



POPLAR MENU

BREAKFAST

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, sauté mushrooms, baked beans and two free-range fried eggs served with 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, sauté 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, sauté mushrooms, baked beans and two free-range fried eggs served with a choice of white or granary toast

(Egg, milk, gluten, soya)

Eggs Benedict £9.99

One English muffin topped with ham, poached free-range eggs and Hollandaise sauce

(Milk, egg, gluten, mustard)

Avocado on toast £9.99

Spiced smashed avocado on toasted Sourdough with rocket and crumbled goat's cheese

(Gluten, milk)

American style pancakes £7.99

American style pancakes with mixed berry compote and whipped cream

(Milk, gluten, egg)

French toast baked loaf £7.99

Two slices of French toast loaf served with bacon topped with maple syrup, cinnamon and sugar

(Gluten, egg, soya)

Children's breakfast £5.99

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 white or granary toast with fried, scrambled or poached free-range eggs

(Milk, egg, gluten, soya)

Bacon or sausage sandwich £6.99

A choice of white or granary bread

(Milk, sulphur dioxide, gluten, soya)

LUNCHES SERVED FROM 11.30am UNTIL 3pm

Daily specials also available on our specials board

SANDWICHES

Served from 11.30am

Available in white or granary bread made fresh from a local bakery and served with crisps and salad

Mature cheddar cheese and tomato £6.99

(Vegan available)

(Milk, gluten, soya)

Honey and mustard glazed ham with mature cheddar cheese and homemade chutney £7.99

(Milk, gluten, soya, mustard)

(Gluten free available on all sandwiches)

Chicken and bacon mixed with mayonnaise £7.99

(Milk, egg, gluten, soya,)

Egg mayonnaise with cress £6.99

(Milk, egg, gluten, soya)

Spiced smashed avocado with tomato and rocket (VE) £7.99

(Soya, gluten)

Key: VE - Vegan, GF - Gluten free

LUNCHES SERVED FROM 11.30am UNTIL 3pm

MAINS

Meatball marinara £14.99

Garlic and basil meatballs in a tomato sauce served with spaghetti, topped with a rocket and parmesan salad

(Milk, egg, celery, gluten, soya)

Poplar Pride beer battered haddock £14.99

Served with chunky chips, with a choice of peas or mushy peas and homemade tartare sauce

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

Ham, egg and chunky chips (GF) £12.99

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

(Mustard, egg)

Buttermilk chicken burger £15.99

Served in a toasted brioche bun with smoked paprika mayonnaise, crunchy lettuce and tomato, served with chunky chips

(Milk, egg, fish, gluten, mustard)

Moving mountains burger (VE) £14.99

Vegan mountain burger in a toasted brioche bun with vegan cheese, lettuce, tomato and vegan garlic mayonnaise, served with chunky chips

(Gluten, mustard, soya)

Cauliflower cheese and chive tart £11.99

Served with roasted new potatoes topped with parmesan and a side salad

(Milk, gluten, egg, mustard)

Risotto (VE) £12.99

Rosemary, sweet potato and butternut squash risotto served with a rocket salad and toasted seeds

(Celery, sulphur dioxide)

SIDES

All chips GF and seasoned

Loaded chunky chips topped with:

Mature cheddar cheese and ham topped with spring onions and barbecue sauce £4.99

(Milk, mustard)

Cajun bean cassoulet and mature cheddar cheese (VE) £4.99

(Vegan available)

(Celery)

Chunky chips £3.99

Homemade coleslaw £2.99

(Mustard, egg)

Garlic ciabatta £3.49

Add cheese £0.80

(Vegan available)

(Gluten, milk)

Side salad £2.99

(Mustard)

WINTER SALADS

Chicken, kale and roasted vegetable salad (GF) £14.99

Roasted root vegetable, feta, walnut and kale salad drizzled with a vinaigrette dressing

(Mustard, nuts, milk)

Lightly spiced roasted chickpea salad (VE) £11.99

With couscous, red onion, tomato, cucumber and a lemon dressing

(Mustard, gluten, celery)

CHILDREN'S MEALS

Children's activity bag £5.99

A choice of cheese, ham or strawberry jam sandwich served in white or granary bread, a fresh apple, a dried fruit snack, crisps and orange or blackcurrant squash

(Vegan available and gluten free available)

(Soya, gluten, milk, mustard)

Grilled pork sausages £5.99

Served with chunky chips and a choice of peas or beans

(Vegan available and gluten free available)

(Gluten, sulphur dioxide)

Chicken nuggets £5.99

Served with chunky chips and a choice of peas or beans

(Gluten, fish)

Ciabatta pizza £5.99

Two slices of ciabatta topped with tomato sauce and mature cheddar cheese

(Vegan available)

(Gluten, milk, celery)

Spaghetti napolitana (VE) £5.99

With a rich tomato and basil sauce

(Gluten, celery)

JACKET POTATOES (GF)

Served with a seasonal salad and coleslaw

Chicken and bacon mixed with mayonnaise £9.99

(Mustard, egg)

Cajun bean cassoulet (VE) £8.99

Mixed beans and peppers served in a Cajun tomato sauce

(Celery, mustard)

Tuna mayonnaise with a hint of lemon £8.99

(Egg, mustard, fish)

Mature cheddar cheese and baked beans £8.99

(Vegan available)

(Milk, mustard, egg)

HOT CIABATTAS

Halloumi ciabatta £10.99

Toasted Cypriot halloumi ciabatta with charred red peppers, homemade sweet chilli jam, rocket and tomato served with chunky chips and a side salad

(Milk, gluten, mustard)

Meatball marinara ciabatta £12.99

Toasted meatball marinara ciabatta with melted mature cheddar cheese, served with chunky chips and a side salad

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

Roast beef ciabatta £12.99

Toasted beef ciabatta with garlic cream cheese, mustard, red onion marmalade and rocket served with chunky chips

(Sulphur dioxide, gluten, mustard, milk)