



LUNCH 12PM TO 5PM

## NIBBLES

SERVED UNTIL 11PM

**Root vegetable crisps** vg gf 5

**Lemon & herb marinated olives** vg gf 5

**Smokehouse mixed nuts** vg 5

**Padron peppers** vg 5  
Smoked sea salt

## SMALL PLATES

SERVED UNTIL 11PM

**Cocktail sausages** 7

Whole grain mustard & honey

**Cauliflower bites** vg 8

Teriyaki, chilli, spring onion

**Jumbo spicy wings** 8

Lemongrass & ginger

**Octopus salad** 9

Scotch bonnet aioli, citrus, fennel

**Chicken tenders** 9

Mango, coriander, wasabi & soy

**Corn ribs** 5

Sriracha dressing v

## TO SHARE

Platter of buffalo mozzarella, olives, tomatoes, artichokes, basil pesto and focaccia v 17

Platter of prosciutto, salami, cheddar, pickles, tomato and focaccia 18

## LARGER PLATES

**Gourmet beef burger** 22

Brisket rosti, caramelised onion, tomato, lettuce, gherkins, mature cheddar, rosemary skin on fries

**Chicken satay burger** 21

Brie, jalapenos, caramelised onion, tomato, lettuce, rosemary skin on fries

**Open grilled steak ciabatta** 14

Onion jam, chimichurri salsa

**Cheese toastie** v 11

Mature Cheddar, mozzarella, pickled red onion

**Chicken Milanese** 19

Caesar salad

**White crab linguine** 23

Chilli & caper butter emulsion, parsley gremolata

**Super green risotto** v gf 19

Asparagus, courgette, Parmesan

## SALADS

**144 Caesar** 12

Lettuce, soft egg, parmesan, anchovy crumb  
With chicken 15 | With halloumi 16

**Watermelon salad** 10

Garden leaves, pomegranate, coriander, lime & soya dressing

With crispy duck, sesame seeds 16

With feta cheese, pumpkin seeds 14

## TACOS

**Garnished with slaw**

pickled red onion, chipotle mayo, coriander

x3 £12 | x5 £15

**Pork**

Garlic & herb  
marinated pork belly

**Prawn**

King prawns, Scotch bonnet aioli,  
citrus salsa

**Duck**

Hoisin crispy duck  
& black sesame

**Chicken**

Grilled chicken, mango,  
wasabi & soy

**Cauliflower**

Crispy cauliflower, onion seeds, spring onion

## DESSERTS

**Dark chocolate mousse** v 10

Salted caramel

**Plant-based gelato** vg 8

strawberry & yuzu, chocolate & blood orange, vanilla

**Zingy lemon profiterole** v 9

meringue, white chocolate ganache

**Eton mess knickerbocker glory** v 13

**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.