THE GREEN MAN - ALL MENUS - ALLERGEN MATRIX

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Menu Item	Celery	Crustaceans	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya Beans	Sulphur Dioxide
RESTAURANT MENU														
NIBBLES														
Padron peppers (vgn, gf)														
Olives, garlic & lemon oil (vgn, gf)														Y
Smoked nuts (vgn, gf)										Y				
STARTERS														
Reuben croquettes, russian dressing	Y		Y	Y	Y		Y		Y					Y
Smoked chicken wings, szechuan hot honey, smacked cucumber (gf)												Y	Y	Y
King prawns, nduja, lemon balm (gfa)		Y			Y		Y							Y
Pork belly burnt ends skewer, house bbq sauce, pickled apple (gf)	Y								Y				Y	Y
Wild mushrooms, brioche crisp, crispy garlic, spring onion oil, togarashi (v, vgna)			Y		Y		Y					Y	Y	
Mussels on the coals, bacon lardons, cider cream, parsley, sourdough (gfa)	Y				Y		Y	Y						Y
Grilled baby gem, ranch, crispy egg, parmesan, breadcrumbs (gfa, v)			Y		Y		Y		Y					
FLATBREADS														
Lamb merguez, feta, pickled onions	Y				Y		Y		Y					Y
Jalapeno chimichurri & mozzarella (vgn)					Y		Y							Y

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Hot smoked salmon, cream cheese, house pickles, dill oil				Y	Y		Y		Y					Y
Baba-ghanoush, crispy aubergine, bbq oil (vgn)	Y				Y				Y			Y	Y	Y
Olive oil, garlic & rosemary (vgn)					Y									
Add buffalo mozzarella							Y							
MAINS														
Seabass fillet, warm tartar, coal roasted bbq potatoes, wilted spinach (gf)			Y	Y			Y		Y					Y
24 hour smoked short rib, embers jus, charred hispi, mash, bacon & bone marrow butter (gf)	Y						Y		Y					Y
Roasted autumn squash, creamed corn, spinach vinaigrette, hazelnuts (vgn, gf)									Y	Y				Y
12 hour slow cooked pork shoulder pie, mash, embers jus, rainbow chard	Y		Y		Y		Y		Y					Y
Charred chicken breast, bacon & bean cassoulet, roasted sweet potato, harissa (gf)	Y								Y					Y
GRILLS														
8oz bavette steak & frites, steak sauce (gf)	Y			Y			Y		Y				Y	Y
28 day matured beef burger, smoked house cheese, house pickles, sriracha mayo, fries & bbq rub (gfa)	Y		Y		Y		Y		Y			Y	Y	Y
Buttermilk chicken thigh burger, home smoked bacon, smoked house cheese, house pickles, fries & bbq rub	Y		Y		Y		Y		Y			Y	Y	Y
Pork chop, burnt apple, pork fat hashbrown, fennel salad (gf)	Y						Y		Y					Y
PIZZA														

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Pizza caprese - tomato, buffalo mozzarella, basil pesto					Y		Y			Y				
Meat-feast italiano - tomato, buffalo mozzarella, soppressata, nduja, roasted red peppers, embers jus	Y				Y		Y		Y					Y
Pepperoni pizza - tomato, buffalo mozzarella, soppressata					Y		Y							Y
SIDES														
Charred hispi, gremolata butter (gfa)					Y		Y							
Pork fat hash brown (gfa)					Y									
Mash, bacon & bone marrow butter (gf)							Y							Y
BRUNCH MENU														
BRUNCH														
GM granola, orange syrup, pistachios, blackcurrant compote (gfa)					Y		Y			Y				Y
'GM full english' - bacon, sausage, hash brown, fried egg, baked beans, mushroom, heritage tomato, black pudding, sourdough	Y		Y		Y		Y		Y					Y
'Eggs royale' - hot smoked salmon, poached eggs, spinach hollandaise, muffin, burnt lemon & chive oil (gfa)			Y	Y	Y		Y		Y					
Eggs benedict - home cured bacon, hollandaise, poached eggs, muffin (gfa)			Y		Y		Y		Y					Y
Green breakfast - vegan sausage, hash brown, heritage tomato, mushroom, avocado, sourdough (vgn)	Y				Y				Y				Y	Y
Smashed avocado, poached eggs, toasted seeds, sourdough (vgna, gfa)			Y		Y							Y	Y	
Green shakshouka - poached eggs, spinach, garlic, peas, cumin & coriander, feta, pancetta crumb, sourdough (va, gfa)			Y		Y		Y							Y

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Menu Item	Celery	Crustaceans	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya Beans	Sulphur Dioxide
LITTLE DISHES														
Charred baby gem, ranch, parmesan, crispy egg, bread crumbs (gfa)			Y		Y		Y		Y					
Golden buddha bowl - roasted carrot hummus, cous cous, charred broccoli & cauliflower, tahini cucumber, pomegranate (vgn)					Y							Y		Y
ADD TO LITTLE DISHES														
2 x buttermilk chicken thigh			Y		Y		Y		Y					
2 x grilled chicken thigh (gf)														Y
In house hot smoked salmon (gf)				Y										
Home cured & smoked bacon thick slice (gf)														Y
Chargrilled aubergine (vgn, gf)														
OPEN SOURDOUGH (Kneed & Desire, Hitchin)														
Home cured pastrami, emmental cheese, sauerkraut, wholegrain mustard dressing, rocket (gfa)	Y		Y		Y		Y		Y					Y
BLT - home cured bacon, lettuce, tomato salsa, bacon-naise, sourdough (gfa)			Y		Y				Y					Y
Chicken thigh, aioli, green sauce, baby leaves, parmesan (gfa)			Y		Y		Y		Y					
Goats cheese, roasted beets, spinach, house vinaigrette (v, vgna, gfa)					Y		Y		Y					Y
MAINS														
28 day matured beef burger, smoked house cheese, house pickles, sriracha mayo, fries & bbq rub (gfa)	Y		Y		Y		Y		Y			Y	Y	Y

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Buttermilk chicken thigh burger, home smoked bacon, smoked house cheese, house pickles, fries & bbq rub (gfa)	Y		Y		Y		Y		Y			Y	Y	Y
The green burger, burger cheese, green sauce, aioli, rocket, fries & bbq rub (v, vgna, gfa)	Y		Y		Y		Y		Y			Y	Y	Y
12 hour slow cooked pork shoulder & stilton pie, mash, embers jus, hispi	Y		Y		Y		Y		Y					Y
Fish & triple cooked chips, tartar, Sarson's pea puree, lemon salt (gf) * see note			Y	Y			Y		Y					Y
PIZZA & FLATBREADS														
Stracciatella, parma ham, rocket flatbread, tomato balsamic					Y		Y							Y
Garlic, rosemary & extra virgin olive oil flatbread (vgn)					Y									
Jalapeno & mozzarella flatbread, chimichurri (v)					Y		Y							Y
Add mozzarella							Y							
Pizza caprese - tomato, buffalo mozzarella, basil pesto					Y		Y			Y				
Meat-feast italiano pizza - tomato, buffalo mozzarella, soppressata, nduja, roasted red peppers	Y				Y		Y		Y					Y
'Pepperoni' pizza - tomato, buffalo mozzarella, soppressata					Y		Y							Y
SIDES														
Marinated olives (vgn, gf)														Y
Fries, bbq rub (vgn, gf)	Y								Y					
Green salad, green sauce (vgn, gf)									Y					Y

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Smoked nuts (vgn, gf)										Y				
NOTE														
* Fish & chips: the Sarson's pea puree contains malt vinegar, brewed from BARLEY. Gluten in malt vinegar falls below the 20ppm legal gluten-free limit and Coeliac UK lists it as suitable														
Half portions of any brunch dish are available for under 16s														
SUNDAYS MENU														
NIBBLES														
Grilled olives, marinated garlic & lemon oil (vgn, gf)														Y
Smoked nuts (vgn, gf)										Y				
Kneed & Desire sourdough bread, bone marrow butter (vgna)					Y		Y							
STARTERS														
Reuben croquettes, russian dressing	Y		Y	Y	Y		Y		Y					Y
Smoked chicken wings, szechuan hot honey, smacked cucumber (gf)												Y	Y	Y
King prawns, nduja, lemon, garlic, lemon balm (gf)		Y					Y							Y
Pork belly burnt ends skewer, house bbq sauce, pickled apple	Y								Y				Y	Y
Wild mushrooms, crispy garlic, spring onion oil, togarashi (vgn, gf)												Y	Y	
Grilled baby gem, ranch, crispy egg, parmesan, breadcrumbs (gfa)			Y		Y		Y		Y					
FLATBREADS														

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Stracciatella, parma ham, rocket flatbread, tomato balsamic					Y		Y							Y
Garlic, rosemary & extra virgin olive oil flatbread (vgn)					Y									
Jalapeno & mozzarella flatbread, chimichurri					Y		Y							Y
Add stracciatella cheese							Y							
ROASTS (all served with garlic roasties, honey roast carrots, gremolata butter, charred hispi, yorkshire pudding & gravy)														
Coal roasted sirloin, horseradish cream (gfa)	Y		Y		Y		Y		Y					Y
Smoked porchetta, sausage meat stuffing, apple mustard (gfa)	Y		Y		Y		Y		Y					Y
Whole smoked spatchcock chicken (for 2), stuffing crumb (gfa)	Y		Y		Y		Y		Y					Y
Rainbow beets, spinach & feta pie, beetroot puree (vgn)	Y		Y		Y		Y							Y
Roast garnish - garlic roasties, honey roast carrots, gremolata butter, charred hispi, yorkshire pudding & gravy	Y		Y		Y		Y							Y
MAINS														
28 day matured beef burger, smoked house cheese, house pickles, sriracha mayo, fries & bbq rub (gfa)	Y		Y		Y		Y		Y			Y	Y	Y
Buttermilk chicken thigh burger, home smoked bacon, smoked house cheese, house pickles, fries & bbq rub	Y		Y		Y		Y		Y			Y	Y	Y
Charred salmon fillet, new potatoes, green sauce (gf)				Y			Y		Y					
SIDES														
Coal roasted cauliflower cheese, smoked cheese (gfa)					Y		Y		Y					

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Sausage meat stuffing (gfa)	Y				Y		Y							Y
Grilled hispi cabbage, gremolata butter (vgna, gf)							Y							
LITTLE ONES MENU														
NIBBLES														
Garlic bread					Y		Y							
Cheesy garlic bread					Y		Y							
Sourdough & butter					Y		Y							
MAINS														
Breaded chicken tenders (gf)			Y				Y							
100% beef burger (gfa)			Y		Y		Y		Y			Y		Y
Cumberland sausages	Y				Y									Y
Fish pie (gf)				Y			Y		Y					
SIDES (choose one of each)														
Fries (gf)														
Buttered new potatoes (gf)							Y							
Roasted mediterranean vegetables (gf)														

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Lettuce, tomato & cucumber (gf)														
Beans (gf)														
PIZZA														
Pepperoni pizza					Y		Y							Y
Margherita pizza					Y		Y							
DESSERT														
Cookie ice cream sandwich			Y		Y		Y			Y			Y	
1 scoop of vanilla ice cream			Y				Y							
Brownie, vanilla ice cream			Y		Y		Y			Y			Y	
NOTE														
Half portions of any brunch menu dish are available - see Brunch tab														
DESSERTS MENU														
DESSERTS														
Cookie & vanilla ice-cream sandwich			Y		Y		Y			Y			Y	
Brownie & vanilla ice cream			Y		Y		Y			Y			Y	
Lemon tart, creme fraiche			Y		Y		Y							
Chocolate mousse, dulce de leche, smoked sea salt			Y				Y			Y			Y	

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Stilton, apple cake, date jam			Y		Y		Y			Y				Y
FLAVOURED LATTES (all made with dairy milk as standard)														
Caramel latte (hot or iced)							Y							Y
Matcha latte (hot or iced)							Y							
Chai latte (hot or iced)							Y							
Vanilla latte (hot or iced)							Y							
Hazelnut latte (hot or iced)							Y			Y				
TEAS & COFFEES														
Americano														
Espresso / large espresso														
Cappuccino							Y							
Latte							Y							
Flat white							Y							
Macchiato							Y							
Mocha							Y						Y	
Pot of Canton english breakfast tea														

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Canton tea selection														
MILK ALTERNATIVES (all coffees available skinny, oat or almond)														
Skinny (semi-skimmed / skimmed dairy milk)							Y							
Oat milk					Y									
Almond milk										Y				