

# FLAVOUR FILLED LUNCH

2 & 3 course lunch deal

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Mon-Fri 11.30am-5pm



  
Harvester

# LUNCH DEAL

3 COURSES 16.49 / 2 COURSES 14.49

INCLUDES FREE UNLIMITED SALAD (WORTH £6.99!)

## STARTERS

### GARLIC BREAD **V**

Soft garlic bread 384kcal.

**Cheesy garlic bread **V** 412kcal**  
and **vegan option available **Ve****  
314kcal

### NACHOS **V**

With cheese sauce, guacamole, salsa,  
sour cream and jalapeños 533kcal

### VEGAN NACHOS **Ve**

With guacamole, salsa and  
jalapeños 438kcal

### BREADED MUSHROOMS **V**

With garlic mayo dip 418kcal

### TOMATO & BASIL SOUP **Ve**

With chives and bread roll 203kcal

**GO LARGE  
CHIPS +99p**  
SWAP TO  
**DIRTY FRIES +1.49**  
OR **SWEET POTATO  
FRIES +1.49**  
for calories see sides  
on main menu

## MAINS

### SIMPLY CHICKEN

A chicken breast with a home-baked jacket  
potato, peas, ratatouille and our speciality  
chicken gravy 610kcal

### THE BEEF CLASSIC BURGER

6oz<sup>#</sup> beef burger topped with melted Monterey  
Jack cheese, back bacon, baby gem lettuce,  
tomato and burger sauce in a toasted  
brioche-style bun with chips 1102kcal

**Double-up +£2.50 supplement 1349kcal**

### THE CHICKEN CLASSIC BURGER

Chicken breast topped with melted Monterey  
Jack cheese, back bacon, baby gem lettuce,  
tomato and burger sauce in a toasted  
brioche-style bun with chips 1031kcal

**Double-up +£2.50 supplement 1207kcal**

### UPGRADE YOUR BURGER GAME

**HALF RACK OF BBQ RIBS 315kcal 5.99**

**PRIME CHICKEN WINGS 350kcal 5.99**

**LOADED ONION RINGS **V** 848kcal 4.49**

**MAC 'N' CHEESE **V** 302kcal 3.99**

### 7oz<sup>#</sup> GAMMON

With grilled pineapple, a fried  
free-range egg, served with chips,  
garden peas, tomato and onion rings 1139kcal

**Double your gammon +3.50 191kcal**

### CAMEMBERT & CHERRY TOMATO TART **V**

In a puff pastry case, served with a home-baked  
jacket potato and slaw 923kcal

### THE NACHO BEAN BURGER **Ve**

Spiced chipotle bean burger topped with melting  
Cathedral City plant based slice, tomato salsa,  
guacamole, tortilla chips and jalapeños 1330kcal

**Double-up +£2.50 supplement 1570kcal**

### WHOLETAIL WHITBY SCAMPI†

Crispy scampi with chips, tartare sauce and your  
choice of mushy or garden peas 1088kcal

### CHILLI NON CARNE **Ve**

Made with meat-free mince, jackfruit and sweet  
potato with golden rice. Topped with guacamole,  
fresh chilli and spring onion 604kcal

### BALANCED BOWLS 3 of your 5 a day, rich in vitamin C and folate, all for 750 calories or less!

A juicy salad base of baby gem lettuce, buckwheat, broad beans, peppers, cucumber, crunchy slaw,  
spring onion & red chilli tossed in a low fat vinaigrette, and topped with your choice of:

**CHARGRILLED CHICKEN BREAST**

382kcal

**GRILLED HALLOUMI **V****

742kcal

**CHARGRILLED 8oz# RUMP STEAK**

614kcal +£2

## DESSERTS

### TREACLE SPONGE **V**

451kcal. With your choice of real dairy ice cream  
99kcal, custard 65kcal or fluffy cream 103kcal

### SUNDAE BEST WAFFLE **V**

A Belgian waffle topped with real dairy ice cream  
with your choice of raspberry, strawberry, Belgian  
chocolate, Sicilian lemon or toffee sauce 597kcal

### SUNDAE BEST **V**

Real dairy ice cream. Choice of raspberry,  
strawberry, Belgian chocolate, Sicilian lemon or  
toffee sauce, and a sugar cone wafer 250kcal

### VEGAN SUNDAE BEST **Ve**

Vanilla iced dessert drizzled with your choice of  
raspberry, strawberry, Belgian chocolate 670kcal

**NO ROOM FOR DESSERT? SWAP FOR A HOT DRINK INSTEAD\*\***

## HOT DRINKS

**TEA 56kcal 2.99**

**GREEN TEA 0kcal 2.99**

**PEPPERMINT TEA 0kcal 2.99**

**LEMON & GINGER  
TEA 0kcal 2.99**

**CRANBERRY &  
RASPBERRY TEA 0kcal 2.99**

**AMERICANO 60kcal 2.99**

**DECAF AMERICANO**

100kcal 2.99

**CAPPUCCINO 93kcal 3.49**

**LATTE 108kcal 3.49**

**BAILEYS® LATTE\* 4.99**

**LIQUEUR LATTE\* 4.99**

**ICED LATTE 82kcal 3.49**

**FLAT WHITE 84kcal 3.49**

**ESPRESSO 9kcal 2.49**

**HOT CHOCOLATE 219kcal 3.49**

**FLAVOURED**

**COFFEE\* 190kcal 3.99**

**SHOT OF SYRUP 50p**

Caramel 63kcal, vanilla 67kcal or gingerbread 67kcal

**LAVAZZA**

TORINO, ITALIA, 1895

A medium-roasted blend of  
100% Arabica beans



**Alpro Oat alternative available**

**Allergen information:** Allergen information: All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know before ordering.

Not available on bank holidays. **V** = made with vegetarian ingredients, **Ve** = made with vegan ingredients however, some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. #All weights stated are approximate and prior to cooking. †Our fish has been carefully filleted however some small bones may remain. Beyond Burger® is a registered trademark of Beyond Meat Inc. Any tips you're kind enough to give are kept by our team. All dishes are subject to availability. This menu cannot be used in conjunction with any other offer. Photography is for illustration purposes only. Calories are correct at time of menu print. Live nutrition information is available online. Adults need around 2000 kcal a day. For our up-to-date full nutritional & allergen guide, see our website. © Mitchells & Butlers 2024. 129423/HAR/MENU/B6