

# POPLAR MENU

Allergens are in green

## BREAKFAST

*Served until 11.30am*

*Additional items £1. Gluten free bread & gluten free meat sausages available.*

### Poplar English Breakfast £8.99

A local pork sausage, 2 slices of bacon, half grilled tomato, baked beans, buttered mushrooms, slice of local black pudding, 2 fried eggs and a choice of white or granary toast. (Gluten free available.)

(Egg, milk, gluten, soya)

### Poplar Vegan Breakfast £7.99

Two vegan Quorn sausages with a grilled tomato, Heinz baked beans, sauteed mushrooms and a choice of white or granary toast.

(Soya, gluten, sulphur dioxide)

### Vegetarian Breakfast £8.99

Two Quorn sausages with a grilled tomato, Heinz baked beans, sauteed mushrooms, two fried eggs and a choice of white or granary toast.

(Egg, milk, gluten, soya, sulphur dioxide)

### Light Breakfast £7.99

Two free range poached eggs on sauteed mushrooms, crushed avocado and a choice of white or granary bread. (Gluten free available.)

(Egg, soya, gluten)

### Eggs on toast £5.99

A choice of shallow fried, poached or scrambled free range eggs on thick cut white or granary toast.

(Gluten free available.)

(Egg, milk, gluten, soya)

### Bacon sandwich £4.99

Three slices of grilled bacon between thick cut savoury french toast.

(Gluten free available.)

(Gluten, milk, egg, soya)

### Breakfast bap £5.99

Local pork sausage, grilled bacon and buttered mushrooms topped with a fried egg.

(Gluten free available.)

(Milk, egg, gluten)

## LIGHT LUNCH

*Served from 11.30am*

### Chefs soup of the day £5.99

topped with garlic and herb croutons and served with hand cut bread.

(Gluten free available. Vegan available.)

(Gluten, soya)

### Breaded goat's cheese, beetroot and crispy bacon salad £9.99

with Poplar croutons.

(Gluten free available. Vegetarian available.)

(Milk, egg, gluten, soya, mustard)

### Chargrilled chicken, roast pepper hummus and rocket stuffed pitta £8.99

with creamy homemade coleslaw and mixed leaf salad. (Gluten free available.)

(Gluten, sesame, egg, mustard)

## OPEN SANDWICHES

*Served from 11.30am*

*On thick cut white or granary bread with Piper's crisps, creamy coleslaw and mixed leaf salad.*

### Roasted Mediterranean vegetables £8.49

in tomato and basil sauce, green pesto and finished with mature cheddar.

(Gluten free available. Vegan available.)

(Gluten, mustard, soya, milk, nuts, egg)

### Slow cooked hot barbecue pulled pork shoulder £ 9.99

with smoked cheddar cheese.

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

### Rocket, tomato and hot roast beef £8.99

topped with Blue Stilton cheese sauce.

(Gluten free available.)

(Milk, egg, gluten, soya, mustard)

## LUNCHES SERVED FROM 11.30am

### MAINS

**Poplar pie of the week - see specials board with a garlic and thyme infused creamy mash with buttered vegetables of the day.**

(Milk, gluten, celery)

**Buttermilk marinated Cajun chicken burger £12.99**

with green pesto mayonnaise, Poplar sun dried tomato and red onion salsa, served in a lightly toasted brioche bun and chunky chips.

(Milk, gluten, celery, egg, nuts)

**Sun dried tomato, baby spinach and roasted walnut risotto £11.99**

topped with grilled goats cheese and crispy bacon.

(Gluten free.)

(Nuts, milk, sulphur dioxide, celery)

**Sweet roasted butternut squash, mushroom and baby spinach Wellington £10.99**

on a tomato and basil sauce and crispy potatoes.

(Vegan.)

(Gluten, celery)

**Bacon, leek and mushroom tagliatelle creamy carbonara £12.99**

served with a rocket salad, shaved parmesan and a garlic and mixed herb bruschetta.

(Gluten, soya, milk, egg)

**Pan fried liver and bacon £13.99**

on a garlic and thyme infused creamy mash with buttered vegetables of the day and caramelised onion gravy. (Gluten free available without gravy.)

(Gluten, milk, celery)

**Slow cooked beef and bean goulash £13.99**

with crispy potatoes and sour cream.

(Milk, celery)

**Golden beer battered fish of the day £12.99**

served on chunky chips with crushed minted peas and Poplar tartare sauce.

(Fish, gluten, milk, egg)

### CHILDREN'S MEALS

**Local pork sausage £5.99 with mash and peas, or beans. (Gluten free available.)**

(Gluten, milk)

**Tomato and basil tagliatelle £4.99 (Vegan)**

(Gluten, celery)

**Battered chicken nuggets £5.99 with chips and peas or beans.**

(Milk, egg, gluten)

**Activity bag £4.99**

consisting of a carton of apple juice, a packet of raisins, a homemade cookie, fresh fruit and a choice of a cheese, ham or jam filled sandwich.

(Milk, soya, gluten)

### JACKET POTATOES

*Served with creamy homemade coleslaw and mixed leaf salad garnish.*

**Slow cooked chunky beef and vegetable chilli £9.99**

topped with mature cheddar.

(Celery, milk, egg, mustard)

**Mature cheddar cheese £ 8.99 and Heinz baked beans.**

(Milk, egg, mustard)

**Slow cooked pulled barbecue pork shoulder £9.99**

topped with smoked cheddar cheese.

(Celery, milk, mustard, egg)

### AFTERNOON TEA

*Must be booked at least 24 hours in advance.*

**Traditional Afternoon Tea £16.99 per person**

**Prosecco Afternoon Tea £18.99 per person**