



THE JAM TREE
BAR & RESTAURANT

LUNCH MENU

NIBBLES (for the table)

Sour Dough, Olive Oil & Dukkah (ve)	4.50
Carrot & Caraway Dip, Crisp Flat Bread (ve)	4.50
Marinated Select Olives (ve)	5.00

LUNCH

Grilled English Asparagus & Poached Egg (v, gf) <i>with lemon butter & pea shoots</i>	9.00
Parma Ham, Buffalo Mozzarella & Fig (gf) <i>with aged balsamic, rocket & tomato salsa</i>	10.00
Sweet Potato & Chickpea Cakes (ve, gf) <i>roast pepper, blackened shallots & spinach</i>	14.00
Earth Bowl (ve, gf) <i>tender stem broccoli, watercress, avocado, red quinoa, carrot slaw & kidney bean salad with spiced walnuts</i>	13.00
Chicken & Avocado Salad (gf) <i>avocado, gem heart & poached egg with honey mustard glaze</i>	14.00
Double Bacon Cheese Burger <i>smoked chilli & bacon jam served with french fries</i>	15.00
Pulled Pork Burger <i>barbecue relish, slaw, fried pickles & french fries</i>	15.50
Salmon Fillet (gf) <i>spiced paneer, squash, potato & spinach with cucumber relish</i>	16.50

SIDES

House Salad (ve)	3.50
Fries (v)	4.00
Onion Rings (v)	4.00
Buttered Green Beans (v, gf)	4.50
Sweet Potato Fries (v)	4.50
Pink Fir Potatoes (v, gf)	4.50

PUDDING

Sticky Toffee Pudding (v) <i>with walnut praline & caramel ice cream</i>	6.50
Mint Chocolate Parfait (v, gf) <i>Frozen chocolate mousse, with Chantilly creme</i>	6.00
Summer Trifle <i>with summer berries & elderflower jelly</i>	6.00
Ice Cream & Sorbet Selection (v, gf)	6.00



A discretionary service charge of 12.5% will be added to your bill.



Allergen information available on request, please ask your server.

WINE LIST

TRENDING WINES

WHITE	175ml Glass	250ml Glass	750ml Bottle
Casa do Homem Branco (Portugal) 7.00 10.00 30.00 <i>The '80s is having a comeback and so is Portuguese green wine. Perfect with sunshine.</i>			
Lagar Da Xestosa Godello (Spain) 26.00 <i>The rising star of Galicia. A fruitier version of Albarino. Great with seafood.</i>			
Extreme Vineyards White, Bonfire Hill (South Africa) 32.00 <i>A crazy mix of grapes from a very talented female winemaker and surfer. Radical.</i>			
Grenache Blanc, IGP Pays D'Oc (France) 6.30 9.00 27.00 <i>Felicette was the first cat in space and this is Major-Tom drinking experience - super easy, totally delicious.</i>			
PINK			
Vale do Homem Rosé (Portugal) 28.00 <i>A guilty pleasure. Super fruity with a hint of sweetness.</i>			
RED			
Extreme Vineyards Red, Bonfire Hill (South Africa) 32.00 <i>A crazy mix of grapes from a very talented female winemaker and surfer. Radical.</i>			
Grenache Noir, IGP Pays D'Oc (France) 6.30 9.00 27.00 <i>Felicette was the first cat in space and this is a Major-Tom drinking experience - super easy, totally delicious.</i>			
Primitivo, Salento, IGT (Italy) 26.00 <i>Known as Zinfandel in the US of A. Full of dark brooding fruit and masses of power.</i>			
Merayo Mencía (Spain) 26.00 <i>Fresh, flavoursome and as far from Rioja as you could imagine. Delicious.</i>			

STAFF FAVOURITES

WHITE	175ml Glass	250ml Glass	750ml Bottle
Albariño, Lagar de Bouza (Spain) 34.00 <i>Apricots and peaches in a glass.</i>			
Picpoul de Pinet, Domaine Montred (France) 7.00 10.00 30.00 <i>Picpoul means 'sting the lips' due it is raspyness. A great alternative to Sauvignon.</i>			
Chenin Blanc, Aloe Tree (South Africa) 25.00 <i>Sunshine in a glass. Ripe full fruit. Totally tropical.</i>			
Sauvignon Blanc, Marlborough (NZ) 7.50 10.70 32.00 <i>The classic all-encompassing wine, bursting masses of fruit and flavour.</i>			
PINK			
Rosé, IGP Pays d'Hérault (France) 5.20 7.40 22.00 <i>Fresh and fruity and a great all rounder.</i>			
RED			
Pinot Noir, Santa Macarena (Chile) 7.50 10.70 32.00 <i>A seriously cool wine in every way. Grown 5 km from the sea. Great slightly chilled.</i>			
The Unforgettable Grenache Shiraz Matro (Australia) 34.00 <i>It tastes as good as it looks. Truly unforgettable.</i>			
Merlot, Largesse (France) 28.00 <i>Full of rich plummy fruit. Soft, easy to drink and incredibly moreish.</i>			
Malbec Santaurio, Mendoza (Argentina) 7.50 10.70 32.00 <i>A wine that needs little introduction. Perfect with a burger or a steak.</i>			

ORGANIC & BIODYNAMIC

WHITE	175ml Glass	250ml Glass	750ml Bottle
Chardonnay, IGP Pays d'Oc (France) 7.00 10.00 30.00 <i>A classic Chardonnay with a hint of oak. What's not to like?</i>			
Chablis, Domaine Grossot (France) 40.00 <i>Tastes like the smell of rain on a sunny day. Mineral-mania, completely awesome.</i>			
Blanco, Campo Flores (Spain) 5.60 8.00 25.00 <i>Zingy and fresh with fabulous fruit.</i>			
Soave, Solfiti Aggiunti, DOC (Italy) 32.00 <i>A slightly funky, natural version of the well-known wine. Delicious.</i>			
PINK			
Côtes de Provence Rosé (France) 33.00 <i>The finest Rosé in the world. Great with fish stew.</i>			
RED			
Montepulciano, d'Abruzzo, DOP (Italy) 32.00 <i>Rustic and rugged like the region. Perfect with wholesome comfort food.</i>			
Tinto, Campo Flores (Spain) 5.70 8.00 25.00 <i>A warm, fruity, spicy little number. An easy drinker.</i>			
Sogno del Sud Nero D'Avola (Italy) 7.00 10.00 30.00 <i>Full and rich and packed with ripe fruit flavours.</i>			
Cabernet Sauvignon, Maipo, Armador (Chile) 34.00 <i>Ridiculously pure fruit from the biodynamic winery. Intense blackcurrant.</i>			

TRADITIONAL

WHITE	175ml Glass	250ml Glass	750ml Bottle
Sancerre Blanc, Domaine Daulny (France) 40.00 <i>The best version of Sauvignon Blanc in the world.</i>			
Pinot Grigio, IGT, La Farfalla (Italy) 5.90 8.40 25.00 <i>What can we say? The ever popular Pinot. Exactly what it says on the tin.</i>			
Gavi, DOCG, Tenuta Olim Bauda (Italy) 32.00 <i>Pinot Grigio for grown ups.</i>			
Trebbiano, IGT (Italy) 4.70 6.70 20.00 <i>Light, fresh and zippy. A great all-rounder and stupidly easy to drink.</i>			
PINK			
Pinot Grigio Rosé, IGT (Italy) 5.60 8.00 24.00 <i>A pink version of the white and even more drinkable.</i>			
RED			
Rioja, DeAlto (Spain) 5.90 8.40 25.00 <i>A fruity & fabulous example of the Spanish staple. Great with Lamb.</i>			
Sangiovese, IGT (Italy) 4.70 6.70 20.00 <i>A fruit driven, slightly spicy easy drinker.</i>			
Fleurie, Domaine Berrod, Beaujolais (France) 35.00 <i>Perfect summer wine. Great slightly chilled.</i>			
Côtes du Rhône Rouge (France) 32.00 <i>Rustic and spicy with red berry fruit.</i>			

125ml measures are available on request

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www.thejamtree.com