

Lunch Menu

MON-FRI 12-4PM*
SAT 12-3PM

BEN BAR & KITCHEN
ESTD 2019
MADIGANS

SMALL PLATES

ASIAN CRISPY BEEF
with Napa salad and Asian dressing (4,12,13,14)

KOREAN FRIED CHICKEN
crispy spiced boneless chicken bites, with burnt corn salsa and gochujang aioli (2,4,9,10,12,13)

CRISPY PORK BELLY BITES
with pickled salad, honey & sesame (2,9,12,13)

SWEET CHILLI HALLOUMI BITES
with coriander and sesame (1,2,4,5,12,13,14)

£8.50
EACH OR
3 FOR
£23

CRISPY CHICKEN WINGS
tossed in a choice of Ben's Buffalo with blue cheese dip/sticky Asian with Gochujang Mayo/Whiskey BBQ with garlic mayo (1,4,7,9,12,12,14)

CAULIFLOWER WINGS (v)
Chunky cauliflower florets, breaded with coconut chilli sauce (2,6,13)

SALT & CHILLI PRAWN TEMPURA
Prawns tossed in our salt & chilli seasoning on a bed of Asian salad with black garlic aioli (2,3,4,6,12,13)

£9.95 LUNCH DEAL

BEN'S FAMOUS SEA FOOD CHOWDER
locally sourced seafood with chorizo, cherry tomatoes, spring onion and fresh herbs served in our own cream sauce (1,2,3,5,7,8,14)

BUFFALO CAESAR WRAP
Crispy chicken strips tossed in Buffalo sauce, baby gem lettuce, Parmesan cheese and Caesar dressing in a flour tortilla wrap (2,4,5,6,7,14)
ADD FRIES FOR £3.50

PULLED BEEF SANDWICH
16hr slow braised beef with Dijon mustard, Swiss cheese & dill pickles in a rustic Ciabatta served with dipping sauce. (1,2,6,7,9,14)
ADD FRIES FOR £3.50

GAMMON & PINEAPPLE

Honey roasted Gammon with caramelised Pineapple and a handful of fries (9,14)
ADD 2 FRIED EGGS £3

ASIAN STIRFRY (v)
Stir-fried vegetables, egg noodles, in a honey, soy & sesame dressing (2,4,5,6,12,13,14)

ADD CHICKEN OR BEEF £3.50, ADD PRAWNS £5

POSH FISH FINGER SANDWICH
Battered strips of fresh Cod, pea puree, tomato salsa, baby gem lettuce, pickled onions and tartare sauce (2,4,5,6,9,14)
ADD FRIES FOR £3.50

4oz BEEF BURGER

4oz Beef patty with Ballymaloe Relish, Cheddar Cheese, beef tomato, baby gem lettuce and a toasted Brioche bun served with a handful of fries (2,4,6,7,9,14)

LARGE PLATES

'FEATHERBLADE' of BEEF £19.95
slow-braised Featherblade of beef with root vegetables, creamed potatoes, carrot crisps & our own Peppered Sauce (1,7,14)

BEER BATTERED FISH & CHIPS £18.95
Beer Battered Haddock, served with Koffman Chunky Chips, mushy peas & homemade Tartare sauce (2,4,5,6,7,9)

BEN'S CHICKEN CURRY £18.95
Chunks of tender chicken served with roasted vegetables in our signature curry with savoury rice & naan bread (1,2,7,9,12,13,14)

VEGAN BURGER (vg) £18.95
Homemade Bean Burger with lettuce and beef tomato on a beetroot bun topped with vegan cheese, tomato relish & vegan mayo served with sweet potato fries

CHICKEN BURGER £18.95
Southern Fried Chicken Burger with bacon jam, cheese, lettuce, tomato & garlic mayo, served with skinny fries (1,4,6,7,9)

STEAK SANDWICH £16.95
6oz Sirloin Steak with caramelised onions and mushrooms with wholegrain mustard mayo and baby gem lettuce on a toasted Ciabatta served with fries and creamy pepper sauce (2,4,6,7,9,14)

VEGAN CURRY (vg) £17.95
A medley of fresh pan-fried vegetables in our house curry sauce with coconut and coriander rice (1,10,12,13)

ALLERGEN INFORMATION (v - vegetarian, vo - vegan option available, vg - vegan)
*excludes Bank and Public holidays

1. Celery 2. Cereals containing gluten 3. Crustaceans 4. Eggs 5. Fish 6. Lupin
7. Milk 8. Molluscs 9. Mustard 10. Nuts 11. Peanuts 12. Sesame Seeds 13. Soya
14. Sulphur Dioxide/sulphites

Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergenic ingredients and does NOT have a specific allergen free zone or separate dedicated fryers. Allergen data is held on each of our dish ingredients. Ask your server for more details

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