarella, jalapeno and red chilli	6,646	1,582	73	28	159	27	72	9
Lighter Diablo Pizza	Chorizo, pepperoni, bacon, pork & fennel sausage, mozzarella, jalapeno and red chilli with a baby kale & tomato salad.	4,575	1,089	65	23	105	33	46	6
Padana	Whipped Goats' curd, caramelised red onion chutney, and mozzarella with rocket (v)	5,379	1,281	49	21	154	22	54	6
Lighter Padana Pizza	Whipped Goats' curd, caramelised red onion chutney, and mozzarella with rocket with a baby kale & tomato salad. (v)	3,124	744	21	13	102	27	34	3
Pollo Americano	Chicken, Portobello mushrooms, BBQ tomato sauce, and mozzarella	7,539	1,795	73	23	163	29	119	7
Lighter Pollo Americano	Chicken, Portobello mushrooms, BBQ tomato sauce, and mozzarella with a baby kale & tomato salad.	3,751	893	31	11	100	26	52	3
Pollo Americano (Baby)	Chicken, Portobello mushrooms, BBQ tomato sauce, and mozzarella	5,498	1,309	40	16	163	29	72	6

Lighter Pollo Americano (Baby)	Chicken, Portobello mushrooms, BBQ tomato sauce, and mozzarella with a baby kale & tomato salad.	3,706	882	20	9	112	35	62	4
Add Jalapeños		21	5	0	0	1	0	0	1
Add Red Onions		176	42	0	0	8	6	1	0
Add Pineapple		76	18	0	0	4	4	0	0
Add Mushroom		76	18	0	0	0	0	3	0
Add Red Peppers		80	19	0	0	3	3	1	0
Add Goat's Curd		420	100	8	5	2	0	5	1
Add Bacon		869	207	20	8	0	0	7	2
Add Hand-pulled chicken		950	226	8	2	1	0	38	0

Our sandwiches are served on ciabatta bread and come with a choice of fries, dressed house salad or soup. Choose sweet potato fries instead for £1.00									
Fillet Steak Sandwich	with caramelised red onion chutney and rocket, served with beef dripping sauce	612	15	7	76	21	41	3	
BEER-BATTERED COD FISH FINGER SANDWICH	with tartare sauce	3,954	941	48	8	90	4	34	5
AVOCADO & ROASTED RED PEPPER SANDWICH	with beetroot rosti and red pepper & cumin purée (ve)	3,734	889	47	9	89	11	20	3
STICKY CRISPY DUCK SALAD	with cucumber, spiralised mooli & carrot, toasted sesame seeds with plum, hoisin & sweet chilli sauce	1,306	311	18	11	22	14	15	2
STICKY CRISPY DUCK SALAD	with cucumber, spiralised mooli & carrot, toasted sesame seeds with plum, hoisin & sweet chilli sauce	2,610	621	36	22	44	28	30	4
CHICKEN, BACON & AVOCADO SALAD	with baby kale, spinach and tenderstem broccoli with English cider & honey mustard dressing	2,116	504	29	7	13	9	44	1
WHOLEFOOD SALAD	with kale & cauliflower couscous, asparagus, tenderstem broccoli, avocado, butternut squash, sweet potato, pomegranate and roasted pumpkin seeds with a pineapple ,lemongrass & ginger dressing (ve)	1,931	460	30	6	29	18	12	0
Chargrilled chicken breast £3.00		805	192	3	1	1	0	40	0
Roasted salmon supreme £4.00		1,756	418	27	5	0	0	44	0
Goat's curd (v) £2.00		420	100	8	5	2	0	5	1

Lamb & balsamic koftas		1,346	320	25	12	5	3	18	1
Grilled halloumi (v) £2.25		1,004	239	19	11	1	0	16	2

4. Mains									
SPIT-ROASTED CHICKEN	with lemon & garlic confit, aoli and your choice of kale & cauliflower couscous salad with pineapple, lemongrass & ginger dressing or fries with jus	2,755	656	34	5	12	3	76	1
Upgrade to truffle oil and truffle mayo	Upgrade to truffle oil and truffle mayo	2,739	652	38	6	5	1	74	1
With kale Cauli Salad		260	62	4	0	4	3	3	0
with Fries & Jus		1,961	467	20	7	65	4	7	2
ROASTED PORK BELLY & SEARED SCALLOPS	with potato dauphinoise, butternut squash purée, toasted almonds, crackling and red wine jus	7,328	1,745	157	70	47	18	36	2
ROASTED PORK BELLY without scallops	with potato dauphinoise, butternut squash purée, toasted almonds, crackling and red wine jus	7,189	1,712	156	70	47	18	30	2
CHARGRILLED LAMB & BALSAMIC KOFTAS	with lavash bread, harissa hummus, tzatziki and kale & cauliflower couscous salad with a pineapple, lemongrass & ginger dressing	3,828	911	57	20	57	17	39	4
ROASTED BUTTERNUT SQUASH & BEETROOT TART	topped with Cropwell Bishop custard and Stilton & walnut crumb (v)	3,990	950	64	24	76	19	13	3
BEER-BATTERED LINE-CAUGHT COD	with twice-cooked chunky chips, minted pea purée and tartare sauce	5,487	1,306	77	20	107	7	44	6
KING PRAWN, CRAB & CHORIZO LINGUINE	with white wine, tomatoes, garlic & chilli	2,967	706	31	8	73	5	38	3
Small -KING PRAWN, CRAB & CHORIZO LINGUINE	with white wine, tomatoes, garlic & chilli	1,567	373	16	4	37	3	23	2

HOME-MADE BRITISH BEEF BURGER	with smoked Irish Cheddar, mustard mayonnaise, relish and fries	5,157	1,228	65	22	113	13	49	4
WAGYU BURGER	with smoked Irish Cheddar, crispy onions, tomato relish, sweet potato fries and aioli	7,709	1,835	87	23	196	47	62	6
Burger Addons									
Add Bacon		1,218	290	28	11	0	0	10	2
Add Sliced Chorizo		1,063	253	23	0	0	0	12	0
Add Stilton		517	123	11	7	0	0	7	1
Add Mushroom		122	29	1	0	1	0	5	0
Grilled Halloumi		968	231	17	11	2	2	17	2
LOBSTER & DEVON CRAB FISHCAKES	with asparagus, pea & truffle oil velouté topped with crispy seaweed, served with a choice of fries or salad.	3,931	936	46	21	92	14	34	2
BATTERED HALLOUMI	with twice-cooked chunky chips, minted pea purée and tartare sauce (v)	4,682	1,115	71	27	82	5	35	8
CHICKEN, LEEK & CRÈME FRAÎCHE PIE	topped with ham hock crumb, served with seasonal cabbage mashed potato and buttered green beans	4,385	1,044	60	33	90	20	30	3
CHARGRILLED GAMMON STEAK & FRIED EGGS	with twice-cooked chunky chips and honey-roasted pineapple	4,394	1,046	52	14	89	15	54	5
PAN FRIED SEABASS FILLETS	with parmentier potatoes , panchetta,olives,spinach and white wine veloute	3,334	794	50	22	43	7	42	3
BUTTERMILK SOUTHERN-FRIED CHICKEN	stuffed with 'nduja sausage, with sweet potato fries, apple salad and lemon aioli	4,030	959	61	12	67	16	33	3
PAN FRIED BRITISH VENISON	with beef & bone marrow bomb ,squash dauphinoise ,green beans,toasted oine nuts and Port jus	3,804	906	56	29	39	20	59	2

STEAKS									
8oz 28-DAY-AGED RUMP STEAK	8oz 28-DAY-AGED RUMP STEAK with twice-cooked chunky chips, crispy onions, grilled mushroom, confit tomato and baby kale	4,664	1,111	53	16	102	7	57	1
9oz 28-DAY-AGED RIB-EYE STEAK	twice-cooked chunky chips, crispy onions, grilled mushroom, confit tomato and baby kale	6,040	1,438	89	30	92	7	67	2
7oz 28-DAY-AGED FILLET STEAK	with an ale-glazed shallot tart topped with Cropwell Bishop custard, Stilton & walnut crumb and twice-cooked chunky chips	4,506	1,073	57	24	79	13	57	2
Add: Peppercorn sauce		827	197	12	7	18	11	4	2
Béarnaise sauce		945	225	23	8	4	1	1	1
Red wine jus		311	74	3	1	11	7	2	1
Beef dripping sauce		1,016	242	22	11	8	5	2	2
Bone marrow Butter		2,222	529	58	37	1	1	1	1
King prawns & garlic butter		754	180	12	8	1	0	16	1
1/2 Lobster & garlic butte		1,426	340	15	7	1	0	50	2

SIDES									
Tenderstem broccoli with soy & honey glaze (v)		970	231	17	11	11	10	6	3
Green beans tossed in walnut butter (v)		1,054	251	24	11	4	3	4	0
Dressed house salad (v)		193	46	1	0	8	7	2	0
Fries & truffle mayo (v)		2,368	564	32	8	63	2	6	2
Honey & thyme roasted squash with red onions (v)		1,252	298	18	7	31	24	2	0
Sweet potato fries with Parmesan & rosemary		1,509	359	22	4	37	10	4	1
Seasonal greens (v)		483	115	6	3	8	5	5	0
Asparagus with Parmesan		617	147	10	6	3	3	9	0
Fries & aioli (v)		2,784	663	42	9	65	2	7	2
Twice-cooked chunky chips (v)		1,357	323	12	3	49	1	4	1
Rocket & Parmesan salad		575	137	12	3	2	1	4	0
Mashed potato (v)		1,189	283	11	8	36	5	6	1
Dauphinoise potatoes (v)		1,625	387	30	18	24	6	5	0
Harissa hummus with grilled lavash bread (ve)		2,575	613	41	5	47	5	13	2
Honey-roasted figs & whipped goat's curd with walnuts (v)		979	233	8	5	32	30	7	1
Stuffing wrapped in bacon	Stuffing wrapped in bacon	3,368	802	73	27	13	5	23	4
RPCP LN17 Side Cauliflower & Cheese		1,634	389	30	17	15	8	13	2
RPCP LN17 Side Fries & Sea Salt		1,860	443	20	7	60	1	6	3
Sweet potato fries	Choose sweet potato fries instead.	1,408	335	20	3	36	10	2	1

6. Desserts									
THE HOUSE SHARER	Chocolate brownie, baked Sicilian lemon cheesecake, profiteroles with a nougatine crisp, strawberries and a Bourbon vanilla ice cream cookie sandwich (v)	6,311	1,503	91	46	152	100	16	1
BAKED SICILIAN LEMON CHEESECAKE	with British blackcurrant curd (v)	2,486	592	33	19	66	30	8	0
WARM BELGIAN CHOCOLATE BROWNIE	with Bourbon vanilla ice cream (v)	3,014	718	30	16	102	75	7	0
VANILLA CRÈME BRÛLÉE	topped with strawberries and served with home-baked sultana & oatmeal biscuits (v)	1,940	462	27	16	50	37	5	0
MELTING GOLDEN CHOCOLATE BOMB	with praline ice cream, hot Belgian chocolate sauce and orange curd(v)	3,640	867	35	16	129	108	7	0
DULCE DE LECHE LAVA FONDANT	with praline ice cream and peanut butter crumb (v)	2,844	677	36	15	76	62	10	1
STRAWBERRIES & FROZEN NATURAL YOGURT	with rhubarb & rose flavour curd (v)	760	181	3	1	34	33	5	0
BRAMLEY APPLE & BLACKBERRY SHORTBREAD CRUMBLE	with custard (v)	2,827	673	20	9	115	75	8	1
STICKY TOFFEE PUDDING	with Bourbon vanilla ice cream (v)	2,591	617	29	11	81	62	7	1
ICE CREAM & HOME-BAKED TRIPLE CHOCOLATE COOKIE	Choose three scoops from Bourbon vanilla, double chocolate, praline and strawberry (v)	1,537	366	19	10	45	31	4	0
Ice cream choice - Bourbon Vanilla		509	121	7	4	13	13	2	0
Ice cream choice - double chocolate		610	145	9	5	14	13	3	0
Ice cream choice - Strawberry		449	107	5	3	14	13	2	0
Ice cream choice - Praline		561	134	7	3	15	14	2	0

BRITISH CHEESE BOARD	Shepherd's Purse Yorkshire Blue, Lubborn Somerset Camembert, Belton Farm Red Leicester, Isle of Man vintage Cheddar with a selection of Fudge's nut & mixed seed biscuits, grapes, celery and chutney (v)	3,032	722	42	24	53	26	32	2
MINI DESSERT OR HAND-MADE BELGIAN CHOCOLATES & A HOT DRINK	Choose from Belgian chocolate brownie, baked Sicilian lemon cheesecake or apple & blackberry crumble or a selection of hand-made Belgian chocolates (v)								
Mini Apple & Blackberry Crumble	Also refer to hot drink for additional nutrition information.	1,415	337	10	5	57	38	4	0
Mini baked sicilian lemon cheesecake	Also refer to hot drink for additional nutrition information.	1,243	296	16	10	33	15	4	0
Mini chocolate brownie	Also refer to hot drink for additional nutrition information.	1,246	297	12	6	43	29	3	0
Hand-made belgian chocolates & Hot drink	Dark chocolate & walnut, white chocolate & blackcurrant curd, and Dark chocolate & popping candy. Also refer to hot drink choice for additional nutrition information.	958	228	14	7	22	22	3	0

9.1 Children's									
BRITISH BEEF BURGER SLIDERS	with fries and a choice of salad, peas or carrot sticks	1,823	434	26	10	29	11	21	1
BATTERED COD GOUJONS	and peas with fries or salad	1,134	270	3	1	36	2	25	0
MARGHERITA PIZZA (v)	with salad, peas or carrot sticks	1,625	387	11	5	57	8	16	1
CUMBERLAND SAUSAGES & MASHED POTATO	with peas and onion gravy	2,323	553	31	12	37	11	28	4
CHICKEN BREAST STRIPS	with lemon yoghurt, carrot sticks and a warm tortilla	1,816	432	12	6	41	12	12	1
LINGUINE	in tomato sauce with salad (v)	1,030	245	3	0	46	11	8	1
Baby Potatoes	Choice - Baby Potatoes	449	107	1	0	22	2	3	0
Fries	Choice - fries	1,488	354	16	6	48	1	5	1
Side Salad	Choice - Salad	176	42	0	0	7	7	2	0
Kids Sunday roast									
All of our roasts are served with roasted potatoes, seasonal vegetables, Yorkshire pudding & gravy. Choose from:									
Roasts (Sunday only) 1/4 Roast chicken	All of our roasts are served with roasted potatoes, honey-roasted parsnips, seasonal greens, Yorkshire pudding & gravy. Choose from:	3,693	879	45	18	60	19	57	2
Roasts (sunday only) - Roast Beef	All of our roasts are served with roasted potatoes, honey-roasted parsnips, seasonal greens, Yorkshire pudding & gravy. Choose from:	2,715	646	32	17	51	19	36	2
Roasts (sunday ony) Pork Loin	All of our roasts are served with roasted potatoes, honey-roasted parsnips, seasonal greens, Yorkshire pudding & gravy. Choose from:	3,928	935	57	21	59	19	45	2

Roasts (sunday only) Fig and Dolcelatte Nut Roast	All of our roasts are served with roasted potatoes, honey-roasted parsnips, seasonal greens, Yorkshire pudding & gravy. Choose from:	4,002	953	46	16	101	48	28	3
Kids Desserts									
CHOCOLATE BROWNIE	with vanilla ice cream (v)	1,928	459	20	10	65	50	5	0
APPLE & BLACKBERRY CRUMBLE	with custard (v)	2,797	666	29	18	90	57	8	0
HOME-BAKED TRIPLE CHOCOLATE COOKIE & ICE CREAM	Choose two scoops from vanilla, chocolate or strawberry (v)	769	183	9	5	22	15	2	0
Ice Cream Choice - Chocolate		641	153	9	6	16	15	3	0
Ice Cream Choice - Strawberry		449	107	5	3	14	13	2	0
Ice Cream Choice - Vanilla		464	111	6	4	13	13	2	0
STRAWBERRIES & FROZEN NATURAL YOGURT	with rhubarb & rose flavour curd (v)	726	173	3	1	32	32	4	0

Brunch and Pastries									
Toast With Jam	Toast Butter & Jam	2,003	477	27	11	47	19	8	1
Croissants With Jam	Croissant & Jam	3,641	867	64	36	64	29	8	1
Hash Brown		979	233	3	3	46	5	6	0
Large Traditional Breakfast	Full English Breakfast - large	5,571	1,326	79	28	72	14	72	7
Mango & Passion fruit smoothie	Smoothies mango	533	127	1	0	29	27	1	0
Red berry Smoothie	Smoothies red berry	512	122	1	0	26	24	2	0
Scrambled Eggs On Toast		2,890	688	46	16	35	4	29	2
Smoked Trout with Croutes - Special		2,537	604	33	14	31	2	44	2
Add Smoked salmon		382	91	6	1	1	1	10	2
Afternoon Tea									
Afternoon Tea For 1	After noon tea for one- mini brioche rolls with egg and mayo, crayfish and dill mayo, ham and baby kale, Miniature fruit scones, Lemon shortbread, mini red velvet cake, macarons	6,244	1,487	83	38	152	105	30	2
Salted Caramel Chocolate Cake	Chocolate and salted caramal cake with chocolate	983	234	12	7	28	27	3	0
Scones With Jam & clotted cream	Warmed Scones Clotted Cream & Jam	2,792	665	31	17	86	37	10	1