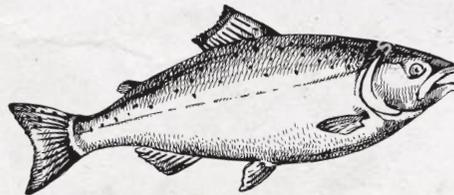
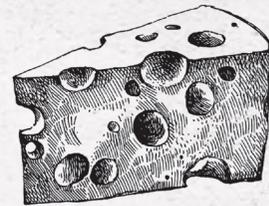


**POETIC
LICENSE**

FOOD

...for the Soul



 Poetic License Bar

 @PLBarRoker

 /PoeticLicenseBar

SMALL PLATES

DESIGNED FOR SHARING

Enjoy a few at once - 3 for £10 5 for £15

Cajun Spiced Potato Skins (v)

Served with cooling lemon mayo

Thai Style Mini Fishcakes

Sweet chilli and ginger dipping sauce

Halloumi Fries (v)

Served with hot salsa

Salt and Pepper Squid

Served with garlic aioli

Mini Duck Pancakes

Served with hoisin and plum sauce

Fresh Cod Goujons

With mushy peas and tartar sauce

Goats' Cheese Bon Bons (v)

Sweet onion chutney

Onion Bhaji (v)

Served with mint raita dip

Mini Chorizo Sausages

Croutons and spring onions

Creamy Curried Mushrooms (v)

Served with mint raita dip

Nachos (v)

Served with cheese, jalapeños, salsa and sour cream

Chicken Lollipops

With roasted orange and chilli dip

Hummus, Salsa & Guacamole Dips (v) (ve)

Served with flatbread



STARTERS

Soup

Nearly always (v) but always best to ask, served with fresh bread

£4.95

Tiger Prawns

Served on a crouton, with garlic, parsley and lemon butter

£7.25

Ham Hock Terrine

With crusty bread and ale chutney

£6.95

Chicken Strips (gf) (S)

Served in a tequila and lime marinade

£7.25

LOW CALORIE + LOW CARB + LOW FAT

FLATBREADS & SALADS

Middle Eastern Chicken Flatbread

£7.45

In a rich spiced sauce, served with a vegetable salad and yoghurt dressing

Tabbouleh and Hummus Flatbread (v) (S)

£7.45

Topped with crumbled minted feta, olives, cucumber, roasted peppers and tzatziki

LOW CALORIE

Ditch the feta and tzatziki to make (ve)

Salmon Niçoise (gf) (S)

£10.95

Served with dressed leaves, asparagus and parmesan cheese

LOW FAT + LOW CALORIE

Char-grilled Chicken Caesar Salad

£9.95

Served with cos lettuce, crispy bacon, parmesan and a Caesar dressing

Goats' Cheese Waldorf (v) (S)

£9.95

Served with caramelised walnuts, apple and celery with dressed leaves

LOW CALORIE + LOW CARB

Flatbreads & Salads



SKEWERED HANGING KEBABS

All kebabs are served vertical with Mediterranean vegetables, garlic butter and double-dipped chips

Or replace the chips with salad and hold the garlic butter to make  where indicated

LOW CALORIE + LOW CARB + LOW FAT

- SPICY -
LAMB KOFTA
£9.95

BBQ PORK BELLY
£10.95  (gf)

CHIMICHURRI KING PRAWN & SALMON 
£11.95

HALLOUMI, CHERRY TOMATO & PEPPER  (gf) (v)
£9.95

HICKORY BEEF  (gf)
£10.95

- COCONUT -
PIRI PIRI CHICKEN 
£9.95

LITTLE BIT O' PITTA

Add a pitta bread for £1.95

VERY CORNY

Add a charred corn on the cob for £2.95

BAPS, BURGERS & DOGS

Our burgers are handmade to our own special recipe.

Our baps and burgers are served with crisp lettuce, tomato, mayo and dill pickle with double-dipped chips and house slaw on the side and in a brioche style bun

Classic Poet's Burger

£9.95

7oz beef burger topped with crispy bacon and mature cheddar

Breakfast Burger

£10.95

7oz beef burger topped with crispy bacon, sausage and a fried egg

Black and Blue Burger

£10.95

7oz beef burger topped with black pudding and glazed blue cheese

Buttermilk Chicken Burger

£9.95

Topped with roasted red peppers and a sweet and sour sauce

Nut and Mushroom Burger (v)

£8.95

Topped with sweetcorn relish

Ditch the mayo and slaw and switch to a floured bap to make (ve)

Pure Pork Bap

£9.45

Pulled pork topped with apple and BBQ sauces

The Ultimate Philly Cheese Steak Sandwich

£10.95

Shaved beef and pastrami topped with caramelised onions, mushrooms, peppers and cheese sauce

GET RINGY WITH IT Add onion rings for £2.95

Our dogs are served on an Americano roll with double-dipped chips and house slaw

Boss Dog

£10.95

Smoked pork Frankfurter topped with 12 hour slow-cooked pulled pork, crispy bacon and crispy onions

Pizza Dog

£10.95

Smoked pork Frankfurter topped with pepperoni, pizza sauce and melted cheese

Cod Dog

£10.95

Battered cod topped with mushy peas, homemade tartar sauce and a wedge of lemon

Prefer yours plain? To keep your dog classic with ketchup and mustard, just ask

GO BARE-GER

Swap the bun for a lettuce wrap



*Baps,
Burgers
& Dogs*

SOUL FOOD

Beer-battered Fish and Chips **£9.95**

Served with mushy peas, homemade tartar sauce and a wedge of lemon

Scampi and Chips **£9.95**

Served with peas, homemade tartar sauce and a wedge of lemon

Brisket, Sonnet 43 Ale and Mushroom Pie **£9.95**

With buttery mash and roasted root veg

Chicken Rendang Curry **£9.95**

Served with pilau rice, poppadum and mango chutney

Creamy Chicken and Mushroom Pie **£10.95**

With buttery mash and roasted root veg

Jerk Chicken (gf) **£9.95**

Served with traditional rice and peas

LOW CALORIE + LOW FAT

Seared Seabass (gf) **£11.95**

New potatoes, spinach and pesto dressing

LOW CALORIE + LOW FAT

Char-grilled Gammon (gf) **£8.95**

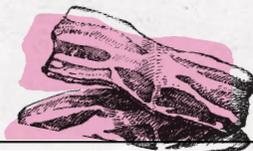
Served with pineapple, double-dipped chips, double egg and peas

Penang Thai Vegetable Curry (v) (ve) **£8.95**

Served with coconut and coriander rice

SO CHEESY

Add cheesy chips
for **£2.95**



MEXICAN

Our Mexican dishes are all served with sour cream, salsa and guacamole on the side

Quesadillas **£10.95**

Two baked tortillas loaded with cheese, bacon, peppers and your choice of chicken, beef or prawns served with refried beans

Al Pastor Tacos **£9.95**

Crispy corn shells filled with shredded marinated pork and topped with pineapple and fresh coriander

Burritos

A 12 inch floured tortilla wrap filled with lemon rice, Mexican beans and Monterey Jack cheese, with your choice of filling...

Pulled Pork **£9.95**

Pulled Chicken **£9.95**

Pulled Beef **£9.95**

Spicy Veggies (v) **£8.95**

Ditch the cheese and sour cream to make (ve)

Ultimate Nachos **£9.95**

Corn nachos loaded with spiced pulled beef and topped with Monterey Jack cheese and jalapeños

Ditch the beef, cheese and sour cream to make (ve)

CHOP CHOP

Add chopped salad
for **£2.45**



MEAT & BBQ

*All meat & BBQ dishes are served with double-dipped chips and house slaw on the side. Or go **S** on our steaks and replace the double-dipped chips and slaw with salad*

LOW CALORIE + LOW CARB + LOW FAT

Rack of Ribs **£13.95**

In a sweet and sticky marinade

Rump Steak (gf)

A tasty cut, fairly tender

8oz **£12.95**

10oz **£14.95**

7oz Fillet Steak (gf) **£19.95**

The most prized cut, incredibly tender

FEELING SAUCY? Add a garlic and chili butter, peppercorn or diane sauce for **£1.95**

SIDES

Double-dipped Chips (v) (ve) (gf) **£2.45**

Onion Rings (v) (ve) **£2.95**

Cheesy Chips (v) (gf) **£2.95**

Pitta Bread (v) (ve) **£1.95**

Charred Corn on the Cob (v) (ve) (gf) **£2.95**

LOW CALORIE + LOW FAT + LOW CARB

Chopped Salad (v) (ve) (gf) **£2.45**

LOW CALORIE + LOW CARB

Skinnylicious

In today's world we understand balancing socialising with a healthy lifestyle can be difficult - many of us want to eat healthy but struggle to keep this up when dining out.

With this in mind, we've developed our 'Skinnylicious' dishes that, while still delivering great flavour, offer a healthier option under 500 calories. Whether it's fats, carbs or calories you're watching, you'll find the dishes low in these throughout the menu marked for you to enjoy guilt-free.



FOOD SERVED

Served Monday - Saturday 12noon - 9.30pm
Sunday 5pm-9pm
(Sunday Lunch menu served 12noon - 5pm)

Vegetarian (v) Gluten Free (gf) Vegan (ve) Skinnylicious

DESSERTS

ALL £4.95

Chocolate Orange Tart

With chopped orange salad

Traditional Crème Brulée (v)

With shortbread

Lemon Panacotta Tart

With burst raspberries

Churros (v)

Dusted in cinnamon, served with chocolate sauce and raspberry coulis for dipping

Home-made Sticky Toffee Pudding (v)

Topped with butterscotch sauce with vanilla gelato

Chocolate Brownie Sundae (v)

Chocolate gelato, chunks of brownie, fresh cream, raspberry coulis and chocolate sauce

Vanilla Cheesecake (v)

With burst raspberries

Gelato (v)

3 scoops from the following:

Mint choc chip
Toffee
Raspberry ripple
Strawberry
Vanilla
Chocolate

Gelato

Ice cream made the Italian way. It actually has a lower fat content which allows more intense flavours to shine through and it is stored at a slightly warmer temperature so its also a little softer too.

We serve Ciccarelli authentic gelato - a family business based in Blyth, making the finest gelatos for decades. We are proud to serve these wonderful gelatos.



DAILY DEALS

AVAILABLE ALL DAY MONDAY - THURSDAY

MONDAY

ALL
HANGING
KEBABS

£7.95

TUESDAY

ALL BAPS,
BURGERS
& DOGS

£7.95

WEDNESDAY

ALL
SOUL
FOOD

£7.95

THURSDAY

8oz RUMP
STEAK

£8.95

