



Brunch daily 12pm - 2.30pm

M Bar full breakfast - bacon, sausage, egg, tomato, mushrooms, beans, toast **E,G,D,Soy,Sul**

£12.00

Vegetarian breakfast - egg, beans, vegetarian sausage, tomato, mushrooms, toast **V,VEA,G,Soy,E,D**

£11.00

Smashed avocado & poached egg

£9.50

on toasted sourdough **E,GFA,V,G,Se,Soy,N,D**

Breakfast toasted bap

bacon, sausage & egg **GFA,E,Se,G,Sul** £8.00

Bacon toasted bap **GFA,G,Se** £6.00

Sausage toasted bap **GFA,Sul,Se,G** £6.50

Starters

Soup of the day with crusty roll **GF,VE,G,D** £7.00

Chicken liver pate with fig and honey chutney on toasted sourdough bread **D,G** £8.50

Spinach & basil arancini with tomato pesto sauce **Ce,D,E,G** £8.00

Smoked haddock cakes with side salad and tartare sauce **Ce,G,E,D,F,M,Se,Soy,Sul** £9.00

French onion soup with cheese crouton **D,GFA,V,G,Soy** £8.00

BBQ pork ribs with coleslaw **Ce,E,M** £9.00

Mains

Braised beef rump with tender stem broccoli & horseradish mash **D** £19.00

Lamb moussaka with side salad and garlic bread **G,D,Ce,Soy** £20.00

Pan-fried sea bass with mashed potato, roasted courgette, baby carrots and parsley white wine cream sauce **F,D,Sul** £22.00

Baked salmon with broccoli and pea risotto with a parmesan crisp **E,F,M,Sul** £20.00

Beef bourguignon with mash **D** £20.00

Chicken tikka masala with steamed basmati rice, poppadom, mango chutney and naan bread **G,D,M** £17.00

Pumpkin ravioli with tomato and basil sauce topped with grated parmesan **D,E,Ce,Cr,Soy,M,N,F** £15.00

Classics

Sausage & mash with onion gravy **D,G,Sul** £15.00

M Bar cheeseburger with lettuce, mayonnaise, onion, tomato, gherkin, & fries **D,E,G** £16.00

Add bacon £1.50

Desserts

Warm chocolate brownie with vanilla ice cream **E,G,D,Soy,N** £7.50

Citron tart with whipped cream and raspberry sauce **D,E,G,N,Soy** £8.00

Apple and blackberry crumble with custard **D,G** £7.50

Ice cream **D,GF,V,VE** per scoop £1.50

Sorbets **D,GF,V,VE** per scoop £2.00

Chocolate or raspberry sauce £0.50

Light Bites

M Bar club sandwich, chicken, bacon, tomato, lettuce, egg & mayonnaise **E,G,GFA,Soy,M** £12.00

Ham, egg and chips **E,GF** £9.00

Omelette served with salad & fries. **E**

Choose 2 toppings: tomato, cheese or ham £13.00

Jacket potato Choose 1 topping: £8.50

Cheese **D**

Baked beans **V**

Coleslaw **E,V,M**

Tuna mayonnaise **E,F,M**

Additional toppings £1.00

Sandwiches served on brown or white **GFA,VEA** £8.00

Choose from: Ham salad **G,Soy**

Cheese & tomato **D,Soy,G**

Egg mayonnaise **E,M,G,Soy**

Make it a toasted sandwich +£1.00

Panini served with salad & crisps **G** £9.50

Choose from: Tuna melt **D,E,F,M**

Ham & cheese **D**

BBQ chicken

Tomato & cheese **D,V**

Sides

Fries **VE** £4.00

Dirty fries **D** £6.00

Sweet potato fries **V** £5.00

House Salad **VE** £4.00

Seasonal vegetables **V** £4.00

Kids

all £8.00

Chicken nuggets, chips & peas **G**

Fish fingers, chips & peas **G,F**

Penne pasta with tomato sauce

Ce,G,VEA



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Food serving times:

Mon - Wed 12pm – 5pm, Thurs - Sat 12pm – 8pm,

Sunday lunch 12pm – 4pm,

Last orders - 15 minutes before closing

Ce - contains Celery | D - contains Dairy | E - contains Egg | F - contains Fish | G - contains Gluten | GF - Gluten free | GFA - Gluten free available | Sul - contains Sulphites | SE - Sesame | Soy - contains Soy | V - Vegetarian | VE - Vegan | VEA - Vegan available.

Please advise our staff of any allergies or special dietary requirements prior to placing your order. We can help identify suitable dishes and provide a list of all dishes containing allergens. Adults need around 2,000 calories a day. Food is prepared in a traditional kitchen and may contain traces of nuts.

Coffee

Espresso	£2.50
Double espresso	£3.00
Americano	£3.00
Latte	£3.40
Cappuccino	£3.85
Flat white	£3.40
Hot chocolate	£3.45
Mocha	£3.95

Iced coffee

Iced Americano	£3.00
Iced latte	£3.40
Caramel Frappuccino	£3.95
Syrups: Vanilla, Caramel, Hazelnut	£1.00

Tea

Everyday brew	£2.50
Earl Grey tea	£3.00
Peppermint tea	£3.00
Super fruit tea	£3.00
Chamomile tea	£3.00
Green tea	£3.00

Soft drinks

Fever-Tree Tonic	£3.45
Fever-Tree Slimline Tonic	£3.45
Fever-Tree Mediterranean tonic	£3.45
Fever-Tree Soda water	£3.45
Fever-Tree Lemonade	£3.45
Ginger ale/beer	£3.45
Coca Cola 330ml	£3.45
Diet Coke 330ml	£3.00
Coke Zero 330ml	£3.00
Belvoir Raspberry lemonade	£3.00
Belvoir Elderflower presse	£4.85
Appletiser	£4.85
Cordials: lime, orange or blackcurrant	£4.50
Still/sparkling water 750ml	£1.50
Still/sparkling water 330ml	£4.25
Fruit Juice: Apple, Orange or Cranberry	£2.95
Britvic tomato juice	£1.75
	£3.35

Smoothies

Strawberry & banana	£5.95
Mango & passion fruit	£5.95



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Beer and cider

Birra Morretti	£4.75
London Pride 4.10%, 330ml	£5.50
Doom Bar 500ml	£6.25
Peroni 5.0%, 330ml	£4.75
Peroni Gluten Free 5.0%	£5.30
Heineken 0%, 330ml	£3.75
Aspall Suffolk cider 4.50%	£5.75
Old Mout Cider Kiwi and Lime	£6.25
Old Mout Cider Cherries	£6.25
Lager Alchemist 4.50%	Pint £5.75
	Half pint £3.50
Startup Amber Ale	Pint £5.75
	Half pint £3.50

Cocktails £6.95

Espresso Martini
Pina Colada
Mojito



Spirits

2.5cl measure unless stated

Vodka

Smirnoff Red Vodka 37.5%	£2.90
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Gin

Beefeater Gin 37.5%	£2.90
Beefeater Pink Gin 38%	£3.60
Bombay Sapphire 40%	£3.50
Hendricks Gin 40%	£4.50
Gordons alcohol free Gin	£3.00

Rum

Bacardi Carta Blanca 37.5%	£3.20
Kraken Black spiced 40%	£4.50
Malibu white rum 21%	£3.00

Whisky

Jack Daniels	£4.00
Johnnie Walker BL	£4.50
Bells Original Scotch	£3.20
Jameson Irish Whiskey	£3.20
Famouse Grouse	£4.50

Cognac/Armagnac

Courvoisier VS Cognac 40%	£4.20
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Port and Sherry

Dows Ruby Port 5.0cl	£4.00
Harvey's Bristol cream 5.0cl	£4.00

Liquors

Baileys Original 17%, 5.0cl	£5.50
Disaronno Amaretto 28%	£3.50
Pimm's 25%	£5.75
Aperol Aperitivo 11%	£5.60
Jose Cuervo Tequila	£3.50
Martini Extra dry	£3.50
Martini Rosso	£3.50
Martini Blanco	£3.50
Cointreau	£3.60

Wines



125ml

175ml

250ml

bottle

White

Volunte Vino Bianco, Italy, 11%	£4.25	£5.50	£7.50	£19.75
Homeward Bound Chardonnay, Australia 13.5%	£4.50	£6.05	£8.50	£25.00
Stormy Cape Chenin Blanc, South Africa 13%	£4.65	£6.45	£8.75	£25.50
Casa de Rossa Pinot Grigio, Italy 12%	£4.75	£6.55	£9.00	£26.50
Mack & Collie Sauvignon Blanc, New Zealand 12.5%	£5.90	£8.05	£11.50	£34.00
Macon Villages Les Preludes, France 12.5%				£39.50

Rose

Poesie Pinot Grigio Rosé	£4.40	£5.80	£8.00	£24.00
Desert Rose White Zinfandel	£4.40	£5.80	£8.00	£24.00

Red

Volunte Vino Red, Italy 11%	£4.25	£5.50	£7.50	£19.75
Homeward Bound Shiraz, Australia 13.5%	£4.50	£6.05	£8.50	£25.00
Trapiche Melodias Malbec, Argentina 12.5%	£4.75	£6.55	£9.00	£27.00
Lanya Merlot, Chile 13%	£4.65	£6.30	£8.75	£25.50
Les Mougeottes Pinot Noir, France 13%	£5.40	£7.05	£9.75	£28.50
Conde De Basalu Rioja, Spain 14%				£33.00

Sparkling

Le Contesse Piccolo Prosecco	£9.50 (200ml)	£32.00
La Gioiosa Sparkling Wine, Italy, Non Alcoholic 0%		£18.50
Gobillard Brut Champagne		£59.50