

Lunch

Soup

Served 11:30 - 15:30

Served with a warm white, brown or GF bread.

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Soup of the Day £7.45

Please ask a member of the team for today's choice.

Baked Potatoes

Served 11:30 - 15:30

Served with a salad garnish

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Baked beans and Cheddar cheese (v) (998 kcal) £8.45

(Vegan cheese available)

Classic coronation chicken (1015 kcal) £9.45

Melted brie and crispy bacon (1176 kcal) £9.45

Prawn Marie Rose (740 kcal) £9.95

Beef chilli con carne (1308 kcal) £9.95

With crushed avocado and sour cream

Tuna Mayonnaise (796 kcal) £9.45

add cheese (248 kcal) £2.25

Plated Salads

Served 11:30 - 15:30

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Seasonal Glazed goats cheese and (983 kcal) £12.45

roasted beetroot salad

with baby gem, kale, pine kernels, grapes and a fig coulis

Chicken Caesar salad (684 kcal) £12.45

Roast chicken breast, crispy bacon, gem lettuce, anchovies, sourdough croutons, Parmesan & Caesar dressing

Traditional ploughman's platter (930 kcal) £12.95

Honey glazed ham, Cheddar cheese, pickled onion, gherkins, piccalilli, boiled egg, apple and a sourdough roll.

Toasted Ciabatta

Served 11:30 - 15:30

Served with salad garnish and crisps.

Swap your crisps for chips: £2.50

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Glazed ham, mature Cheddar and (805 kcal) £8.95
tomato

Grilled back bacon brie and cranberry (829 kcal) £8.95
sauce

Ranch chicken with bacon and (834 kcal) £8.95
Cheddar

Tuna and Cheddar melt (823 kcal) £8.95
Tuna, black pepper mayonnaise and Cheddar

Smoked applewood, tomato and basil (719 kcal) £8.95
(v/vg)

Between the Breads

Served 11:30 - 15:30

Choice of white or brown bloomer bread.

Served with salad garnish and crisps (GF bread available)

Swap your crisps for chips: £2.50

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Classic coronation chicken (1071 kcal) £9.45
with gourmet leaves

Egg mayonnaise and chive (v) (923 kcal) £8.95

Prawn Marie Rose (894 kcal) £9.95

Ploughmans cheese sandwich (1098 kcal) £8.95

With Branston pickle & tomato

Tuna Mayonnaise and cucumber (905 kcal) £9.45

EST. 1946

FROSTS

FOOD ALLERGIES AND INTOLERANCES

Please speak to our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

(V) Vegetarian • (VG) Vegan • (GF) Gluten free • (DF) Dairy free • (N) Contains nuts • Adults need around 2000kcal a day as a requirement.

Lunch

Homemade Mains

Served 12:00 - 15:30

Fish and chips (1356 kcal)	£15.95
Hand-battered sustainably sourced fish with gourmet chips, your choice of peas, tartare sauce & lemon (gf)	
Pie of the day	£14.95
Please ask for today's choice and Kcals.	
Signature burger (1546 kcal)	£15.95
Beef burger, maple glazed bacon, mature cheddar, relish, gherkins, tomato, red onion & baby gem served in a toasted brioche bun with gourmet chips & homemade onion rings	
Homemade beef lasagne (1295 kcal)	£14.95
served with gourmet salad & garlic bread	
Maple-glazed ham (789 kcal)	£12.95
with two fried eggs, gourmet chips, piccalilli & homemade pickled cabbage.	
Signature Sausage and Mash (839 kcal)	£12.95
Two Cumberland sausages with leek & Cheddar mashed potato, caramelised onion gravy & crispy shallots	
Blue Diamond Fish butty (906 kcal)	£12.95
baby gem, tartare sauce, gherkins & gourmet chips	
Blue Diamond Club sandwich (1062 kcal)	£12.95
Roast chicken, grilled back bacon, baby gem, tomato, fried egg, lemon & tarragon mayonnaise with gourmet chips & choice of deli salad	

Sides

Served 11:30 - 15:30

Cheesy gourmet chips (631 kcal)	£4.95
Garlic ciabatta (354 kcal)	£3.95
with dressed watercress	
Gourmet chips (385 kcal)	£3.95
Seasonal salad (250 kcal)	£3.45

Deli Salads

Served 11:30 - 16:00

Did you know our deli counters are nutrient-rich and include ingredients needed in your daily diet?

One Salad:£3.45 Two Salads:£5.95 Three Salads £7.95

Garden leaf salad (v/vg) (44 kcal)	£3.45
with tomato, cucumber & spring onion	
Classic Coleslaw (115 kcal)	£3.45
cabbage, carrots, onions, parsley and mayonnaise (v)	
Pasta Salad (172 kcal)	£3.45
with mozzarella, parmesan, tomato, spinach and nut free pesto (v)	
Green Valley Salad (188 kcal)	£3.45
buckwheat, spinach, peas, broad beans, broccoli rice, spring onion with vinaigrette dressing (v/vg)	

Eat Right Deli - Choose Main

Served 11:30 - 16:00

Why not add any of the above salads to accompany your dish?

Quiche of the Day	£7.95
Please ask a member of the team for today's choice.	
Sausage Roll of the Day	£6.95
Please ask a member of the team for today's choice.	
Beef Pasty (554 kcal)	£6.95
beef and vegetable pasty	
Sweet Potato Falafel (v/vg) (85 kcal)	£6.45

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Sunday Lunch

Roast Dinners and Hot Food

Served 12:00 - 15:30

All Roast Dinners are served with thyme roast potatoes, mixed vegetables, Yorkshire pudding and rich red wine gravy

Three meats roast (1558 kcal)	£18.95
Roast topside of beef (1260 kcal)	£15.95
Garlic and thyme roast chicken (1037 kcal)	£15.95
Roast gammon (987 kcal)	£15.95
Squash, Spinach & Vegan Feta Pie (v/vg) (958 kcal)	£15.95
Children's Roast Beef (826 kcal)	£9.95
Children's Roast Gammon (650 kcal)	£9.95
Children's Roast Chicken (727 kcal)	£9.95
Fish and chips (1356 kcal)	£15.95
Hand-battered sustainably sourced fish with gourmet chips, your choice of peas, tartare sauce & lemon (gf)	
Blue Diamond Fish butty (906 kcal)	£12.95
baby gem, tartare sauce, gherkins & gourmet chips	
Blue Diamond Club sandwich (1062 kcal)	£12.95
Roast chicken, grilled back bacon, baby gem, tomato, fried egg, lemon & tarragon mayonnaise with gourmet chips & choice of deli salad	

Roast dinners sides

Served 12:00 - 15:30

Seasonal mixed vegetables (255 kcal)	£3.95
Roasted seasonal vegetables	
Thyme roast potatoes (304 kcal)	£3.95
Yorkshire pudding & red wine gravy (253 kcal)	£3.95

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