



SUNDAY LUNCH 12PM TO 5PM

## SNACKS & SMALL PLATES

Root vegetables crisps Hand cooked vg 5

Lemon & herbs marinated olives vg, gf 5

Smokehouse mixed nuts vg 6

Maple roasted cocktail sausages 6

Spicy sticky cauliflower bites vg 8  
Shallot seeds

Hake croquettes 10  
Caper mayonnaise

Chipotle chilli squid 12  
Spring onions, salted almonds

Teriyaki confit duck spring rolls 12  
Wasabi apricot marmalade, toasted sesame

ALL SNACKS & SMALL PLATES SERVED UNTIL 11PM

## DESSERTS

Dark chocolate mousse Salted caramel popcorn v 10

Eton mess knickerbocker glory v 13

Plant-based gelato Strawberry & yuzu, chocolate, vanilla 8

British farmhouse cheeses Water biscuits, grapes, chutney v - For one 12 For two 20

## ROASTS

All our roasting joints are marinated in the traditional way and roasted overnight. Served with Yorkshire pudding, garlic roasted potatoes, a selection of seasonal vegetables, smooth creamy parsnip purée and a generous amount of rich gravy

Dry-aged grass fed beef striploin 26  
Horseradish sauce

Garlic & herb half roast chicken 24  
Bread sauce

Middlewhite pork belly 24  
Apple cider compote

Nutty root vegetables pie vg 19  
Black garlic gravy

The 144 ultimate sharer experience 60  
For two  
Beef striploin, half chicken, middlewhite pork, horseradish, bread sauce, apple cider compote

## BURGERS & SANDWICHES

Gourmet wagyu beef burger 22  
Brisket rosti, caramelised onions, tomato, lettuce, gherkins, aged cheddar, rosemary skin on fries

Chicken satay burger 20  
Buttermilk chicken, Jalapeños, caramelised onions, tomato, lettuce, brie, rosemary skin on fries

Tomato bruschetta 8  
Red Tomato pesto, sourdough bread

Grilled steak ciabatta 12  
Onion jam, Chimichurri salsa

Welsh rarebit 8  
Seeded sourdough, chives

Smoked salmon bagel 10  
Cream cheese

## SALADS

Spring asparagus salad vg, gf 14  
Rhubarb, strawberries, mint, parsley, cress, poppy seeds

144 Caesar v 12  
Romaine lettuce, soft egg, croutons, Grana Padano  
With chicken 15 With halloumi 15 With prawns 16

## CAFÉ GOURMAND 8

Any coffee or tea with choice of mini dessert

Choose from orange & chocolate tart, beetroot loaf or cherry cheesecake

**Vegetarian (v) Vegan (vg) Gluten free (gf)** Please make us aware of any allergies or special dietary requirements.

All prices include VAT at the prevailing rate. A discretionary 12.5% service charge will be added to your bill, all of which will be shared between the team.