

### Light bites

Served from 11.00-21.30

John Ross Jnr smoked salmon, baby capers, Lemon (153/296 kcals)	£12/20
Woodlands' homemade house soup & rolls (ve) (215 kcals)	£6
Marinated prawns, garlic, chilli & coriander, Grilled flatbread (498 kcals)	£15
Woodlands sharing platter for 2	£45
Selection of sliced cured and cold meat, Scottish Smoked salmon, British cheeses, Picked onions Olives, baby leaf salad, baked bread (2172 kcals)	

### The main event

Served from 11.00-21.30

Hogs back beer-battered West Coast cod & Hand-cut chips, mushy peas, lemon, tartare sauce (689 kcals)	£16
Herb gnocchi, sun-blushed tomatoes & basil (ve) (685 kcals)	£12
Hand Picked gourmet burger, toasted pretzel bun, Tomato, pickle, tomato, red onion chutney, gem lettuce and hand-cut chips (1333 kcals) <i>Add bacon or cheese for £1 each</i>	£16
Dry-aged sirloin, served with field mushrooms, Roasted vine cherry tomatoes, watercress and hand-cut chips, peppercorn sauce (1115 kcals)	£28

### Sandwich menu

Served from 11.00- 21.30

Smoked salmon, avocado, cream cheese bagel (425 kcals)	£8
Coronation chicken, mango chutney, poppadums, white bloomer (845 kcals)	£8
Egg mayonnaise, watercress, toasted sourdough (v) (601 kcals)	£6
Woodlands' club sandwich (933 kcals)	£12
Mature cheddar cheese and red onion chutney (v) (906 kcals)	£10

*All served with salad & crisps*

### 24-hr sandwich menu

All served with your choice of white or brown bread, crisps and salad

John Ross smoked salmon cream cheese (657 kcals)	£8
Honey roast ham & wholegrain mustard (537 kcals)	£7
Hen egg mayonnaise with watercress (v) (601 kcals)	£6

### 12" Italian hand-stretch stone-baked pizza

Served from 11.00-21.30

Meat Feast (1206 kcals)	£15 each
Margherita (v) (1003 kcals)	
Greek (v) (1221 kcals)	
Garlic Pizza bread (475 kcals)	£10

### Sides £4 each

Hand-cut chips (339 kcals)
French fries (191 kcals)
Beer-battered onion rings (381 kcals)
Peas, beans and mangetout (187 kcals)
Tenderstem broccoli (160 kcals)
Mixed salad (152 kcals)

### Afternoon tea

Selection of sandwiches, cakes & scones  
Served from 12 noon – 17.00

Traditional afternoon tea (1893 kcals)	£26.50
Savoury afternoon tea (2080 kcals)	£26.50

### Desserts

Served from 11.00- 21.30

Coconut panna cotta, frozen blackberries, oat granola (ve) (276 kcals)	£9
Sticky Toffee pudding, caramel sauce, vanilla ice cream (529 kcals)	£9
English cheeseboard	
Grapes, quince paste, cheese crackers (643 kcals)	£15

**A discretionary service charge of 12.5% will be added to your bill.** All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu does not include all ingredients. If more information about allergens is required, please ask a member of the team. Prices are inclusive of VAT at current rate. Adults require approximately 2000 kcal per day.