

BREAKFAST	
Recipe name	Energy (kcal)
OAKMAN - RICE CRISPIES	171.80kcal
OAKMAN - ALL BRAN	190.70kcal
OAKMAN - THE FULL ENGLISH + POACHED EGGS	1,274.92kcal
OAKMAN - THE FULL ENGLISH + SCRAMBLED EGGS	1,468.03kcal
OAKMAN - THE FULL ENGLISH + FRIED EGGS	1,362.92kcal
OAKMAN - THE FULL ENGLISH - NO EGGS	1,101.42kcal
OAKMAN - THE FULL ENGLISH WITH POACHED EGGS - GLUTEN FREE	867.97kcal
OAKMAN - THE FULL ENGLISH WITH SCRAMBLED EGGS - GLUTEN FREE	1,061.08kcal
OAKMAN - THE FULL ENGLISH WITH FRIED EGGS - GLUTEN FREE	955.97kcal
OAKMAN - THE FULL ENGLISH WITH NO EGGS - GLUTEN FREE	694.47kcal
OAKMAN - ADD FRIED EGG	130.75kcal
OAKMAN - ADD SCRAMBLED EGGS	366.61kcal
OAKMAN - ADD POACHED EGG	173.50kcal
OAKMAN - ADD 2 HASHBROWNS	157.60kcal
GOLDEN SYRUP RAISIN GRANOLA	552.63kcal
OAKMAN - EGGS BENEDICT	814.59kcal
OAKMAN - HALF EGGS BENEDICT	371.45kcal
OAKMAN - GLUTEN FREE - EGGS BENEDICT	586.29kcal
OAKMAN - GLUTEN FREE - HALF EGGS BENEDICT	293.15kcal
OAKMAN - EGGS ROYALE	759.70kcal
OAKMAN - HALF EGGS ROYALE	344.00kcal
OAKMAN - GLUTEN FREE - EGGS ROYALE	531.40kcal
OAKMAN - GLUTEN FREE - HALF EGGS ROYALE	265.70kcal
OAKMAN - EGGS FUNGHI	597.30kcal

OAKMAN - HALF EGGS FUNGHI	298.65kcal
OAKMAN - GLUTEN FREE - EGGS FUNGHI	733.08kcal
OAKMAN - HALF EGGS FUNGHI - GLUTEN FREE	366.54kcal
OAKMAN - SMOKED BACON & AVOCADO BRIOCHE BUN	703.38kcal
OAKMAN - GLUTEN FREE SMOKED STREAKY BACON & AVOCADO BRIOCHE BUN	707.32kcal
OAKMAN - CUMBERLAND SAUSAGE & HASH BROWN BRIOCHE BUN	874.76kcal
OAKMAN - NO-PORK SAUSAGE BUN	544.08kcal
OAKMAN - THE FULL VEGANO	739.35kcal
OAKMAN - GLUTEN FREE - THE FULL VEGANO	598.35kcal
OAKMAN - TOAST STACK WITH BUTTER	327.00kcal
OAKMAN - TOAST STACK WITH RASPBERRY JAM	404.84kcal
OAKMAN - TOAST STACK WITH STRAWBERRY JAM	404.84kcal
OAKMAN - TOAST STACK WITH MARMALADE	400.08kcal
OAKMAN - GLUTEN FREE - TOAST STACK	266.64kcal
OAKMAN - GLUTEN FREE - TOAST STACK - WITH STRAWBERRY JAM	263.84kcal
OAKMAN - GLUTEN FREE - TOAST STACK - WITH BUTTER	186.00kcal
OAKMAN - GLUTEN FREE - TOAST STACK - WITH RASPBERRY JAM	263.84kcal
OAKMAN - PAIN AU CHOCOLAT	290.94kcal
OAKMAN - PLAIN CROISSANT	294.67kcal
OAKMAN - BLUEBERRY CROISSANT	298.40kcal
OAKMAN - WEETABIX	280.10kcal
OAKMAN - CORNFLAKES	204.30kcal
BRUNCH, LUNCH	
Recipe name	Energy (kcal)
BRUNCH - SWEET POTATO, COURGETTE & FETA FRITTERS	433.61kcal
AW23 - OAKMAN - SHAKSHUKA	709.82kcal
ADD ON HALLOUMI	375.60kcal
ADD SPANISH CHORIZO	207.89kcal
ADD ON CRUMBLLED FETA	145.00kcal

AW23 - OAKMAN - SHAKSHUKA - GLUTEN FREE	498.32kcal
OAKMAN - TOFU SHAKSHUKA	547.72kcal
OAKMAN - TOFU SHAKSHUKA - GLUTEN FREE VERSION	353.22kcal
HIGH STREET - TURKISH EGGS	700.35kcal
OAKMAN - CHOPPED AVOCADO HARISSA & EGGS	651.15kcal
BUTTERMILK PANCAKES - WITH BACON & MAPLE SYRUP	923.94kcal
BUTTERMILK PANCAKES - WITH GRANOLA, GREEK YOGHURT & HONEY	652.90kcal
LUNCH	
Recipe name	Energy (kcal)
OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE PANINO SANDWICH	722.10kcal
OAKMAN - GLUTEN FREE - PROSCUITTO COTTO HAM & CHEDDAR CHEESE SANDWICH	384.66kcal
OAKMAN - AVOCADO & HUMMUS PANINO SANDWICH	728.91kcal
OAKMAN - AVOCADO & HUMMUS SANDWICH GLUTEN FREE	391.47kcal
OAKMAN - BATTERED FISH FINGER PANINO SANDWICH	673.79kcal
OAKMAN - SPANISH CHORIZO PANINO SANDWICH	1,024.15kcal
OAKMAN - SPANISH CHORIZO SANDWICH - GLUTEN FREE	686.71kcal
BUTTERMILK CALAMARI PANINO	720.17kcal
TO SHARE	
Recipe name	Energy (kcal)
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD	629.94kcal
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD - GLUTEN FREE BREAD	0.00kcal
CORE ESTATE - MARINATED OLIVES	178.94kcal
HIGH STREET - GARLIC & RED PEPPER HUMMUS	858.67kcal
HIGH STREET - TZATZIKI	831.67kcal
HIGH ST - BABAGANOUSH	802.34kcal
SMALL PLATES 1	
Recipe name	Energy

	(kcal)
CRISPY BEETROOT GNOCCHI	475.35kcal
TAPAS MENU - BLISTERED PADRON PEPPERS	29.00kcal
PROCIUTTO WRAPPED CHEESE STRAWS	323.89kcal
HIGH STREET - CADIZ POTATOES	404.26kcal
SMALL PLATES - SWEET POTATO, COURGETTE & FETA FRITTERS	278.84kcal
SPC - CORE - CHORIZO IN CIDER	537.74kcal
HIGH STREET - PATATAS BRAVAS	462.67kcal
HIGH STREET - RAS EL HANOUT ROASTED CARROT - SMALL PLATES	163.02kcal
LEBANESE FRIES	626.01kcal
HIGH STREET - FATTOUSH SALAD	189.49kcal
SMALL PLATES 2	
Recipe name	Energy (kcal)
PRAWN & CHORIZO PIL PIL	705.40kcal
BEEF & PORK MEATBALL SKEWERS	391.77kcal
MINI CHICKEN PASTILLAS	609.39kcal
CUMBERLAND SCOTCH EGG	556.59kcal
5 CHICKEN WINGS WITH BROWN SUGAR & HARISSA GLAZE	815.59kcal
HIGH STREET - CRISPY CAULIFLOWER BITES	390.67kcal
OAKMAN - BUTTERMILK CALAMARI WITH ROMESCO MAYO	354.61kcal
AW23 - OAKMAN - HALLOUMI CHIPS	558.10kcal
PIZZA	
Recipe name	Energy (kcal)
OAKMAN - MARGHERITA	972.89kcal
OAKMAN - MARINARA D.O.C.	789.78kcal
OAKMAN - VEGAN MARGHERITA	968.89kcal
AW23 - OAKMAN - BIANCO PROSCIUTTO E FUNGHI	1,209.53kcal

*OAKMAN - CASA LINGO PIZZA	1,271.88k cal
OAKMAN - ZUCCA [V]	1,196.87k cal
OAKMAN - ZUCCA - SWAP TO VEGAN	1,193.87k cal
*OAKMAN - CALZONE ZUCCA	1,254.95k cal
OAKMAN - POLLO DIAVOLA	1,463.19k cal
OAKMAN - NAPOLETANA	1,078.48k cal
OAKMAN - NAPOLI FORTE	1,162.06k cal
OAKMAN - BOLOGNESE PIZZA	1,301.29k cal
OAKMAN - CALZONE NAPOLI FORTE	1,212.93k cal
OAKMAN - CALZONE PARMA	1,136.89k cal
OAKMAN - CALZONE PICANTE	1,112.65k cal
SPECIALS BANK - PARMA PIZZA	1,197.47k cal
PIZZA TOPPINGS	
Recipe name	Energy (kcal)
PIZZA TOPPING - PROSCIUTTO COTTO HAM	52.00kcal
OAKMAN - VEGETARIAN PARMESAN PIZZA TOPPING	53.00kcal
OAKMAN - MIXED MUSHROOMS PIZZA TOPPING	60.88kcal
OAKMAN - GRILLED PEPPERS PIZZA TOPPING	10.50kcal
OAKMAN - ROCKET PIZZA TOPPING	4.50kcal
OAKMAN - NDUJA PIZZA TOPPING	103.20kcal
OAKMAN - PANCETTA PIZZA TOPPING	134.38kcal

OAKMAN - NAPOLI SALAMI PIZZA TOPPING	122.64kcal
OAKMAN - CHICKEN PIZZA TOPPING	123.41kcal
OAKMAN - CHORIZO PIZZA TOPPING	193.96kcal
GRILLS	
Recipe name	Energy (kcal)
THREE LOCKS - SIRLOIN STEAK	559.93kcal
HIGH STREET - LAMB KOFTAS	2,252.12kcal
CORE ESTATE - BACON AND CHEDDAR HOUSE BURGER	1,649.89kcal
NEW - AW22 - OAKMAN - GLUTEN FREE - BACON AND CHEDDAR HOUSE BURGER	1,671.52kcal
MAINS	
Recipe name	Energy (kcal)
HIGH STREET - RAS EL HANOUT ROASTED CARROT SALAD - MAIN	311.21kcal
HIGH STREET - SEABASS WITH BEETROOT GNOCCHI , COURGETTE & PEAS	1,006.01kcal
PRAWN & CHORIZO SPAGHETTI	1,129.72kcal
PRAWN & CHORIZO SPAGHETTI - GLUTEN FREE VERSION	1,095.38kcal
OAKMAN - MOZZARELLA DI BUFALA PRIMAVERA SPAGHETTI	1,200.35kcal
OAKMAN - MOZZARELLA DI BUFALA PRIMAVERA SPAGHETTI - GLUTEN FREE VERSION	1,208.02kcal
BEEF & PORK MEATBALL SPAGHETTI	1,186.71kcal
ROMESCO BAKED HALF CHICKEN	961.64kcal
SMALL FISH AND CHIPS	735.23kcal
BH WATFORD - FISH AND CHIPS	861.23kcal
HIGH STREET - CHICKEN CAESAR SALAD	1,018.63kcal

HIGH STREET - PORCHETTA	1,495.05kcal
CORE ESTATE - SYMPPLICITY BURGER	739.90kcal
HIGH STREET - BUTTERNUT SQUASH, VEGAN FETA & KALE FILO PARCEL	1,112.15kcal
SUNDAY ROASTS	
Recipe name	Energy (kcal)
CORE SOUTH - ROAST BEEF SIRLOIN	1,153.71kcal
CORE SOUTH - ROAST SIRLOIN BEEF - GLUTEN FREE	1,057.54kcal
OAKMAN - SUNDAY PORCHETTA	1,685.50kcal
OAKMAN - THYME ROASTED HALF CHICKEN	1,956.73kcal
OAKMAN - THYME ROASTED HALF CHICKEN - GLUTEN FREE	1,778.22kcal
OAKMAN - THYME ROASTED HALF CHICKEN WITH STUFFING	1,980.83kcal
OAKMAN - DUCK FAT ROAST POTATOES	321.35kcal
SUNDAY SIDE - HONEY AND MUSTARD CHIPOLATAS	724.20kcal
BARBERS PDO CAULIFLOWER CHEESE	308.13kcal
DESSERTS	
Recipe name	Energy (kcal)
OAKMAN - RASPBERRY SAUCE	45.86kcal
*OAKMAN - STRAWBERRY ICE CREAM POT	141.00kcal
CORE ESTATE - CHOCOLATE BROWNIE - CHOCOLATE SAUCE	704.88kcal
AW23 - OAKMAN - CHOCOLATE CHIP BAKED COOKIE DOUGH	807.48kcal
CORE ESTATE - SOURDOUGH SPICED STICKY TOFFEE PUDDING	647.42kcal
SPECIALS - OAKMAN - STRAWBERRY & RASPBERRY ETON MESS SUNDAE	697.52kcal
BAKED CHOCOLATE CHEESECAKE	883.24kcal

OAKMAN - VANILLA ICE CREAM	169.00kcal
OAKMAN - CHOCOLATE ICE CREAM	179.00kcal
OAKMAN - SALTED CARAMEL ICE CREAM	430.00kcal
*OAKMAN - MANGO SORBET	74.00kcal
OAKMAN - RASPBERRY SORBET	0.00kcal
OAKMAN - SPICED TOFFEE SAUCE	80.86kcal
OAKMAN - CHOCOLATE SAUCE	50.52kcal
MINI DESSERTS	
Recipe name	Energy (kcal)
CORE ESTATE - PASTEL DE NATA	184.10kcal
OAKMAN - BOMBOLONE	489.13kcal
*OAKMAN - AFFOGATO	236.07kcal
KIDS BREAKFAST	
Recipe name	Energy (kcal)
OAKMAN - KIDS BEANS ON TOAST	222.00kcal
OAKMAN - GLUTEN FREE - KIDS BEANS ON TOAST	81.00kcal
OAKMAN - BACON BRIOCHE BUN	403.61kcal
OAKMAN - GLUTEN FREE - BACON BRIOCHE BUN	197.69kcal
OAKMAN - SAUSAGE BRIOCHE BUN	669.56kcal
*OAKMAN - KIDS NO-PORK SAUSAGE BUN	338.88kcal
GLOBAL - KIDS BUTTERMILK PANCAKES WITH CHOCOLATE SAUCE	318.78kcal
OAKMAN - KIDS FULL ENGLISH	957.71kcal
OAKMAN - GLUTEN FREE - KIDS FULL ENGLISH	683.73kcal
OAKMAN - KIDS VEGANO	397.70kcal
OAKMAN - KIDS VEGANO GLUTEN FREE	256.70kcal
KIDS STARTERS	
Recipe name	Energy (kcal)

OAKMAN - KIDS HALLOUMI CHIPS	269.75kcal
OAKMAN - KIDS GARLIC BREAD	226.69kcal
OAKMAN - KIDS VEGETABLE STICKS	179.60kcal
KIDS MAINS	
Recipe name	Energy (kcal)
OAKMAN - KIDS GRILLED PORK SAUSAGE	506.41kcal
OAKMAN - KIDS GRILLED NO PORK SAUSAGE GLUTEN FREE	203.44kcal
OAKMAN - KIDS BEEF BURGER	512.47kcal
OAKMAN - GLUTEN FREE - KIDS BEEF BURGER	506.41kcal
OAKMAN - KIDS CHICKEN BURGER	438.01kcal
OAKMAN - GLUTEN FREE - KIDS CHICKEN BURGER	431.95kcal
OAKMAN - KIDS PIZZA	716.99kcal
OAKMAN - KIDS VEGAN PIZZA	744.99kcal
OAKMAN - KIDS TOMATO AND BASIL FUSILLI	267.72kcal
OAKMAN - GLUTEN FREE - KIDS TOMATO AND BASIL - LENTIL PASTA	252.50kcal
OAKMAN - KIDS FISH GOUJONS	252.64kcal
KIDS SIDES	
Recipe name	Energy (kcal)
OAKMAN - KIDS HOUSE FRIES	172.08kcal
OAKMAN - KIDS GEM LETTUCE AND TOMATO SALAD	102.15kcal
OAKMAN - KIDS MASHED POTATO	211.61kcal
OAKMAN - KIDS BAKED BEANS	81.00kcal
KIDS SUNDAY ROASTS	
Recipe name	Energy (kcal)
OAKMAN - KIDS ROAST CHICKEN BREAST	653.35kcal
OAKMAN - GLUTEN FREE - KIDS ROAST CHICKEN BREAST	448.18kcal
OAKMAN - KIDS ROAST BEEF	603.73kcal

OAKMAN - GLUTEN FREE - KIDS ROAST BEEF	507.57kcal
KIDS DESSERTS	
Recipe name	Energy (kcal)
OAKMAN - ROCKET LOLLY	0.00kcal
OAKMAN - KIDS CHOCOLATE BROWNIE - CHOCOLATE SAUCE	561.45kcal
KIDS - OAKMAN - BUTTERMILK PANCAKES WITH GRANOLA, GREEK YOGHURT & HONEY	332.30kcal
*OAKMAN - KIDS MILK	69.00kcal
OAKMAN - KIDS STRAWBERRY MILKSHAKE	113.75kcal
OAKMAN - KIDS CHOCOLATE MILKSHAKE	113.75kcal
OAKMAN - KIDS HOT CHOCOLATE	175.11kcal
HOT DRINKS	
Recipe name	Energy (kcal)
OAKMAN - SINGLE ESPRESSO	33.54kcal
OAKMAN - DOUBLE ESPRESSO	67.07kcal
OAKMAN - CAPPUCINO	136.86kcal
OAKMAN - OAT MILK CAPPUCINO	137.08kcal
OAKMAN - FLAT WHITE	130.29kcal
OAKMAN - OAT MILK FLAT WHITE	129.45kcal
OAKMAN - CAFFE LATTE	127.05kcal
OAKMAN - OAT MILK CAFFE LATTE	127.30kcal
OAKMAN - MOCHA	284.21kcal
OAKMAN - OAT MILK MOCHA	276.60kcal
OAKMAN - MACCHIATO	69.68kcal
OAKMAN - OAT MILK MACCHIATO	70.31kcal
OAKMAN - AMERICANO	107.78kcal
OAKMAN - ENGLISH BREAKFAST TEA	18.43kcal
OAKMAN - EARL GREY TEA	18.43kcal

OAKMAN - PEPPERMINT TEA	0.03kcal
OAKMAN - SUPERFRUIT TEA	0.03kcal
OAKMAN - GREEN TEA	0.03kcal
OAKMAN - HOT CHOCOLATE	245.16kcal
OAKMAN - OAT MILK HOT CHOCOLATE	218.70kcal