

PIZZA & PASTA

All pizzas are 12" stone baked thin base.

Creamy goats cheese Pizza (v) £15.00

Tomato base, wild mushrooms, caramelised red onion & mozzarella.

Italian cured Parma ham Pizza £15.00

Tomato base, seasoned rocket, parmesan shavings & mozzarella.

Classic Margherita Pizza (v) £14.50

Tomato base, basil pesto & mozzarella.

Three meats Pizza £15.00

Tomato base, Pepperoni, Italian Parma ham, southern fried buttermilk chicken, red onion, peppers & mozzarella.

Double Pepperoni Pizza £15.00

Tomato base and mozzarella.

Spinach & ricotta tortellini £15.00

Wild mushrooms, smoked chicken, chorizo & tomato butter sauce.

Spinach & ricotta tortellini (v) £15.00

Wild mushroom, red onion, napoli sauce.

Diced braised beef Pasta £15.00

Penne pasta, chilli, garlic, ginger, spring onions & tomato sauce.

Mixed seafood & prawns Pasta £18.00

Penne pasta, white wine, dill & cream sauce.

BURGERS & DOGS

All burger and dogs are served with fries

Southern fried chicken burger £15.00

Coated in sweet chilli, honey and sesame with iceberg lettuce

Cheesy double beef & smoked bacon burger £16.00

Pickle, shredded iceberg, tomato, sauteed onions and American cheese.

Classic double cheeseburger £14.50

Pickle, shredded iceberg, tomato, sauteed onions and American cheese.

Korean fried chicken burger £15.00

Peanut butter puree, Asian slaw and sticky Korean sauce.

The Allotment Burger (ve) £15.00

Plant based burger served in a vegan bun, house slaw, avocado puree and vegan lime mayo

Deep fried Haddock burger £15.00

Tartar sauce, mushy peas, iceberg and curry sauce.

Classic American hotdog £15.00

Sauteed onion, sweet pickles, American mustard and ketchup. add cheesy steak to your hotdog for £2

Mac n cheese hotdog £15.00

Lardons of smoked streaky bacon and toasted breadcrumbs.

Nacho cheese Mexican hotdog £15.00

Chilli beef, green chillies, jalapenos, cheese sauce and chopped chives.

Vegan hotdog (ve) £15.00

Peppers, onion, basil pesto and vegan parmesan.

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 puree, coriander, Hoï Sin sauce, spring onions & toasted sesame seeds.

Mexican skin on fries £8.00

Topped with chilli beef, jalapenos, 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) £4.50

Lightly seasoned with salt & cracked black pepper.

Crisp mixed house salad (v) £4.50

Dressed with tangy French dressing.

Lightly deep-fried Halloumi (v) £7.00

Strawberries & sweet honey drizzle.

English new potatoes (v) £4.50

Salted butter, spring onions & chopped chives.

Char grilled corn on the cob (v) £4.50

Hand cut chips £3.50

Seasoned fries £3.75

Cajun fries £3.75



Heroes

Restaurant & Bar

TWO FOR ONE

EVERY TUESDAY 4-9PM

*PLEASE ASK YOUR SERVER
FOR A 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, lemon & dill hollandaise and mixed leaves.

Grilled goats cheese (v) £7.50

Portabello mushrooms, sweet caramelised red onions and aged balsamic reduction.

Gambas Al Pil Pil £9.00

Sauteed king prawns served in the shell 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.

Duck & Orange Pate £7.55

Dressed rocket, spiced cherry chutney and toasted sourdough.

Wild & field mushrooms (v) £7.00

Sauteed 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

Mediterranean antipasti £7.75

Sliced parma ham, Spanish Chorizo, Italian pepperoni, buffalo mozzarella, sundried tomatoes, marinated olives and basil pesto.

Bury black pudding stack £7.25

Sauteed onions, lardons of smoked bacon, soft poached egg and mustard butter dressing.

Classic Italian Bruschetta £7.50

Lightly smoked chicken, basil pesto and parmesan.

Stonebaked garlic pizza bread (v) £6.75

Add toppings; mozzarella, chilli, tomato or all three.

Mexican chilli beef nachos £7.50

Guacamole, jalapenos, sour cream and nacho cheese sauce.

Bread & Olives (ve) £6.25

With balsamic glaze and olive oil.

SANDWICHES

Served until 5.00 PM

All sandwiches are served on white ciabatta, brown ciabatta or tortilla wrap with seasoned fries & house slaw.

The Classic Heroes Club £12.50

Toasted triple decker, filled with chicken breast, chargrilled bacon, salad and mayonnaise.

The Deep Fried Haddock £11.50

Battered haddock fillet with tangy tartar sauce, mushy peas and curry sauce.

The House Roast Beef £11.50

Sliced roast beef smothered in either cracked black pepper sauce or a Rich gravy.

The Veggie (ve) £11.50

Roasted portobello mushrooms, roasted red pepper, sauteed cherry tomatoes and basil pesto.

The Salt & Pepper Chicken £11.50

Salt & pepper chicken with sauteed onions, red peppers, beansprouts and chipotle mayonnaise.

The Sweet Honey Halloumi (v) £11.50

Fried halloumi with dressed rocket, red pepper and cucumber.

The Spicy Cajun Chicken £11.50

Cajun chicken pieces with garlic and chive mayonnaise, red onion and rocket.

SHARING PLATTERS

Platters served with stone baked garlic & mozzarella pizza bread

Heroes Platter £17.50

Salmon & cod fishcake, creamed garlic wild & field mushrooms, southern fried BBQ chicken wings, olives and feta cheese.

Chicken Platter £18.00

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

PUB CLASSICS

Classic beer battered haddock £14.50

Seasoned chips, tangy tartar sauce, mushy peas and lemon wedge.

House made beef and basil Lasagne £14.50

Dressed salad, seasoned chips and garlic bread.

Trio of butchers made British sausages £14.00

Mashed potatoes, buttered tender stem, roasted root vegetables and red wine, onion & thyme gravy.

4 Hour slow braised lamb shank £19.00

Mashed potatoes, buttered tender stem, roasted root vegetables and meaty mint gravy.

British half roast chicken £16.00

Seasoned chips, house slaw, chargrilled corn and sauce of your choice (BBQ, Chipotle, Peri Peri, Garlic butter).

Slowly cooked tender braised steak £16.00

Mashed potatoes, buttered tender stem, roasted root vegetables and rich gravy.

Spicy chilli beef enchiladas £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.

Char grilled hunters chicken breast £15.50

Seasoned chips with portobello mushroom and grilled tomato, house slaw and onion rings.

Steak suet pudding £14.00

Seasoned chips, mushy peas & rich gravy.

Individual pie of the week £15.50

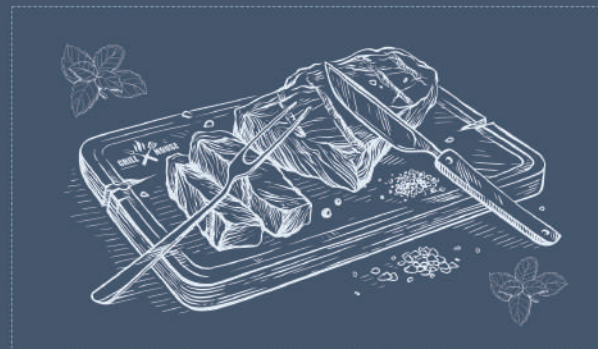
Mashed potatoes, buttered tender stem, roasted root vegetables and rich gravy.

Mixed vegetable Rogan Josh (v) £14.50

Seasoned chips, rice and mini naan bread.

Vegetarian Sausages (v) £14.00

Mashed potatoes, veggie gravy and steamed vegetables.



FRESH FROM THE GRILL

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

	80Z	160Z
British Rump Steak	£18.00	£30.00
British Ribeye Steak	£23.00	£36.00
British Fillet Steak	£26.00	£40.00
Gammon Steak	£16.00	£26.00
	SINGLE	DOUBLE

Char grilled chicken breast £15.50 £24.50

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 & 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	£4.50
Blue cheese & wild mushroom Sauce	£3.00	Sauteed garlic crevettes	£5.50
Classic Diane Sauce	£3.00	Char grilled corn on the cob	£4.50

SEAFOOD & SALAD

Cajun butter honey salmon £18.50

Charred tenderstem broccoli, crushed coriander & spring onion potatoes.

Pan fried Crevettes (10) £20.00

With chilli, chopped tomatoes and garlic butter served with rocket, broccoli and parmesan salad.

Thai style salmon salad £18.00

Mixed leaves, shredded cucumber, spring onions, peanut puree, hoisin dressing with coriander and lime.

Roasted portobello mushrooms salad (v) £15.00

Onion marmalade, goat's cheese, cherry tomatoes, dressed rocket and balsamic reduction.

Oven baked seabass fillets £18.50

Roasted root vegetables, lemon & chive rice and a white wine cream sauce

Salmon & cod fishcakes salad £15.00

Mixed leaves, cherry tomatoes, red onion, cucumber, red pepper, lemon & dill hollandaise.

Southern fried chicken salad £15.00

Mixed leaves, red onion, cherry tomatoes, cucumber, croutons, garlic & chipotle mayonnaise.

Classic caesar salad £15.00

Chopped lettuce, garlic croutons, anchovies with lemon, parmesan and olive oil dressing.

Add smoked chicken for £4.