

POETIC
LICENSE

FOOD

Food for the Soul



FOOD SERVED

Served Monday - Saturday 12noon - 9.30pm

Sunday 5pm-9pm

(Sunday Lunch menu served 12noon - 5pm)

SMALL PLATES

DESIGNED FOR SHARING

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

Crispy Pulled Lamb Shoulder
Served with a creamy caper mayo

Nachos (v)

Served with jalapeños, salsa,
sour cream and cheese

Goats' Cheese Bon Bons (v)
Served with sweet onion chutney

Chicken Lollipops
Coated in a sticky glaze

Fish Fingers
Served with homemade tartare sauce

Salt and Pepper Squid
Served with a sweet chilli and ginger dip

Hot Sticky Ribs
Coated in a spicy BBQ glaze

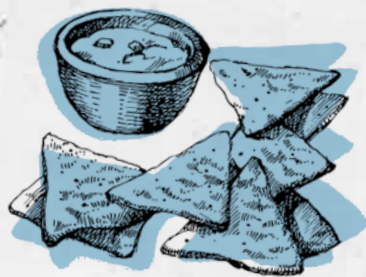
Spicy Thrice Cooked
Potato Skins (v)
Dusted in Cajun spices and served
with garlic mayo

Oven-baked Garlic and
Blue Cheese Mushrooms (v)
With a breadcrumb crust

N'duja Sausage and
Red Onion Bhaji
Served with a coriander yoghurt

Red Pepper Hummus,
Guacamole and Salsa (v)
Served with homemade tortilla nachos

Crispy Halloumi Fries (v)
Coated in panko breadcrumbs and
served with aioli dip



FLATBREADS

Our new-style recipe flatbreads are hand-stretched
and cooked in our wood-fired oven!

Jerk Chicken § £6.95

Topped with hummus and lemon slaw, drizzled with a tropical, spicy sauce and
minted yoghurt

LOW CALORIE

Feta and Olive (v) § £6.95

Topped with sun-dried tomatoes, hummus, lemon slaw and tzatziki

LOW CALORIE

Hold the feta and tzatziki to make (ve)

Churrasco Beef £8.95

Pulled barbecued beef topped with hummus and lemon slaw, drizzled with chimichurri
sauce and minted yoghurt

Lebanese Spiced Lamb Mince £7.95

Topped with hummus, lemon slaw, pickled cucumber and red onion, drizzled with harissa
sauce and minted yoghurt

TOP LOADERS

Top your fries with a little bit of a twist! *Ideal as a nibble between 2*

Pulled Pork Fries £5.95

Topped with jalapeños, pickled red onion and melted cheese

Spiced Lamb Fries £5.95

Lebanese spiced lamb mince topped with minted yoghurt, fresh coriander, pickled red onion
and melted cheese

Cuban Fries £5.95

Topped with diced ham, dill pickle, American mustard, pickled red onion and melted cheese

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 **S** where indicated

LOW CALORIE + LOW CARB + LOW FAT

Pork Belly, Black Pudding and Chorizo £10.95
Finished with a BBQ glaze

South American Lamb Meatball £10.45
Drizzled with cool yoghurt

Sticky Soy Chicken **S** £10.45
Marinated in Indonesian spices

Lemongrass Salmon **S** £11.95
Finished with a lemongrass and chilli dressing

Halloumi, Pepper and Sweetcorn (v) (gf) **S** £9.95
Finished with a honey and mint dressing

LITTLE BIT O' PITTA

Add a pitta bread for **£1.95**

VERY CORNY

Add a charred corn on the cob for **£2.95**

THE AMERICAS

Cochinita Pibil Pork Tacos £9.95
Soft flour tacos filled with sweet Mexican pulled pork, topped with pineapple and coriander

Quesadillas

Baked tortilla sandwich loaded with cheese, peppers, salsa and refried beans, with your choice of filling...

Beef £10.95

Prawns £10.95

Chicken and Chorizo £10.95

Spicy Veggie (v) £9.95

Hold the cheese to make (ve)

Burritos

12 inch soft flour tortilla wrap filled with lemon rice, Mexican beans, sour cream and Monterey Jack cheese, with your choice of filling...

Cochinita Pibil Pulled Pork £9.95

Chicken and Chorizo £9.95

Pulled Brisket Chilli £9.95

Spicy Veggie (v) £8.95

Hold the cheese and sour cream to make (ve)



AVO BIT EXTRA

Add guacamole (v) for **£1.00**

Ultimate Nachos £9.95
Corn nachos loaded with 12 hour pulled brisket chilli, topped with Monterey Jack cheese and spicy jalapeños

12 Hour Pulled Brisket Beef Chilli (gf) £8.95
Served with lemon rice, crispy tortillas and sour cream

Smoked Pork Frankfurter Dog £11.95
Topped with 12 hour slow-cooked pulled pork, bacon bits and crispy onions, served with double-dipped chips and house slaw on the side

Breakfast Dog £10.95
Smoked pork Frankfurter topped with hash brown bits, crispy onions and a fried egg, served with double-dipped chips and house slaw on the side

CHOP CHOP

Add chopped salad for **£2.45**

Vegetarian (v) Vegan (ve) Gluten Free (gf) Dairy Free (df) Skinnylicious **S** (under 500 calories)

BURGERS

Handmade to our own special recipe and served in a brioche style bun with lettuce, tomato, mayo and dill pickle with double-dipped chips and house slaw on the side

Classic Poet's Burger £9.95
7oz beef burger topped with crispy bacon and mature cheddar

Cuban Burger £10.95
7oz beef burger topped with slices of chorizo and a chimichurri sauce

Stacker Burger £14.95
Two bacon cheese burgers, topped with burger relish and two onion rings

Buttermilk Chicken Burger £9.95
Topped with chilli jam, jalapeños and melted cheese


Halloumi and Mushroom Burger (v) £9.95
Topped with herb and garlic mayo




MEAT

Our steaks are served with double-dipped chips and a grill garnish. Or go where indicated and replace the double-dipped chips and slaw with salad

LOW CALORIE + LOW CARB + LOW FAT

8oz Rump Steak (gf)  £12.95
A tasty cut, fairly tender

8oz Sirloin Steak (gf)  £16.95
Flavoursome and tender

8oz Ribeye Steak (gf) £17.95
The tastiest cut, very tender

FEELING SAUCY?

Add garlic and chilli butter, peppercorn or diane sauce for £1.95


SOUL FOOD

Sonnet 43 Beer-battered Fish and Chips £10.45
Served with mushy peas, tartare sauce and a wedge of lemon

Char-grilled Gammon Steak (gf) (df) £9.95
Served with pineapple, double-dipped chips, garden peas and a fried egg


Scampi and Chips £9.95
Served with garden peas, tartare sauce and a wedge of lemon

Brisket and Sonnet 43 Ale Pie £9.95
Served with buttered mash and roasted root vegetables

Jerk Chicken (gf) (df)  £10.95
Served with rice, black-eyed peas and grilled corn
LOW CALORIE + LOW FAT

Penang Vegetable Curry (v) (ve) (df) £9.95
Served with coriander rice and a poppadom

Seared Salmon Escalope (gf) £11.95
Served with sautéed new potatoes and spinach with lemon cream

Lemon and Garlic Chicken (gf)  £9.95
Served with sweet potato mash and a tomato dressing
LOW CALORIE + LOW FAT

Cumberland Sausages £8.95
Served with buttered mash, mustard gravy and crispy red onions



SALADS

Blue Cheese Waldorf (v) (gf) § £8.95

Served with caramelised walnuts, fresh apple, grapes and celery on a bed of dressed leaves

LOW CALORIE + LOW CARB

Chicken and Chickpea (gf) § £9.95

Served with mint, coriander, roasted peanuts, mixed leaves and drizzled with a curried yoghurt dressing

LOW CALORIE

Warm Poached Salmon (gf) § £10.95

Salmon flakes served with leaves, cos lettuce, peppers, cucumbers, new potatoes and a cucumber yoghurt dressing

LOW CALORIE

Greek Salad (v) (gf) § £8.95

Feta, olives, cucumber, tomato and red onion tossed in virgin olive oil and oregano

Hold the feta to make (ve)

LOW CALORIE + LOW CARB

Char-grilled Chicken Caesar £9.95

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

Upgrade to 8oz rump steak for an extra £3



SIDES

Double-dipped Chips (v) (ve) (gf) (df) £2.75

Onion Rings (v) (ve) (df) £2.45

Cheesy Chips (v) (gf) £3.45

Charred Corn on the Cob (v) (gf) § £2.95

LOW CALORIE + LOW CARB

Chopped Salad (v) (ve) (gf) (df) § £2.45

LOW CALORIE + LOW CARB + LOW FAT

Pitta Bread (v) (ve) (df) £1.95

DESSERTS

ALL £4.95

Chocolate Orange Tart

With chopped orange salad

Traditional Crème Brûlée (v)

With shortbread

Lemon Pannacotta Tart

With burst raspberries

Belgian Waffles (v)

Topped with granola crumble, chocolate sauce and caramel gelato

Homemade Sticky

Toffee Pudding (v)

Topped with butterscotch sauce and 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 a choice of:

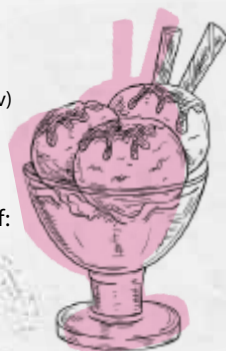
Mint Choc Chip

Toffee

Raspberry Ripple

Strawberry

Vanilla



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 FROM 5PM
MONDAY - THURSDAY

MONDAY

ALL KEBABS

£8.95

TUESDAY

ALL BURGERS*

£7.95

*Excludes The Stacker Burger

WEDNESDAY

THE AMERICAS

£8.95

THURSDAY

ALL SOUL FOOD

£7.95