

POPLAR MENU

BREAKFAST

Served until 11.30am

Gluten free bread & gluten free meat sausages available.

Poplar English breakfast £8.99

Two local pork sausages, two slices of bacon, half grilled tomato, Heinz baked beans, buttered mushrooms, two fried eggs and a choice of white or granary thick cut toast. (Gluten free available.)

(Egg, milk, gluten, soya)

Vegan breakfast £7.99

Two vegan quorn sausages with a grilled tomato, Heinz baked beans, sautéed mushrooms and a choice of white or granary thick cut toast.

(Soya, gluten, sulphur dioxide)

Vegetarian breakfast £7.99

Two quorn sausages with a grilled tomato, Heinz baked beans, sautéed mushrooms, two fried eggs and a choice of white or granary thick cut toast.

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

Light breakfast £6.99

Crushed avocado, sautéed button mushrooms on thick cut bread with Poplar chilli jam. (Vegan.)

(Gluten, soya)

Eggs on toast £5.99

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

(Gluten, soya, egg, milk)

Savoury French toasted bacon sandwich £6.99

Three slices of grilled bacon between thick cut savoury French toasted bloomer bread.

(Milk, egg, gluten, soya)

Kids breakfast £4.99

One grilled pork sausage, one free range fried egg, Heinz baked beans and a choice of white or granary thick cut toast.

(Gluten, egg, soya)

Breakfast bap £6.99

Local pork sausage, grilled bacon and two fried eggs. (Gluten free available.)

(Gluten, milk, egg, soya)

Creamy porridge topped with honey £2.99

(Milk)

SALADS / LIGHT LUNCH

Served from 11.30am

Chefs soup of the day £5.99 (See specials board.)

Topped with homemade croutons and served with thick cut white or granary bread.

(Gluten free and vegan available.)

Superfood salad £9.99

Grain, kale, spinach, avocado, beetroot, roasted chickpea and carrot tossed in a sweet mustard dressing. (Vegan.)

(Mustard, celery)

Chargrilled chicken Caesar salad £10.99

Baby gem lettuce tossed in homemade Caesar dressing with grilled bacon and Parmesan croutons.

(Egg, soya, gluten, mustard)

Poplar ploughman's board £10.99

Consisting of a traditional pork pie, homemade apple chutney, piccalilli, seedless grapes, dressed salad and a crispy baguette.

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

SANDWICHES

Served from 11.30am

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

Chicken Caesar salad £7.99

(Soya, egg, milk, mustard, gluten)

Roasted vegetable and mint pea pesto £ 6.99

(Nuts, soya, milk, gluten, egg, mustard)

Egg mayonnaise and watercress £6.99

(Gluten, milk, egg, soya, mustard)

Roast beef, tomato, cucumber, rocket and horseradish £7.49

(Gluten, soya, mustard, milk, egg)

Home cooked ham, Poplar apple chutney and mature cheddar cheese £7.49

(Gluten, soya, milk, egg, mustard)

Cheese, tomato, rocket and chilli jam £6.99 (Vegan available.)

(Gluten, soya, egg, mustard, milk)

(All sandwiches are available gluten free.)

LUNCHES SERVED FROM 11.30am

MAINS

Served from 11.30am

Hand pressed Poplar beef burger £11.99

Topped with mature cheddar and bacon in a brioche bun with baby gem lettuce, tomato, pickle, crispy onion rings and seasoned chunky chips.

(Gluten, soya, egg, sulphur dioxide, milk)

Croque Madame £9.99

With rocket and sundried tomato salad garnish and seasoned chunky chips.

(Gluten, soya, milk, egg)

Spicy bean burger £9.99

Served in a lightly toasted bap filled with mixed leaves and tomato salsa with seasoned chunky chips and Tiptree tomato ketchup. (Vegan.)

(Gluten, soya, sulphur dioxide, celery)

Smoked garlic, mushroom and parmigiana quiche £9.99

With rocket, watercress and red onion salad accompanied with homemade coleslaw.

(Gluten, milk, egg, mustard, soya)

Crispy beer battered cod fillet £11.99

With Poplar tartare sauce, seasoned chunky chips and a choice of garden or mint crushed peas.

(Gluten, milk, sulphur dioxide, fish, egg, mustard)

Chargrilled pork T-bone steak £11.99

On crispy potatoes, grilled asparagus and topped with a mushroom sauce.

(Milk, celery)

Poplar club sandwich £10.99

On thick cut white bread with a mixed leaf salad garnish and seasoned chunky chips. (Chicken, bacon, avocado, egg, baby gem, tomato and mayonnaise.)

(Egg, mustard, soya, gluten)

Chicken parmigiana £10.99

On a bed of tagliatelle in tomato and green olive sauce topped with a rocket salad and grilled garlic bruschetta.

(Gluten, milk, egg, soya)

CHILDREN'S MEALS

Activity bag £4.99

Consisting of a carton of apple juice, a homemade cookie, fresh fruit and a choice of cheese, ham or egg mayonnaise sandwich.

(Gluten, soya, milk, mustard)

Mini battered fish and seasoned chunky chips £5.99

With a choice of garden peas or Heinz baked beans.

(Sulphur dioxide, gluten, fish)

Chicken nuggets £5.99

With seasoned chunky chips and a choice of garden peas or Heinz baked beans.

(Milk, egg, gluten)

Tomato and basil tagliatelle £4.99

(Gluten, celery)

JACKET POTATOES

Served with mixed leaf salad garnish and homemade coleslaw.

Mature cheddar cheese and Heinz baked beans £ 8.49 (Vegan available.)

(Milk, egg, mustard)

Chunky vegetable and beef chilli £ 9.99

With sour cream.

(Milk, egg, mustard, celery)

SIDES

Mixed house salad £2.99

(Mustard)

Seasoned chunky chips £3.49

Loaded seasoned chunky chips:

Cheese and onion £3.99

Cheese and bacon £4.49

(Milk)

Grilled garlic bruschetta £3.49

(Gluten, soya)

Onion rings £3.49

(Gluten, sulphur dioxide)

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