



FOX is a concept based on the beauty of wood fired cooking, harnessing the intense heat of raw flame adding to the amazing flavour already found in our produce. We believe that eating healthily promotes wellbeing and longevity. Our everyday life is getting busier, we need to “fuel” our bodies with quality to help us sustain, improve and grow mentally and physically. In a world of growing food intolerances our menu puts the ‘protein’ up front and central, backed up by vegetables, salads, pulses and amazing dressings. We are predominantly gluten free with many of our dishes dairy free also, even our Pizzas are made on a Sourdough base, which by its very nature are low gluten and low G.I.

Be good to yourself and **#eathealthy #eatdifferent** and be **#fedbyfox**

## WOODFIRED OVEN & CHARCOAL GRILL

The combination of fire, smoke, salt and meat is probably the first recipe discovered by man. Move on a couple of centuries, and it's still the healthiest way to eat any protein. The cooking over raw flame and intense heat produces the most miraculous transformation in all cuisine, enjoy . . .

## APPETISERS

<b>EDAMAME BEANS</b>	<b>£3.95</b>
with sweet chilli teriyaki dressing	
<b>NOCELLARA OLIVES</b>	<b>£3.95</b>
<b>SELECTION OF CRUDITÉS &amp; BRASSICA</b>	<b>£6.50</b>
with hummus	
<b>SOURDOUGH GARLIC BREAD</b>	<b>£5.50</b>
<b>GARLIC BREAD WITH CHEESE AND/OR TOMATO</b>	<b>£6.25</b>
<b>HUMMUS</b>	<b>£6.25</b>
with sourdough pizza bread	

## STARTERS

<b>TOFU &amp; CUCUMBER</b>	<b>£7.25</b>
Pan fried in a teriyaki & soy dressing, Thai salad, Chinese leaf	
<b>SEA BASS CEVICHE</b>	<b>£8.95</b>
Avocado, lime, chilli, mint and lemongrass dressing	
<b>QUINOA ENCRUSTED HALLOUMI</b>	<b>£7.50</b>
Sweet and sour onion, watercress and tomato coulis	
<b>BEETROOT &amp; ORANGE CURED SALMON</b>	<b>£8.95</b>
Caponata, citronade, violas, melba toast	
<b>PRAWN PIL PIL</b>	<b>£9.50</b>
Baked king prawns in olive oil, garlic, chilli, paprika, lemon, chopped parsley, served with crusty sourdough bread	
<b>CHICKEN SATAY</b>	<b>£7.50</b>
Marinated chicken skewers, peanut sauce, Thai salad, sweet chilli dressing	
<b>BURRATA MOZZARELLA &amp; FIGS</b>	<b>£8.95</b>
Creamy burrata, fig, beetroot, rocket salad, honey & balsamic dressing	
<b>MEAT BALLS</b>	<b>£7.25</b>
Minced Angus beef, baked in a rich tomato sauce served with crusty sourdough bread	
<b>MELANZANE PARMIGIANA</b>	<b>£8.25</b>
Classic Sicilian layers of sliced aubergines, tomato, parmesan, provolone, mozzarella, basil, served with crusty sourdough bread	
<b>CHICKPEA CORIANDER CAKE</b>	<b>£7.50</b>
Mango and pomegranate salsa, watercress, honey & lime dressing	

## SIDE ORDERS

<b>MIXED SALAD WITH HOUSE DRESSING</b>	<b>£4.50</b>
<b>ROCKET AND PARMESAN SALAD</b>	<b>£4.25</b>
<b>QUINOA TABBOULEH SALAD</b>	<b>£4.00</b>
<b>TOMATO &amp; ONION SALAD</b>	<b>£4.50</b>

## SOURDOUGH PIZZA

*“Know Your Dough”*

The beauty of sourdough is it does the work for you! As a result of the ‘long fermentation’ process (it takes us at least 36 hours to prove our sourdough) the enzymes do all the hard work for you and break down the gluten and starch delivering a highly digestible, low G.I., bread which is much easier on the body and gives you a light, crispy base to enjoy with incredible toppings.

<b>GOATS CHEESE</b>	<b>£13.50</b>
Roasted butternut squash, hazelnuts, mozzarella, honey balsamic (No tomato)	
<b>GORGONZOLA &amp; FIG</b>	<b>£12.95</b>
Prosciutto, fig, mozzarella, onion (No tomato)	
<b>WILD MUSHROOM</b>	<b>£13.50</b>
Radicchio, smoked scamorza, spinach (No tomato)	
<b>ROSSO</b>	<b>£12.50</b>
Tomato, roasted red pepper, red chilli, red onion, mozzarella and garlic	
<b>CALABRESE</b>	<b>£13.50</b>
'Nduya sausage, sliced Calabrian spicy sausage, buffalo mozzarella, tomato, oregano	
<b>GAMBERONI</b>	<b>£14.50</b>
King prawns, roasted peppers, buffalo mozzarella, chilli, pesto, tomato	
<b>SORRENTO</b>	<b>£12.95</b>
Italian ham, mushrooms, buffalo mozzarella, tomato, oregano	
<b>MEATBALL</b>	<b>£12.95</b>
Our homemade meatballs, onions, tomato and chilli	
<b>SLOW ROAST DUCK</b>	<b>£13.95</b>
Hoisin sauce, spring onion, cucumber, spinach, mozzarella	
<b>MARGHERITA</b>	<b>£9.50*</b>
The classic pizza of Napoli with tomato, buffalo mozzarella, basil	

Tim Bacon

## STEAK

All our beef is Black Angus cattle, locally sourced and aged for at least 28 days. Our steaks come with a choice of sauce: béarnaise, peppercorn or red wine jus.

<b>FLASH GRILLED FLATTENED RUMP STEAK</b>	<b>£15.95</b>
Skinny chips	
<b>6OZ FILLET STEAK</b>	<b>£23.95</b>
Sweet potato chips	
<b>8OZ FILLET STEAK</b>	<b>£28.95</b>
Skinny chips	
<b>10OZ RIB EYE STEAK</b>	<b>£24.50</b>
Skinny chips	
<b>18OZ T-BONE STEAK</b>	<b>£34.50</b>
35 day, dry aged, Paris butter, skinny chips	
<b>30OZ COTE DE BOEUF (TO SHARE)</b>	<b>£59.00</b>
35 day, dry aged, bone in rib eye, triple cooked chips, béarnaise sauce, rocket, parmesan salad	

## GRILL & OVEN

<b>OVEN ROASTED SPATCHCOCK CHICKEN</b>	<b>£17.50</b>
Lemon, garlic, thyme, sweet potato chips	
<b>PAN ROASTED LAMB RUMP</b>	<b>£19.95</b>
Fennel puree, charred fennel, chanterelle mushrooms, red wine sauce	
<b>CLASSIC CHEESE BURGER</b>	<b>£13.50</b>
8oz ground Aberdeen Angus beef, cheddar cheese, beef tomato, iceberg lettuce, mayonnaise, skinny chips, brioche bun	
<b>SWEET POTATO BAKE</b>	<b>£14.95</b>
Sweet potato, spinach, pulses and chickpeas baked in a tomato and cumin ragù, topped with crème fraiche. Served with a beetroot, avocado, hazelnut and rocket salad with house dressing	
<b>PAILLARD OF CHICKEN</b>	<b>£15.95</b>
Flattened chicken breast, asparagus, edamame beans in a spicy lemon dressing, parmesan, tomato ragù	
<b>CONFIT DUCK LEG</b>	<b>£17.50</b>
Butternut squash, cherry sauce	
<b>LASAGNA</b>	<b>£15.95</b>
Rich beef ragù, layers of fresh pasta, and a combination of Mozzarella & Parmesan cheese. Served with your choice of skinny fries or mixed salad	

## FISH

All our fish and shellfish are responsibly caught from sustainable sources. Be it our Plaice from Morecambe Bay or the Hake from the Shetland Isles, we go to great lengths to ensure we get the best fish daily.

<b>PAN SEARED COD</b>	<b>£20.95</b>
Roast inca tomatoes and romanesco cauliflower with a hint of balsamic	
<b>HONEY &amp; LIME ROASTED SALMON</b>	<b>£15.95</b>
Quinoa salad, honey & lime dip	
<b>GRILLED HAKE WITH CHORIZO &amp; LENTILS</b>	<b>£22.95</b>
Roasted cherry tomato, chorizo, puy lentil ragù, basil and a hint of chilli	
<b>OVEN ROASTED FILLET OF PLAICE</b>	<b>£18.95</b>
Lemon and parsley butter	
<b>OVEN ROASTED SEA BASS FILLETS</b>	<b>£18.50</b>
Orange & fennel salad	

## SALAD

<b>SWEET POTATO &amp; FETA</b>	<b>£14.50</b>
Roasted sweet potato, pomegranate, feta, parsley, spinach, pine nuts balsamic dressing	
<b>LOBSTER &amp; MANGO</b>	<b>£16.95</b>
Poach lobster, mango salsa, orange, champagne vinaigrette	
<b>SALMON TERIYAKI</b>	<b>£16.50</b>
Tenderstem broccoli, spinach, quinoa, cherry tomato and edamame bean, teriyaki dressing . . . your super food salad!	
<b>DUCK, POMEGRANATE &amp; APPLE</b>	<b>£15.95</b>
Mixed leaves, apple, pomegranate, toasted mixed seeds, balsamic & honey dressing	
<b>HERITAGE BEETROOT</b>	<b>£13.50</b>
Roasted beetroot, hazelnuts, grilled tenderstem broccoli, avocado, spinach, roasted seeds, horseradish crème fraiche	
with grilled chicken	£15.95
with pan fried tofu and teriyaki dressing	£14.00
with quinoa encrusted halloumi, sweet chilli & soy dressing	£14.95

## WEEKEND BREAKFAST

*“Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day.”* A. A. Gill

FROM 9AM TO 11:30AM, EVERY WEEKEND.

## SUNDAY ROAST

*“Roast beef is not only a food, it's a philosophy”* Edna Ferber

FROM 12 NOON, EVERY SUNDAY.

**Tim Bacon**  
FOUNDATION

\*A fixed donation on these items will be donated to the **Tim Bacon Foundation** to help in the fight against cancer.

All meat weights are uncooked. Due to the presence of peanuts/nuts in our restaurants, there is a small possibility that peanuts/nut traces may be found in any of our items. Many recognised **allergens** are handled in our kitchens. If you have any concerns, don't hesitate to talk to a member of our trained team, who will be pleased to provide you with more detailed information. All prices are in £ and inclusive of VAT. There is a discretionary 12.5% service charge for parties of 6 or more.

Suitable for vegetarians  
 Gluten free or dish can be prepared as gluten free, ask your server.  
 Dairy free or dish can be prepared as dairy free, ask your server.