

BREAKFAST

**POACHED EGGS**  
Poached eggs and rich hollandaise sauce on a toasted bagel with:  
**HAND-CARVED HAM** 714 kcal 10.95  
**SCOTTISH SMOKED SALMON** 1062 kcal 12.50  
**HALLOUMI** 968 kcal 10.50

**FRENCH TOAST** 10.95  
Topped with fresh mixed berries, cinnamon and mascarpone.  
Served with a maple syrup dipping pot. 807 kcal

**ENERGISER** 10.95  
Crispy back bacon, wilted spinach, poached eggs, oat & mixed seed sweet potato hashbrowns, smashed avocado and tomato salsa. 923 kcal  
**GO VEGAN with scrambled Eggs and no bacon** 778 kcal

**BREAKFAST HASH** 10.95  
Sautéed bacon, chorizo, onions, diced sweet potatoes, chunks of avocado, wilted spinach with poached eggs and sriracha sauce. 996 kcal  
**GO VEGAN with our VEGAN HASH** 580 kcal

Served until midday

NIBBLES

**MARINATED GREEN OLIVES** 4.95 154 kcal  
**ARTISAN BREAD** 6.00 902 kcal  
**BLISTERED PADRON PEPPERS** 4.95 109 kcal  
**EDAMAME BEANS** 4.95 255 kcal

Take your time

BANYAN PLATTER 32.95

Bang bang chicken skewers drizzled with satay sauce, padron peppers, onion bhaji, Brie wedges, chicken samosa, king prawn spring rolls, avocado & umac houmous, olives and warmed pitta bread. 1694 kcal  
Calories per person based on two people sharing.

Made for sharing

SMALL PLATES

**MEAT**  
**BANG BANG CHICKEN SKEWERS** 9.25  
Drizzled with satay sauce and caramelised peanuts. 622 kcal  
**CRISPY DUCK BAO** 9.25  
Hot and sweet glazed duck, cucumber, pickled carrot and red cabbage, miso mayo, served in light and fluffy steamed buns. 351 kcal  
**CHICKEN SAMOSA** 8.95  
Served with mango chutney and minted yoghurt. 555 kcal

**VEGETARIAN**  
**GOAT'S CHEESE & SPINACH ARANCINI** 9.50  
Fried rice balls with a red pepper and garlic sauce, served with a parmesan crisp. 605 kcal  
**DEEP FRIED BRIE WEDGES** 8.95  
Japanese breadcrumb Brie and caramelised onion chutney. 792 kcal

CHOOSE 3 FOR £24.95 OR 4 FOR £29.95

**FISH**  
**SALT & PEPPER CALAMARI** 9.50  
Served with aioli and lemon. 326 kcal  
**KING PRAWN SPRING ROLLS** 9.50  
King prawns with coriander and garlic, hand-rolled in a crispy pastry and served with a sweet chilli dip. 323 kcal

**VEGAN**  
**ONION BHAJI** 8.95  
Served with mango chutney and minted yoghurt. 604 kcal

**AVOCADO & SUMAC HOUMOUS** 7.95  
Warmed toasted pitta bread, vegetable crudite, mixed seeds, goji berries. 601 kcal

**ROASTED RED PEPPER & TOMATO SOUP** 6.95  
Served with warm ciabatta. 231 kcal

MAINS

**CHICKEN SKEWER** 18.95  
Grilled and layered with fresh Mediterranean vegetables served with a warmed wrap, sweet chilli sauce and house fries or salad. 1484 kcal / GFO 1299 kcal

**HALLOUMI SKEWER** 18.50  
Grilled and layered with corn on the cob and peppers served with a warmed wrap, sweet chilli sauce and house fries or salad. 1803 kcal / GFO 1619 kcal

**STEAK & ALE PIE** 16.95  
Swaledale rare breed beef and a rich dark ale gravy in shortcrust pastry. Served with seasonal greens and your choice of creamy mashed potatoes or gastro chips. 1194 kcal

**ALPINE CHICKEN SCHNITZEL** 17.25  
Flattened chicken breast layered with Emmental cheese and ham, encased in a golden crumb and topped with a fresh tomato salsa. Served with house fries and aioli. 1429 kcal

**BANG BANG CHICKEN FRIED RICE** 14.95  
Crispy fried chicken smothered in bang bang sauce, egg fried rice, chilli peanuts, sesame & soy dressing. 1195 kcal

**MAC 'N' CHEESE** 13.50  
Macaroni pasta with four cheese sauce, topped with a Marmite crumb. 1243 kcal

**REVITALISE BOWL** 13.95  
A nourishing mix of halloumi, roast butternut squash, red and golden beets, avocado, tomato, roast peppers, quinoa and a superfood dressing. 924 kcal  
**ADD Chicken for 2.50** +105 kcal

**CALIFORNIA SUSHI BOWL** 15.50  
Smoked salmon, avocado, cucumber, pickled carrot, red cabbage and sushi rice. Served with fresh mango salsa and teriyaki sauce. 523 kcal  
**CHOOSE** crispy fried tofu for a vegan option. 561 kcal

Our beef burgers are served with gem lettuce and tomato on a brioche bun with house fries.  
UPGRADE to sweet potato fries for 1.95 or go 'naked' and enjoy your burger bun-free and served with sweet potato wedges.

**DELUXE BURGER** 14.95  
Our classic burger with salsa and mayo. 1235 kcal  
**ADD Monterey Jack cheese for 1.50** +75 kcal  
**ADD Bacon for 2.50** +118 kcal

**BURROWS BURGER** 15.95  
Beef burger stacked with crispy bacon, Monterey Jack cheese, diced onion, pickles, jalapeños, mayo, ketchup and French's mustard. 1275 kcal  
25p from the sale of this burger will be donated to the Motor Neurone Disease Association.

Classics & specialities

**8oz RUMP STEAK** 22.95  
21 day aged, served with gastro chips, beer battered onion rings and your choice of peppercorn (1103 kcal) or béarnaise sauce (954 kcal).

**10oz SIRLOIN STEAK** 29.95  
21 day aged, served with gastro chips, beer battered onion rings and your choice of peppercorn (1319 kcal) or béarnaise sauce (1170 kcal).

**CHICKEN SPIRELLI** 15.25  
Pasta spirals, chicken breast, julienne vegetables and broccoli, coated in a parmesan cream with a touch of garlic, basil and pine nuts. 1185 kcal / GFO 1159 kcal / VO 1124 kcal

**THAI RED CHICKEN CURRY** 17.50  
Thai red curry with butternut squash, sugar snap peas, red peppers, spring onions and cashew nuts in a creamy, spicy coconut sauce. Served with a chapati and fragrant basmati (1274 kcal) or cauliflower rice (1058 kcal).

**ROAST CAULIFLOWER MALAYAN CURRY** 16.75  
Spiced roasted cauliflower, red pepper, sugar snap peas, butternut squash and spring onions in a coconut curry sauce. Served with a chapati and fragrant basmati rice (889 kcal) or cauliflower rice (673 kcal).

**FIRECRACKER CHICKEN SALAD** 14.95  
Hot and sticky fried chicken on a bed of shredded oriental vegetable salad, topped with crushed chilli peanuts, ponzu dressing, fresh lime and sesame seeds. 660 kcal

**TERIYAKI SALMON** 18.95  
Marinated boneless salmon supreme served with stir-fried vegetables and fragrant rice, topped with teriyaki sauce. 531 kcal

**GREENHOUSE BURGER** 15.75  
Meat-free burger, smoked Gouda cheese, veganaise, sliced red onion and mango salsa in a brioche style bun. 1138 kcal

**KOREAN FRIED CHICKEN BURGER** 15.95  
Crispy coated chicken with Gochujang glaze, pickled carrot and red cabbage, sriracha mayo, tomato, gem lettuce, brioche bun. 1305 kcal

SANDWICHES

Our sandwiches are served with house fries.  
UPGRADE to sweet potato fries for 1.95

**BANYAN CHICKEN CLUB** 13.75  
Crispy bacon rashers, roast chicken, egg mayonnaise, gem lettuce and tomato in a toasted rustic ciabatta. 1094 kcal

Go 'naked' and enjoy this sandwich without the ciabatta, served with sweet potato wedges and sriracha mayonnaise. 1000 kcal

**CHICKEN TIKKA KEBAB** 13.75  
Warmed naan bread with succulent pulled chicken tikka, mango chutney, salsa verde, red onion, tomato, gem lettuce, cucumber minted yoghurt and coriander. 1062 kcal

**CHICKEN FAJITA WRAP** 13.75  
Grilled Cajun chicken breast, Monterey Jack cheese, tomato salsa, jalapeños, roast peppers, guacamole and sour cream in a tortilla wrap. 1488 kcal

**RUSTIC CIABATTA STEAK MELT** 13.95  
Tender steak fillet, rich sautéed mushrooms, Monterey Jack cheese, watercress, red onion marmalade and wholegrain mustard mayonnaise on a rustic ciabatta. 1190 kcal

**ONION BHAJI WRAP** 12.95  
Crispy onion bhaji, pickled carrots and red cabbage, mango chutney and minted yoghurt in a beetroot wrap. 1069 kcal

Lunch date

SIDES

**HOUSE FRIES** 4.50 452 kcal

**GASTRO CHIPS** 4.95 586 kcal

**SWEET POTATO FRIES** 4.75 448 kcal

**BEER BATTERED ONION RINGS** 4.95 514 kcal

A little something extra

**MAC 'N' CHEESE** 4.95 373 kcal

**TOMATO AND RED ONION SALAD** 4.95 195 kcal

**TENDERSTEM BROCCOLI** 4.95  
With chilli and garlic. 172 kcal

DESSERTS

**TERRY'S CHOCOLATE ORANGE BROWNIE** 7.95  
With traditional vanilla ice cream. 660 kcal

**STICKY TOFFEE PUDDING** 7.95  
Served with ice cream (720 kcal) or custard (776 kcal).

**MINI NUTELLA DOUGHNUTS** 8.25  
Served warm with vanilla ice cream and toasted hazelnuts. 726 kcal

**BAKED VANILLA CHEESECAKE** 8.75  
Served with raspberry sorbet. 568 kcal

**TRIO OF ICE CREAM** 6.95  
- Vanilla 91 kcal per scoop  
- Dark chocolate 100 kcal per scoop  
- Strawberries & cream 100 kcal per scoop  
- Honeycomb 115 kcal per scoop

Room for more?

COFFEE

Our smooth, sweet and nutty espresso makes an amazing latte.

**ESPRESSO** 2.60

**DOUBLE ESPRESSO** 2.95

**AMERICANO** 3.10

**LATTE** 3.30

**CAPPUCCINO** 3.30

**FLAT WHITE** 3.40

**MACCHIATO** 3.00

**MOCHA** 3.45

**HOT CHOCOLATE** 3.25

**ICED LATTE** 3.85

**INDULGENT VANILLA FRAPPÉ** 3.85

**CUSTOMISE YOUR COFFEE** +30p  
Add a shot of flavoured syrup.  
Vanilla 85 kcal  
Salted Caramel 84 kcal  
Hazelnut 78 kcal  
Gingerbread 35 kcal

ADULTS NEED AROUND 2000 KCAL A DAY. IF YOU HAVE A FOOD ALLERGY OR ARE SENSITIVE TO CERTAIN INGREDIENTS, PLEASE ASK A MANAGER FOR ASSISTANCE. V VEGETARIAN Ve VEGAN N NUT ALLERGY GF GLUTEN FREE VO VEGETARIAN OPTION AVAILABLE VEO VEGAN OPTION AVAILABLE GFO GLUTEN FREE OPTION AVAILABLE

Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals. Not all allergens are listed on the menu. We do not include 'may contain' information. Our menu descriptions used in each dish is available for your peace of mind. An optional service charge of 10% will be added to your bill. All tips and service charge will be shared between the team. All offers can be removed at any time (without notice) and are not available on a Bank Holiday or the day before a Bank Holiday. Timings of our offers may vary per site.

FOOD

bar&kitchen  
**banyan**

*We would love to  
hear about your  
experience!*



SCAN ME! 