



STARTERS, NIBBLES AND SIDES

Homemade soup of the day served with a warm tin loaf and butter* £5.45
Buffalo chicken wings and toasted coconut and Asian salad £7.40
Courgette lemon and mint arancini served with turmeric mayonnaise £6.40
Battered king prawns with a red pepper chutney and avocado mousse £7.90
Za'atar coated halloumi fries with a harissa yoghurt £6.50
Crab & prawn salad, griddled avocado, watercress, soft boiled egg, garlic croute £7.90
Chicken karaage, served with soy sauce and garlic mayonnaise £6.90
Anti Pasti of griddled vegetables, marinated olives, roasted carrot hummus and toasted flat bread £8.50

Garlic ciabatta* £3.80
Garlic ciabatta & mozzarella* £4.25
Chunky chips or fries £3.15
Chunky chips or fries & cheese £3.65
Sweet potato fries £3.35
Rocket and Grana Padano salad £3.20
House dressed side salad £3.20
Onion rings £2.95
House coleslaw £1.95
Seasonal Vegetables £3.20

FLAT BREADS - Home made, served warm and beautifully topped £6.80

Shropshire Blue cheese and roasted grapes
Summer peach, mozzarella and balsamic dressing
Pesto, roasted garlic and chicken

(Gluten free garlic breads are made with our homemade flatbreads)

MAINS

Fish dish of the day - please see our daily specials menu
Cider battered fish with chunky chips, minted mushy peas and homemade tartare sauce £13.50 (small plate £10.50)
10oz gammon steak with fried eggs, griddled fresh pineapple, chunky chips and garden peas £12.90 (small plate £9.50)
Braised lamb shepherd's pie and rack of lamb, carrot puree, broad beans, peas and asparagus with red current jus £18.50
Pan fried duck breast, duck leg croquets, dauphinoise potatoes, celeriac remoulade, honey jus £16.50
Crispy beef or duck salad, mixed leaves, hoisin and sweet chilli sauce, toasted sesame seeds and spiced cashew nuts £13.90 (small plate £10.90)
Gently spiced aubergine curry, braised rice and micro coriander £11.90
Chicken katsu curry, braised rice, spring onions and toasted sesame seeds £13.90 (small plate £10.90)
Mediterranean salad of mixed leaves, feta cheese, onion, cucumber, tomato, parsley, mint, dehydrated olives with sumac and lemon dressing £10.50
Deep filled chicken and ham hock pie, olive oil mashed potato, seasonal vegetables and gravy £12.90 (not GF)
Slow roasted Asian spiced pork belly, sweet and sour salad of fennel, shallots and pak choi served with rice noodles £14.90
Raisin polenta with spiced butternut squash, chickpeas, red onion, and roasted cauliflower £11.90
King prawn or chicken pad Thai with roasted peanuts and coriander oil* £13.90 (small plate £10.90)
10oz sirloin steak with chunky chips, mushrooms, onion rings, confit tomato and a rocket & Grana Padano salad £22.00
Add a sauce to your steak - Peppercorn, Dianne or Shropshire blue sauce £2.50

TLC BURGERS All served in a floured bap* with fries, onion rings and homemade coleslaw

8oz steak burger, local mature cheddar cheese, bacon, crispy onions and burger sauce £12.50 (small plate £8.90)
Buttermilk chicken burger with sweet chilli mayonnaise £11.90 (small plate £8.50)
Battered halloumi burger with sweet chilli sauce, tomato, red onion and baby gem £11.50 (small plate £8.50)
Chickpea and sweetcorn burger, tomato relish, baby gem and vegan slaw £11.20

For customers with food allergies or intolerances - Before ordering, please speak to our team about your requirements.

(*) non gluten containing ingredients option available. All other dishes on our menu have non gluten containing ingredients unless clearly specified as NOT GF.

STONE BAKED PIZZA*

9" £9.00

12" £12.00

Gluten free 9" only

Create your own pizza with a tomato sauce and mozzarella base plus 2 toppings from the choice below -

Buffalo Mozzarella, cherry tomatoes, chicken, chorizo, honey roast ham, mushroom, pepperoni,
jalapeño, feta, onion, peppers, olives, bacon

Add extra toppings for 75p each on 9" and £1 each on 12 "

DESSERTS

Baked custard tart with nutmeg and a gooseberry compote £6.50

Eton mess, meringue shards, Chantilly cream, strawberry sorbet £6.50

Ruby chocolate mousse, white chocolate sauce, lemon curd and raspberries £7.90

Mille feuille of Assam tea soaked dates, date puree and crème diplomat £6.20

Baked pineapple in a spiced rum caramel with coconut ice cream £6.20

TLC Sundae - Snugbury's Dutch chocolate and vanilla ice creams,
marshmallows, fudge pieces, sticky toffee pieces, chocolate sauce,
Cadbury's chocolate flake and whipped cream £6.50

Cheese board of Shropshire blue, local mature Cheddar and Brie
with biscuits, grapes and red onion marmalade £7.10*

Small TLC Sundae - Two scoops of Snugbury's ice cream, marshmallows, fudge
pieces, sticky toffee pieces, chocolate sauce, Cadbury's chocolate flake
and whipped cream - £4.70

Snugbury's ice creams served with a Cadbury's chocolate flake
single - £2.00 double - £3.20 triple - £4.90

Snugbury's vanilla no added sugar is available for dietary requirements

TLC HOT DRINKS



Americano - £2.35 Large - 3.00

Cappuccino - £2.75 Large - 3.35

Flat white - £2.65

Espresso - £2.10 Double - £2.80

Latte - £3.00

Mocha - £3.20

Hot chocolate - £3.10 with whipped
cream and marshmallows

Ultimate hot chocolate - £5.00

Baileys, cream and marshmallows

Liqueur Coffee - £4.90

Pot of Tea - £1.95

Speciality Tea - £2.20

Choose from our weekly selection

**Gluten free biscuits are available,
please ask your server.**

Lunch Menu - 12.00 to 15.00

All served with chunky chips, fries or sweet potato fries, a house dressed salad and homemade coleslaw

BURRITO, BAPS & WRAPS*

Crispy beef, curried rice and vegetable burrito £9.00

Battered halloumi, sweet chilli mayonnaise and rocket wrap £8.20

Japanese style chicken karaage, gem lettuce, garlic and soy
mayonnaise wrap £8.60

Battered fish goujons, lettuce and tartar sauce floured bap £9.00

Crispy chicken, coleslaw, bacon, cheese and BBQ sauce wrap £9.00

TRADITIONAL SANDWICHES* White or Brown

Tuna mayonnaise £7.90

Local mature Cheddar and homemade chutney £7.30

Honey roast ham, tomato and wholegrain mustard
mayonnaise £8.10

Chicken & bacon Club, on toasted white bread £10.70

Smoked salmon, cream cheese and cucumber £8.50

Add a cup of homemade soup to your sandwich for just £3.00

TLC OMELETTES - £8.50 (small plate £6.90)

Served with chunky chips, fries or sweet potato fries, a house dressed salad and homemade coleslaw

Omelette fillings £0.75 each - Cheddar, mushroom, onion, tomato, olives, bacon or honey roast ham



Traditional Sunday roasts are available all day on Sunday until 8:00pm, subject to availability.

All weights quoted are approximate uncooked weights.

Please also see our daily Chef Specials

