

Royal OAK AT LUNCH

THE CHEESY £8.95

Bacon, brie, and cranberry sauce toasted focaccia style panini. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. **gfa +£1**

THE CLASSIC £8.95

Hand carved ham, cheddar cheese and caramelised onion chutney toasted focaccia style panini. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. **gfa+£1, va**

THE CAPRESE £8.95

Tomato, green pesto and cheese toasted focaccia style panini. Swap to vegan cheese to make it plant based. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. **gfa+£1, vea**

ROYAL OAK PLOUGHMAN'S ♥ £14.50

Local cheeses, sliced meat, chutney, fruit and warm bread and butter. Make me veggie – just cheese £13.95. **gfa, va**

SEA SIDERS PLATTER ♥ £15.95

Smoked mackerel, smoked salmon, deep fried whitebait and prawns in Marie Rose sauce, salad, fruit and warm bread and butter. Sea Siders for two with fries and scampi +£10. **gfa**

SALMON, AVOCADO AND TOMATO £13.50

Smoked salmon on smashed avocado open sandwich, topped with freshly sliced tomatoes & sea salted crisps. Add fries +£1 or chunky chips +£2. **gfa**

PRAWN & MARIE ROSE £12.95

Cold water baby prawns and marie rose. Served with a side salad & sea salted crisps. Available as baguette or sandwich where possible. Upgrade to fries +£1 or chunky chips +£2. **gfa+£1**

BLT £11.95

Bacon, sliced beef tomatoes, leafy lettuce and mayo. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. Available as baguette or sandwich where possible. **gfa+£1**

SAUSAGE AND ONION SANDWICH £13.00

Butchers' pork sausages and caramelised onion chutney with melting cheddar cheese in a toasted focaccia bread. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. Available as a sandwich where possible. **gfa+£1**

CHICKEN, BACON CLUB £13.00

Soft focaccia style bread filled with crispy chicken goujons, smokey bacon, smashed avocado, pepper mayo, lettuce, cheese, and tomato. Served with a side salad and sea salted crisps. Upgrade to fries +£1 or chunky chips +£2. **gfa+£1, vea, va**

HOMECOOKED SOUP & CHEESE TOASTIE £12.95

Freshly made homecooked soup of the day served with our ultimate cheese toastie with garlic butter. **gfa, va, vea.**

Most paninis are also available as baguettes please ask the server and they can advise if this is possible at this time. This menu is only available Monday, Wednesday, Thursday, Friday and Saturday 12pm-2pm
gfa – gluten free available | vea – vegan available | v – vegetarian | va – vegetarian available