



THE FLYING HANDBAG

SNACKS

- Cheesy garlic bread v** 408 kcal **£3.85**
crisp garlic bread slices topped with melted cheddar cheese
- Chip shop bites ve** 369 kcal **£4.50**
mushy pea and potato patties in a crispy breadcrumb coating with vegan mayo for dipping
- Southern fried chicken** 429 kcal **£4.60**
crispy coated chicken pieces served with a choice of sour cream, garlic mayo, sweet chilli or BBQ dip
- House nachos v** 729 kcal **£4.10**
warm tortilla chips topped with melted cheese, salsa, guacamole, sour cream and spicy jalapenos
- Vegan nachos ve** 720 kcal **£4.10**
warm tortilla chips topped with melted vegan cheese, salsa, sweet chilli, vegan mayo and spicy jalapenos

SANDWICHES

- Chip butty v** 464 kcal **£3.75**
our seasoned fries in a soft, buttered bread roll
- Cheddar salad sandwich v** 596 kcal **£4.25**
cheddar cheese, lettuce, red onion, cucumber and tomato on white or brown bread
- Vegan 'cheese' salad sandwich ve** 511 kcal **£4.50**
vegan cheese, lettuce, red onion, cucumber and tomato on white or brown bread
- Ham salad sandwich** 423 kcal **£4.50**
sliced ham, lettuce, red onion, cucumber and tomato on white or brown bread
- Sweet chilli chicken flatbread** 370 kcal **£5.25**
warm chicken pieces and sweet chilli sauce with lettuce, red onion, cucumber and tomato on toasted flatbread
- Vegan 'chicken' flatbread ve** 382 kcal **£5.95**
warm vegan 'chicken' style pieces and sweet chilli sauce with lettuce, red onion, cucumber and tomato on toasted flatbread

TOASTIES

 all served with crisps on the side

- Cheese toastie v** 590 kcal **£4.25**
smothered with melted cheddar cheese
- Ham toastie** 414 kcal **£4.50**
packed with succulent ham
- Ham and cheese toastie** 658 kcal **£5.25**
double up with succulent ham and smothered with melted cheddar cheese
- Vegan cheese toastie ve** 525 kcal **£4.50**
smothered with melted cheese
Add tomato, red onion or jalapenos 25p

BURGERS

- Beef burger** 572 kcal **£4.95**
our house burger in a toasted bun with burger relish, tomato, red onion and lettuce
- Spicy burger** 568 kcal **£4.95**
our house beef burger in a toasted bun with lettuce, red onion and jalapenos
- Southern fried chicken burger** 532 kcal **£4.95**
spicy coated chicken pieces with mayo and lettuce in a toasted bun
- Falafel burger ve** 389 kcal **£4.95**
chickpea falafel in a toasted bun with lettuce, tomato, red onion, cucumber and vegan mayo
- Aromatic garden burger ve** 409 kcal **£4.95**
a rustic mix of broad beans, peas, potato and spinach, seasoned with aromatic spices in a toasted bun with lettuce, tomato, red onion and vegan mayo
- Fish burger** 534 kcal **£4.95**
smoked haddock fish cake with tartar sauce and lettuce in a toasted bun

ADD CHEESE OR VEGAN CHEESE £1.00

ADD A HASH BROWN TO YOUR BURGER £1.50 130 kcal

ADD FRIES TO YOUR BURGER, SANDWICH OR TOASTIE £1.50 129 kcal
ADD TOPPED FRIES £2.50

ADD TOPPED FRIES TO YOUR BURGER £2.50
CHEESY 279 kcal VEGAN CHEESY 238 kcal HOT & SPICY 311 kcal
PEPPERONI 345 kcal CHICKEN 425 kcal

PIZZAS

- Cheese v** 675 kcal **£6.00**
cheddar cheese on a tomato base
- Vegan 'cheese' ve** 594 kcal **£6.00**
vegan cheddar cheese on a tomato base
- Cheese and ham** 732 kcal **£6.50**
cheddar cheese, roasted ham on a tomato base
- Sweet chilli chicken** 889 kcal **£7.00**
cheddar cheese and sweet chilli chicken on a tomato base
- Pepperoni** 841 kcal **£7.00**
cheddar cheese and pepperoni on a tomato base

v denotes suitable for vegetarians. ve denotes suitable for vegans. All weights are approximate before cooking. Some dishes may contain traces of nuts or nut derivatives. Dishes with fish may contain bones. The Flying Handbag avoids the use of G.M. foods within their ingredients and so is confident that this menu is free from any genetically modified foods. All our products are subject to availability as our ingredients are locally sourced. **Calorie Information:** Adults need around 2000 kcal a day. **Food Allergies & Intolerances:** Please speak to our staff about the ingredients in your meal, when placing your order. Thank you.



THE FLYING HANDBAG

MEALS

Smoked haddock fish cake and fries 515 kcal £4.95

a delicious smoked haddock and mozzarella fish cake served with fries

Vegan 'chicken', fries and beans **ve** 4376 kcal £5.95

plant based 'chicken' style fillet served with seasoned fries and baked beans

Beans on toast **ve** 409 kcal £4.30

two slices of buttered toast with Heinz baked beans

Ham, fries and beans 360 kcal £4.95

2 slices of succulent ham accompanied by fries and Heinz baked beans

House salad £5.85

lettuce, tomato, cucumber and red onion with a choice of house dressing; caesar, sweet chilli sauce or balsamic dressing, with a topping of your choice

Chicken 190 kcal Ham 160 kcal Cheddar cheese **v** 457 kcal

Vegan cheese **ve** 197 kcal Falafel **v** 29 kcal

Plant-based chicken **ve** 233 kcal

SUNDAY LUNCH

Join us every Sunday for our homecooked roast dinners

2 courses £10.95

3 courses £13.95

LOADED FRIES

Cheesy fries **v** 558 kcal £4.20

a pile of fries loaded with melted cheese

Vegan cheesy fries **ve** 477 kcal £4.40

a pile of fries loaded with melted vegan style cheese

Hot and spicy fries **v** 622 kcal £4.60

a pile of fries topped with melted cheese, spicy sauce and jalapenos

Pepperoni fries 691 kcal £5.20

a pile of fries topped with melted cheese, pepperoni and tomato salsa

Chicken fries 858 kcal £5.45

a pile of fries with shredded southern fried chicken, melted cheese and garlic mayo or BBQ sauce

SIDES AND SAUCES

Seasoned fries **ve** 258 kcal £3.70

fries seasoned with salt and pepper

Battered onion rings **ve** 301 kcal £3.25

six of our crispy battered onion rings

Hash browns **v** 390 kcal £3.95

three crispy hash browns

Barm cake **v** 209 kcal £1.50

add a soft buttered roll

Sauces 40p

tomato salsa 35 kcal spicy 41 kcal sour cream 56 kcal

garlic mayo 161 kcal sweet chilli 35 kcal BBQ 52 kcal

vegan mayo 135 kcal

Gravy £1.00

JOIN US EVERY WEDNESDAY FOR CURRY NIGHT

Flying Handbag curry £4.95*

ask for this week's option of spiced curry sauce with fries or rice (*subject to availability)

SOMETHING SWEET

Sticky toffee pudding **v** 279 kcal £3.95

served warm with a rich toffee sauce

Chocolate brownie **v** 399 kcal £3.95

rich chocolate brownie with chocolate sauce

Ice cream **v** 280 kcal £3.30

Yorvale vanilla ice cream with strawberry, chocolate or toffee sauce

ADD A SCOOP OF ICE CREAM TO YOUR DESSERT £1.25 114 kcal

HOT DRINKS

Espresso 0 kcal £2.20

Americano 49 kcal £2.70

Cappuccino 97 kcal £2.95

Latte 97 kcal £2.95

Mocha 195 kcal £2.95

Hot chocolate 194 kcal £2.95

Yorkshire tea 48 kcal £1.95

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