

# STARTERS

<b>SOUP DE JOUR</b>	<b>7</b>
Warm bread & butter. Ask your server for today's choice and calorie information	
<b>GRILLED TIGER PRAWNS</b>	<b>14</b>
Chilli & garlic <i>254 kcal</i>	
<b>WILD MUSHROOM &amp; ROSEMARY GNOCCHI</b>	<b>10</b>
Truffle oil, light cream & Parmesan <i>461 kcal</i>	
<b>GOAT'S CHEESE FILO TART</b>	<b>9</b>
Sour cherry & shallot chutney <i>498 kcal</i>	
<b>SEARED FOIE GRAS</b>	<b>14</b>
Red wine jus, crispy capers, brioche cracker <i>790 kcal</i>	
<b>FINEST QUALITY SMOKED SALMON</b>	<b>18</b>
<i>392 kcal</i>	
<b>THE FORTYFIVE SALAD</b>	<b>10</b>
Baby gem, palm hearts, asparagus, artichoke, avocado, cherry tomatoes, dressing (V) <i>375 kcal</i>	
<i>Add grilled chicken breast</i>	<b>8</b>
<i>Or smoked salmon</i>	<b>10</b>
	<i>147 kcal</i>

(V) Vegetarian  
(VE) Vegan  
(GF) Gluten Free

All prices are inclusive of VAT. A discretionary 12.5% Service Charge will be added. Please advise of any allergies before ordering

Adults need around 2000 kcal a day

## FROM THE GRILL

FINEST QUALITY GRASS-FED BEEF.  
OUR STEAKS ARE DRY-AGED FOR 28 DAYS.

ALL DISHES ARE SERVED WITH CHIPS, PEPPERCORN SAUCE,  
WATERCRESS, CONFIT PORTOBELLO MUSHROOM & GRILLED TOMATO

**8 OZ FILLET** **34**  
Melts in the mouth. Recommended medium rare  
*766 kcal*

**8 OZ RIB EYE** **30**  
Marbled & juicy  
*835 kcal*

**LAMB CUTLETS** **26**  
Sourced locally from Kent  
*1108 kcal*

**FAROUJ MASHWI** **16**  
Grilled baby chicken, Sumac salad, grilled tomato, charred lemon & garlic mayo  
*816 kcal*

**SHISH TAUOK** **17**  
Grilled garlic, lemon & tomato marinated chicken  
*721 kcal*

**LAMB KOFTA** **17**  
Minced lamb, parsley, onion, spices, fresh chilli  
*1001 kcal*

**ARABIC MIXED GRILL** **32**  
Spicy lamb kebabs, marinated chicken & prime lamb chops  
*1138 kcal*

All served with Arabic salad, rice, garlic sauce, pitta breads

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# MAIN COURSES

<b>FILLET STEAK ROSSINI</b> Finest seared foie gras, sauteed spinach, red wine jus, brioche crouton <i>974 kcal</i>	<b>38</b>
<b>PAN FRIED DOUBLE LAMB CUTLET</b> Fondant potato, charred asparagus & wild mushroom jus <i>798 kcal</i>	<b>26</b>
<b>ROAST FILLET OF COD</b> Buttered samphire, saffron potatoes, mussel broth <i>660 kcal</i>	<b>24</b>
<b>BRAISED CORN-FED CHICKEN BREAST</b> Vegetable cassoulet, tarragon & butter reduction <i>483 kcal</i>	<b>19.5</b>
<b>WHITE VEAL RAGOUT WITH PAPPARDELLE PASTA</b> Sauteed root vegetables <i>957 kcal</i>	<b>17</b>
<b>KERALA STYLE BRAISED VEGETABLE CURRY</b> Basmati rice, pickles, pappadoms <i>684 kcal</i>	<b>15</b>

# SIDES

<b>SEASONAL VEGETABLES</b> Selection of in season vegetables Ask you server for today's selection and calories information	<b>6</b>
<b>FORTY FIVE SALAD</b> <i>173 kcal</i>	<b>6</b>
<b>BUTTERED MASHED POTATOES</b> <i>417 kcal</i>	<b>5</b>
<b>BABY ROAST POTATOES</b> <i>185 kcal</i>	<b>5</b>
<b>FAT CHIPS</b> <i>566 kcal</i>	<b>5</b>
<b>BASMATI RICE</b> <i>207 kcal</i>	<b>4</b>

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