



SUNDAY LUNCH 12PM TO 5PM

## NIBBLES 5

SERVED UNTIL 11PM

### Olives

marinated in lemon & herbs vg, gf

Root vegetable crisps vg, gf

Smokehouse mixed nuts vg

Salted popcorn vg, gf

## SMALL PLATES

SERVED UNTIL 11PM

### Monkfish scampi 12

Tartare sauce, garlic aioli

### Cocktail sausages 7

Whole grain mustard & honey

### Cauliflower bites vg 8

Teriyaki, chilli, spring onion

### Crispy duck bao bun 8

Asian slaw, wasabi dressing

### Chilli and garlic prawn 12

Garlic bread, coriander

### Ham hock & pea croquettes 8

Garlic aioli, chilli jam

### Chicken tenders 9

Sweet & smoky dip

### Padron peppers vg 5

Smoked sea salt

## 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, gf 19

Black garlic gravy

### The 144 ultimate sharer experience 65 For two

Beef striploin, half chicken, middlewhite pork, horseradish, bread sauce, apple cider compote

## SIDES 5

144 leafy salad, balsamic vg, gf

Spring slaw vg, gf

Tomato & onion salad vg, gf

Rosemary skin-on fries vg

Garlic & herb potatoes vg, gf

Grilled broccoli, chilli butter v, gf

Pickled summer vegetables vg, gf

## ITALIAN SPECIALS

### Chilli prawn linguine 23

Butter emulsion, tomatoes, parsley

### Golden risotto v, gf 19

Yellow tomatoes, courgettes, corn, Parmesan

### Nduja strozzapreti 17

Crispy chilli, rocket & shallot salad, Parmesan

### Chicken Milanese 20

Caesar salad

## FLATBREAD PANINI

Filled with avocado, tomato, vegan pesto

Grilled steak 16

Grilled halloumi v 14

Grilled chicken 14

## DESSERTS

### Rhubarb & Custard v 9

rosemary crème brûlée, rhubarb compote

### Dark chocolate cheesecake v 10

Salted caramel gelato, toasted almonds

### Upside down pineapple cake v 9

Mango, coconut ice cream

### Eton mess knickerbocker glory v 13

Summer fruit, vanilla ice cream, meringue

**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.