



# POPLAR MENU

## BREAKFAST

*Served from 8.30am until 11.30am*

### Poplar English breakfast £9.99

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 toast (Available gluten free)  
(Egg, milk, gluten, soya)

### Vegan breakfast (VE) £8.99

Two Quorn sausages with grilled tomatoes, Heinz baked beans, sautéed mushrooms and a choice of white or granary toast  
(Soya, gluten, sulphur dioxide)

### Vegetarian breakfast £8.99

Two Quorn sausages with grilled tomatoes, Heinz baked beans, sautéed mushrooms, two fried eggs and a choice of white or granary toast  
(Egg, milk, gluten, soya, sulphur dioxide)

### Eggs Benedict £7.99

Two poached eggs on slow cooked ham and a toasted English muffin topped with hollandaise sauce  
(Milk, egg, gluten, soya, sulphur dioxide)

### Light breakfast (VE) £7.99

Crushed avocado, sautéed mushrooms on toasted sourdough bread with Poplar chilli jam (Available gluten free)  
(Gluten, soya)

### Eggs on toast £5.99

A choice of fried, poached or scrambled eggs on a choice of white or granary toast (Available gluten free)  
(Gluten, soya, egg, milk)

### Local pork sausage (Vegan available) or grilled back bacon sandwich £4.99

In a choice of white or granary bread (Available gluten free)  
(Milk, gluten, soya)

### Children's breakfast £4.99

One grilled pork sausage, one fried egg, Heinz baked beans and a slice of white or granary toast  
(Available gluten free)  
(Gluten, egg, soya)

### Creamy porridge topped with honey or fresh berries (Vegan available) £3.99

(Milk, gluten)

## LUNCHES SERVED FROM 11.30am UNTIL 3pm

Daily specials also available on our specials board

## SALADS

### Chargrilled chicken Caesar salad £11.99

Baby gem lettuce, Parmesan and herb croutons, sun-dried tomatoes, crispy bacon and anchovies with a homemade Caesar dressing and topped with a Parmesan crisp  
(Egg, mustard, milk, gluten, soya, fish)

### Poplar cheese and ham ploughman's £11.99

Home cooked ham and mature cheddar with seedless grapes, celery, half an apple, homemade apple chutney, balsamic red onion chutney, dressed salad leaves, coleslaw and soft baked ciabatta (Available gluten free)  
(Gluten, milk, egg, mustard, soya)

### Poplar vegan ploughman's (VE) £11.99

Smoked Applewood cheese with seedless grapes, celery, half an apple, homemade apple chutney, balsamic red onion chutney, dressed salad leaves, coleslaw and soft baked ciabatta (Available gluten free)  
(Gluten, mustard, soya)

## **MAINS** (All chips GF)

*Lunches served from 11.30am to 3pm*

**Pan seared lamb and Harissa burger £13.99**  
In a lightly toasted brioche bun served with seasoned chips and watercress salad tossed in a sweet mustard dressing  
(Milk, gluten, egg, soya, mustard)

**Home cooked ham and eggs served with seasoned chips (GF & DF) £11.99**  
(Egg, soya)

**Wild garlic mushroom and wilted spinach bruschetta £11.99**  
Topped with poached egg and herb butter with a sun-dried tomato, watercress and red onion salad and sautéed potatoes  
(Gluten, milk, egg)

**Pan seared rump steak ciabatta £13.99**  
In a soft baked ciabatta with rocket and red onion topped with béarnaise sauce served with seasoned chips and a dressed mixed leaf salad  
(Milk, egg, gluten, soya, mustard)

**Crispy beer battered fish £14.99**  
With Poplar tartare sauce, seasoned chips, rocket salad garnish and garden peas  
(Gluten, sulphur dioxide, soya, milk, fish, egg, mustard)

**Poplar quiche £10.99**  
Roasted Mediterranean vegetables and mature cheddar cheese quiche with buttered new potatoes and a dressed mixed leaf salad  
(Milk, eggs, gluten, celery)

**Plant based burger (VE) £12.99**  
In a lightly toasted brioche bun filled with rocket, sliced tomato and chilli jam served with seasoned chips and a watercress salad tossed in a sweet mustard dressing  
(Mustard, gluten, soya)

## **SIDES** (All chips GF)

**Seasoned chips (VE) £3.49**  
(Soya)

**Cheese and bacon topped chips £4.49**  
(Soya, milk)

**Cheese and onion topped chips £3.99**  
(Soya, milk)

**Grilled garlic bruschetta (VE) £3.49**  
**Add cheese £0.70**  
(Gluten, soya, milk)

**Herb buttered new potatoes £2.99**  
(Vegan available)  
(Milk)

## **CHILDREN'S MEALS**

**Activity bag £4.99**  
A choice of cheese, ham, tuna mayonnaise or egg mayonnaise sandwich in either white or granary bread and a carton of apple juice, a homemade cookie, an apple and a bag of raisins.  
(Gluten, soya, milk, egg)

**Local pork sausages £5.99**  
(Vegan available and gluten free available)  
With chips and a choice of garden peas or Heinz baked beans  
(Gluten, soya)

**Chicken nuggets £5.99**  
With chips and a choice of garden peas or Heinz baked beans  
(Milk, egg, gluten, soya)

**Home cooked ham, egg and chips (GF) £5.99**  
(Egg, soya)

## **JACKET POTATOES** (GF)

*Served with mixed leaf salad garnish and homemade coleslaw*

**Mature cheddar and Heinz baked beans £8.99**  
(Vegan available)  
(Milk, egg, mustard)

**Tuna and sweetcorn in lemon mayonnaise £9.99**  
(Fish, egg, milk, mustard)

**Chargrilled chicken in pesto mayonnaise £9.99**  
(Egg, nuts, mustard, milk)

## **SANDWICHES**

*Poplar sandwiches served in your choice of white or granary bread with Piper's crisps and mixed leaf salad garnish*

**Herb roasted chicken in pesto mayonnaise with rocket £7.99**  
(Egg, milk, gluten nut, soya, mustard)

**Tuna and sweetcorn in lemon mayonnaise £7.99**  
(Fish, gluten, milk, egg, soya, mustard)

**Local egg and mayonnaise with watercress £7.49**  
(Gluten, milk, egg, soya, mustard)

**Roast beef, balsamic red onion chutney and rocket £7.99**  
(Gluten, soya, mustard, milk, egg)

**Home cooked ham, Poplar apple chutney and mature cheddar cheese £7.99**  
(Gluten, soya, milk, egg, mustard)

**Roasted red pepper and confit garlic hummus with rocket £7.49** (Vegan available)  
(Gluten, soya, egg, mustard, milk)

(All sandwiches are available gluten free)

**Key: VE - Vegan, GF - Gluten free, DF - Dairy free**