



POPLAR MENU

BREAKFAST

Monday - Saturday: 8.30 to 11.30am, Sunday: 9.30 to 11.30am

Gluten free sausages and bread are available

Poplar English breakfast £11.99

Two local pork sausages, two slices of bacon, one hash brown, half a herb grilled tomato, sautéed mushrooms, baked beans and two free-range fried eggs served with a choice of white or granary toast

(Milk, egg, sulphur dioxide, gluten, soya)

Vegan breakfast (VE) £10.99

Two vegan sausages, one hash brown, half a herb grilled tomato, sautéed mushrooms and baked beans served with a choice of white or granary toast

(Soya, gluten)

Vegetarian breakfast £11.99

Two vegetarian sausages, one hash brown, half a herb grilled tomato, sautéed mushrooms, baked beans and two free-range fried eggs served with a choice of white or granary toast

(Egg, milk, gluten, soya)

Eggs Royale £10.99

An English muffin topped with smoked salmon, poached free-range eggs and Hollandaise sauce

(Milk, egg, fish, gluten)

Avocado and sautéed mushrooms on toasted sourdough (VE) £9.99

Served with rocket

(Gluten)

Shakshuka £9.99

Roasted vegetables in a sweet and smokey Mediterranean tomato sauce with a poached egg on toasted sourdough

(Egg, celery, gluten)

French toast baked loaf £8.99

Two slices of French toast topped with berry compote and whipped cream

(Gluten, egg, milk, soya)

Children's breakfast £6.99

One local pork sausage, baked beans and a free-range fried egg with a choice of white or granary toast

(Milk, egg, sulphur dioxide, gluten soya)

Eggs on toast £6.99

A choice of fried, poached or scrambled free-range eggs on white or granary toast

(Milk, egg, gluten, soya)

Bacon or sausage sandwich £7.99

With a choice of white or granary bread

(Milk, sulphur dioxide, gluten, soya)

LUNCHES SERVED FROM 11.30am UNTIL 3pm

Daily specials are also available on our specials board

SANDWICHES *Served from 11.30am*

Made with fresh local bread, available in white or granary, served with crisps and salad

Mature cheddar cheese with homemade tomato relish £8.99

(Vegan available)

(Milk, gluten, soya)

Coronation chicken £8.99

Milk, egg, mustard, gluten, soya, sulphur dioxide)

Egg mayonnaise with watercress £8.99

(Gluten, soya, egg, milk)

(Gluten free available on all sandwiches)

Avocado, beetroot hummus and rocket (VE) £8.99

(Soya, gluten, sesame)

Tuna and lemon mayonnaise £8.99

(Milk, egg, fish, gluten, soya)

Honey and mustard glazed ham with fresh tomato £8.99

(Milk, gluten, soya, mustard)

Key: VE - Vegan, GF - Gluten free

LUNCHES SERVED FROM 11.30am UNTIL 3pm

MAINS

Chicken Milanese £14.99

Garlic breaded chicken on a bed of spaghetti in a rich tomato sauce with a sprinkle of parmesan

(Milk, egg, fish, celery, gluten, soya)

Poplar Pride beer battered fish £15.99

Served with chunky chips, minted crushed peas or garden peas and homemade tartare sauce

(Milk, egg, fish, celery, sulphur dioxide, gluten)

Ham, egg and chunky chips (GF) £13.99

Honey and mustard glazed ham with fried free-range eggs and chunky chips

(Mustard, egg)

Poplar homemade beef burger £15.99

Served in a toasted brioche bun topped with mature cheddar cheese, salad, tomato and burger sauce served with chunky chips

(Milk, egg, celery, sulphur dioxide, gluten, mustard)

Roasted Moroccan butternut squash (VE) £12.99

Filled with spiced couscous, apricots, sultanas, pomegranate and pumpkin seeds, drizzled with lemon dressing

(Celery, sulphur dioxide, gluten, mustard)

Mature cheddar cheese and honey mustard glazed ham tart £12.99

Served with potato salad and garnish

(Milk, egg, gluten, mustard, soya)

Mature cheddar cheese and roasted onion tart £11.99

Served with potato salad and garnish

(Milk, egg, gluten, mustard, soya)

Homemade vegetable Thai green curry (GF, VE) £13.99

With sweet potato, mangetout, peppers and chilli served with coriander rice

SIDES

All chips GF and seasoned

Loaded chunky chips

Topped with mature cheddar cheese, honey and mustard glazed ham, barbecue sauce and spring onions £6.99

(Milk, mustard)

Chinese style salt and pepper chunky chips topped with roasted peppers and onions £5.99

Chunky chips £4.99

Homemade coleslaw (VE) £2.99

(Mustard)

Mixed side salad drizzled with honey and mustard dressing £3.99

(Mustard)

JACKET POTATOES (GF)

Served with salad and homemade coleslaw

Coronation chicken £9.99

(Mustard, egg, sulphur dioxide)

Tuna and lemon mayonnaise £9.99

(Egg, fish, mustard)

Mature cheddar cheese and baked beans £9.99

(Vegan available)

(Milk, mustard)

Roasted vegetables and chickpeas in a Moroccan tomato sauce (VE) £9.99

(Celery, mustard)

Shredded honey and mustard glazed ham with mature cheddar cheese £9.99

(Milk, mustard)

SALADS

Poplar classic house salad with tomatoes, cucumber, peppers and red onion topped with homemade croutons, drizzled with honey and mustard dressing with a choice of:

Garlic and thyme roasted chicken £14.99

(Gluten, mustard)

Smoked mackerel £14.99

(Fish, gluten, mustard)

Sun blushed tomatoes and smoked goats cheese £14.99

(Milk, gluten, mustard)

CHILDREN'S MEALS

Children's activity bag £7.99

A choice of cheddar cheese, strawberry jam or honey and mustard glazed ham sandwich served in white or granary bread, an apple, dried sultanas and raisins, Pom-Bears and orange or blackcurrant squash

(Vegan available and gluten free available)

(Soya, gluten, milk, mustard)

Sausage and chunky chips £6.99

Served with baked beans or peas

(Vegan available and gluten free available)

(Sulphur dioxide, gluten)

Fish bites and chunky chips £6.99

Served with baked beans or peas

(Fish, gluten)

Pasta in a rich tomato and basil sauce with mature cheddar cheese £5.99

(Vegan available)

(Milk, celery, gluten)