

# ARENS

BAR & GRILL

## LUNCH MENU

Available 12 Noon - 5pm - Tuesday to Saturday

### FRESH JUICES & SMOOTHIES

Fresh Orange Juice	3.00	Antioxidant - Broccoli, Pineapple, Banana, Mango, Celery, Spinach	3.50
Fresh Carrot Juice	3.00		
Green Machine	3.50	Super-Berry - Strawberry, Blackberry, Raspberry	3.50
Kale, Spinach & Mango		Well-Being - Mango, Beetroot, Carrot	3.50

1 COURSE - 6.90 / 2 COURSES (STARTER & MAIN) - 9.90

### STARTERS

#### SOUPER STARTERS

All served with Sourdough Bread

Broccoli & Stilton	Vegan Curried Cauliflower & Spinach
Moroccan Carrot & Coriander	Vegan Chunky Tomato & Red Pepper
South American Chicken Sancocho	Vegan Parsnip & Coconut

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#### SIGNATURE STARTERS

Poached Eggs with Crushed Avocado on Sourdough Bread	add Smoked Salmon 3.00
Bruschetta Chopped Vine Tomatoes, Red Onion & Pesto on Toasted Ciabatta	
Pan-Fried Garlic & Thyme Wild Mushrooms on Sourdough Bread	add Poached Egg 1.00
Cured Salmon Gravlax Served with Fresh Lemon, Salad Garnish & Toasted Sourdough Bread & Cream Cheese	

### MAINS

#### TACO TIME

Choose Beef, Chicken or BBQ Pulled Pork (Tacos)  
All served with White Cabbage Slaw,  
Salsa, Guacamole & Sour Cream  
add Fries or Salad 2.00

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#### SIGNATURE MAINS

Tuna Nicoise Mixed Salad, New Potatoes, Green Beans, Boiled Eggs, Tomatoes, Olives & Chefs Dressing	
Superfood Salad - Grilled Chicken, Mixed Salad, Spinach, Avocado, Boiled Eggs & Green Beans	
Spicy Grilled Vegetable & Avocado Tortilla Wrap add Fries or Salad 2.00 / add Chicken 3.00	
Grilled Loch Duart Salmon Risotto Pesto & Lemon Butter Sauce	
Classic Spaghetti Bolognese	
Marinated & Grilled Chicken Burger Brioche Bun, Baby Gem Lettuce & Mayonnaise	add Fries or Salad 2.00

All our dishes are prepared in kitchens where nuts, flour etc. are commonly used, so unfortunately we cannot guarantee our dishes will be free of traces of these products. Olives may contain stones, fish & meat dishes may contain bones, all dishes may contain items not mentioned in the menu description. Our beef burgers are served 'medium' as standard. Please notify your server if you would like your burger 'well done'. All prices include VAT at current rate. A discretionary 10% service charge will be added to all parties. (V) Vegetarian Option, (\*) Approximate Uncooked Weight