PASTA

Spinach & ricotta tortellini (v) £15.25
Wild mushrooms, red onion and napoli sauce.

Diced Braised Beef Pasta £15.25
Penne pasta, chilli, garlic, ginger, spring onions & tomato sauce.

Creamy Cajun Chicken Pasta £15.25
Macaroni pasta, red onion, peppers and spring onions cooked in a creamy cheese sauce.

Mixed Seafood & Prawns Pasta £15.25
Penne pasta, white wine, dill & cream sauce.

PIZZA

All pizza's are 12" stone baked thin base.

Creamy Goats Cheese Pizza (v) £15.25
Tomato base, wild mushrooms, caramelised red onion & mozzarella.

Italian Cured Parma Ham Pizza £15.25
Tomato base, seasoned rocket, parmesan shavings & mozzarella.

Classic Margherita Pizza (v) £14.75
Tomato base, basil pesto & mozzarella.

Three Meats Pizza £15.25
Tomato base, Pepperoni, Italian Parma ham, southern fried buttermilk chicken, red onion, peppers & mozzarella.

Double Pepperoni Pizza £15.25
Tomato base, Pepperoni & mozzarella.

SALADS

Thai Style Salmon Salad £15.00
Mixed leaves, cherry tomatoes, red onion, cucumber, red pepper, lemon & dill hollandise.

Roasted Portobello Mushrooms Salad (v) £15.00
Onion marmalade, goat's cheese, cherry tomatoes, dressed rocket and balsamic reduction.

Salmon & Cod Fishcake Salad £15.00
Mixed leaves, cherry tomatoes, red onion, cucumber, red pepper, tartar sauce.

Southern Fried Chicken Salad £15.00
Mixed leaves, red onion, cherry tomatoes, cucumber, croutons, garlic & chipotle mayonnaise.

Chicken Caesar Salad £15.00
Chopped lettuce, garlic croutons, anchovies with lemon, parmesan and olive oil dressing and a choice of chicken or Cajun chicken.

SANDWICHES

Served until 5:00pm

All sandwiches are served on a choice of white ciabatta, brown ciabatta or tortilla wrap with seasoned fries and house slaw.

The Classic Heroes Club £12.75
Toasted triple decker, filled with chicken breast, char grilled bacon, salad and mayonnaise.

The Deep Fried Haddock £12.75
Battered haddock fillet with tangy tartar sauce, mushy peas and curry sauce.

The House Roast Beef £11.75
Sliced roast beef smothered in either cracked black pepper sauce or rich gravy.

The Veggie (ve) £11.75
Roasted portobello mushrooms, roasted red pepper, red onions, sautéed cherry tomatoes and basil pesto.

The Salt & Pepper Chicken £11.75
Salt & pepper chicken with sautéed onions, red peppers, beansprouts and chipotle mayonnaise.

The Sweet Honey Halloumi (v) £11.75
Fried halloumi with dressed rocket, red pepper and cucumber.

The Spicy Cajun Chicken £11.75
Cajun chicken pieces with garlic and chive mayonnaise, red onion and rocket.

TOTS, FRIES & SIDES

Italian Potato Tots (ve) £8.00
Topped with Truffle oil, Italian vegan Parmesan & chopped chives

Southern Fried Chicken tots £8.00
Topped with Katsu curry sauce, sliced red onion & coriander.

Asian Skin On Fries (v) £8.00
Topped with peanut butter puree, coriander, Hoi Sin sauce, spring onions & toasted sesame seeds.

Mexican Skin On Fries £8.00
Topped with chilli beef, jalapeños, green chillies & nacho cheese sauce.

Chinese Skin On Fries (v) £8.00
Topped with salt & pepper seasoning, red onion, red pepper, beansprouts, chipotle sauce & chives.

House Fried Battered Onion Rings (v) £5.00
Lightly seasoned with salt & cracked black pepper.

Crisp Mixed House Salad (v) £4.50
Dressed with tangy French dressing.

English New Potatoes (v) £4.50
Salted butter, spring onions & chopped chives.

Char Grilled Corn On The Cob (ve) £4.50

Hand Cut Chips £4.00

Seasoned Fries £4.00

Cajun Fries £4.00

Mac & cheese £4.50

Heroes

Restaurant & Bar

FOOD MENU

STARTERS

Sweet Plum Tomato Soup (v) £6.75
Blended with roasted red pepper and fresh chopped chives with bread.

Salmon & Cod Fishcakes £7.50
Soft poached egg, tartar sauce and mixed leaves.

Lightly Sautéed Halloumi (v) £7.50
Mixed leaves with a sweet chilli sauce.

Gambas Al Pil Pil £9.00
Sautéed king prawns served with sliced garlic, chillies and paprika with toasted bread.

Greek Salad (v) £7.25
Crisp lettuce, marinated olives, sweet cherry tomatoes, aged Greek feta, balsamic dressing.

Chicken Liver Pate £7.55
Dressed leaves, toasted sourdough and Rosemary butter.

Wild & Field Mushrooms £7.00
Sautéed with garlic, lemon and tarragon cream sauce on toasted bread.

Southern Fried Chicken Wings
Simply drizzled with a sauce of your choice: BBQ, Sticky Korean, or Chipotle
Small £8.00 Large £12.00

Duck & Vegetable Spring Rolls £7.25
Served with hoi sin sauce.

Bury Black Pudding Stack £7.25
Sautéed onions, lardons of smoked bacon, soft poached egg, stilton & mushroom sauce.

Pork Belly £8.00
Hoi sin sauce, sesame seeds and pea shoots.

Garlic Pizza Bread (v) £6.75
Add toppings; mozzarella, chilli, tomato or all three.

Mexican Chilli Beef Nachos £7.50
Guacamole, jalapeños, sour cream and nacho cheese sauce.

Bread & Olives (ve) £6.50
With balsamic glaze and olive oil.

SHARING PLATTERS

Platters served with stonebaked garlic & mozzarella pizza bread.

Heroes Platter £17.50
Salmon & cod fishcake, creamed garlic wild & field mushrooms, southern fried chicken wings, olives and feta cheese.

Chicken Platter £18.00
Crispy chicken wings, house chicken bites, boneless southern fried pieces. Dressed with BBQ sauce or salt & pepper with chipotle.

SEAFOOD

Classic Beer Battered Haddock €14.75
Seasoned chips, tangy tartar sauce, mushy peas and lemon wedge.

Salmon Teriyaki £18.50
Egg noodles, stir fry vegetables and teriyaki dressing.

Oven Baked Seafood Medley £19.50
Salmon, sea bass and haddock. Mashed potatoes, tender stem broccoli, topped with king prawn & dill sauce

Oven Baked Sea Bass Fillet £18.50
Roasted new potatoes, tender stem broccoli, cherry tomato and basil pesto cream sauce.

PUB CLASSICS

House Made Beef & Basil Lasagne £14.50
Dressed salad, seasoned chips and garlic bread.

Butchers Made Cumberland Sausages £14.50
Mashed potatoes, seasonal vegetables, sweet onion compote in a rich gravy.

4 Hour Slow Braised Lamb Shank £19.50
Mashed potatoes, buttered tender stem, roasted root vegetables and meaty minted gravy.

British Half Roast Chicken £16.00
Seasoned chips, house slaw, char grilled corn and sauce of your choice; BBQ, Chipotle, Peri Peri or Garlic butter.

Slowly Cooked Tender Braised Steak £16.00
Mashed potatoes, buttered tender stem, roasted root vegetables and rich gravy.

Spicy Chilli Beef Enchilada £14.50
Seasoned fries, crisp salad and house slaw.

Chefs Homemade Chicken Curry £14.50
Seasoned chips, toasted mini naan bread and steamed rice.
Add king prawns £5.00

Char Grilled Hunters Chicken Breast £16.00
Seasoned chips with portobello mushroom and grilled tomato, house slaw and onion rings.

Steak Suet Pudding £14.25
Seasoned chips, mushy peas and rich gravy.

Chefs Homemade Cheese & Onion Pie £15.50
Seasoned chips and baked beans.

Mixed Vegetable Balti Josh (V) £14.50
Seasoned fries, steamed rice and mini naan bread.

Vegetarian Sausages (v) £14.50
Mashed potatoes, veggie gravy and steamed vegetables.

BURGERS

All burgers are served with fries.
Upgrade to any dirty fries or tots for £4

Southern Fried Chicken Burger £15.50
Coated in sweet chilli, honey and sesame with iceberg lettuce.

Korean Fried Chicken Burger £15.50
Peanut butter pure, Asian slaw and sticky Korean sauce.

Cheesy Double Beef & Smoked Bacon Burger £16.00
Pickle, shredded iceberg, tomato relish, sautéed onions,

Classic Double Cheeseburger £15.00
Pickle, shredded iceberg, tomato relish, sautéed onions and American cheese.

Deep Fried Haddock Burger £15.00
Tartar sauce, mushy peas, iceberg and curry sauce.

The Allotment Burger (ve) £15.50
Plant based burger served in a vegan bun, house slaw, and vegan lime mayonnaise.

FRESH FROM THE GRILL

All grills served with seasoned chips, portobello mushroom and grilled tomato.

	8oz	16oz
British Rump Steak	£18.50	£31.00
British Ribeye Steak	£25.00	£38.00
British Fillet Steak	£27.00	£42.00
Gammon Steak With a fried egg	£16.00	£26.00

	SINGLE	DOUBLE
Char Grilled Chicken Breast	£15.00	£24.00

BBQ Braised Full Rack Of Ribs £25.00
Seasoned fries, house slaw, Mac n cheese, char grilled corn.

BBQ Braised Full Rack Of Ribs & Chicken Combo £34.00
Seasoned fries, house slaw, Mac n cheese, char grilled corn.

BBQ Braised Full Rack Of Ribs & Rump Steak Combo £38.00
Seasoned fries, house slaw, Mac n cheese, char grilled corn.

ADD

Cracked black pepper sauce	£3.00	Deep fried onion rings	£5.00
Blue cheese & mushroom sauce	£3.00	Sautéed garlic prawns	£5.50
Classic Diane sauce	£3.00	Char grilled corn on the cob	£4.50

DOGS

All dogs are served with fries.
Upgrade to any dirty fries or tots for £4

Classic American Hot Dog £15.50
Sautéed onions, sweet pickles, American mustard and ketchup.

Mac n Cheese Hot Dog £15.50
Creamy mac n cheese, lardons of smoked streaky bacon.

Nacho Cheese Mexican Hot Dog £15.50
Chilli beef, green chillies, jalapeños, cheese sauce and chopped chives.

Vegan Hot Dog (ve) £15.50
Peppers, onion, basil pesto and vegan Parmesan.