

# LUNCH

AVAILABLE MONDAY - FRIDAY 12-5PM



*BBQ Chicken Flatbread*

**Champs**



Visit: [food-allergies.co.uk/champs/](http://food-allergies.co.uk/champs/)

## LUNCH BITES

### HUNTER'S CHICKEN £6.00

A lighter portion of our classic. Chicken breast topped with bacon, BBQ sauce, melted Cheddar and mozzarella. Served with chips and a side salad

### COD AND CHIPS √ £6.00

A lighter portion of our classic. Sustainably sourced and freshly hand-battered cod served with chips, garden or mushy peas, tartare sauce and a charred lemon wedge

**ADD BREAD AND BUTTER FOR £1**

### MACARONI CHEESE √ £6.00

A lighter portion of our classic, creamy mac 'n' cheese. Served with a garlic flatbread and side salad

### BBQ CHICKEN FLATBREAD £6.50

Hand-rolled flatbread topped with chicken and BBQ sauce

### OUMPH! & BBQ FLATBREAD VE £6.50

Hand-rolled and loaded with Oumph! made from soya beans and organic herbs and spices

### LAMB KOFTA FLATBREAD £7.00

Hand-rolled lamb kofta flatbread with a chilli, mint and coriander sauce

### VEGGIE FLATBREAD VE £6.00

Hand-rolled and loaded with delicious seasonal vegetables

**ADD FRIES TO ANY FLATBREAD FOR £1**

## TORTILLA WRAPS

Floured tortilla wrap filled with lettuce, beef tomato, onion and mixed peppers, and your choice of:

### SOUTHERN FRIED CHICKEN √ £5.00

### SPICY NACHO & SALSA √ £5.00

### LAMB KOFTA £5.00

### SLOPPY JOE £5.00

Shredded spicy beef in a tomato sauce

### OUMPH! VE £5.00

Plant-based soya bean and organic herbs and spices

**ADD FRIES TO ANY WRAP FOR £1**

## ON THE SIDE

### SWEET POTATO FRIES √

**SMALL £3.00 LARGE £5.00**

### FRIES √

**SMALL £2.50 LARGE £4.00**

### LATTICE FRIES √

**SMALL £3.00 LARGE £5.00**

### MIXED SIDE SALAD √ £2.00

### COLESLAW √ £2.00

### JIM BEAM SAUCE √ £2.00

### PEPPERCORN SAUCE √ £2.00

## PUDDINGS

### CHOCOLATE BROWNIE SUNDAE √ £5.00

Chocolate and vanilla ice cream sundae, drizzled with chocolate sauce, brownie pieces and a flake

### CARAMEL WAFFLE SUNDAE √ £5.00

Vanilla and caramel ice cream sundae, filled with pieces of Belgian waffle and drizzled with caramel sauce

**ANY TWO  
PUDDINGS  
FOR £8.00**

### FRUIT OF THE FOREST WAFFLES √ £5.00

Belgian waffles topped with fruits of the forest and vanilla ice cream

### MAPLE SYRUP WAFFLES √ £5.00

Belgian waffles topped with vanilla ice cream and drizzled with maple syrup

Our Allergen Guide contains a list of all the dishes from our menu which are listed in rows on the left-hand side of each allergen table. All 14 declarable allergens are listed along the top of the page for your reference. If a dish contains one of these 14 ingredients, then you will find the allergen box is highlighted in colour. We ask customers with specific food allergens and other intolerances to use this guide to assist them with choosing dishes from our menu. Before you order your food, please ask for our allergy guide, our staff cannot offer specific advice or recommendations beyond our published allergen guide. All weights quoted are approximate, prior to cooking. Our fish dishes may contain bones. All dishes are subject to availability. Some dishes may contain alcohol, ask your server for more information. All prices include VAT. Should the VAT rate increase, menu pricing will be increased accordingly. Scampi may contain one or more tails. All photography is for guidance only. Our menu descriptions do not list all ingredients. Whilst we take every care to preserve the integrity of our dishes to reduce cross contamination, we must advise that these ingredients are handled in a multi-use kitchen environment either by our suppliers or at our prep stations and we unfortunately cannot guarantee allergen free dishes. We use the following for suitability of dietary requirements. (V) Items suitable for vegetarians. (VE) Items suitable for vegans. √ Items may contain bones.