THREE MILE
GOSFORTH

LIGHT BITES MENU

SERVED 12PM-5PM | MONDAY-FRIDAY

TOMATO SOUP 8
Grilled Cheese Toastie (GF On Request)

HOT PANINI
Fries & Watercress Garnish

MEATBALL MARINARA 11.5
Tender Beef & Pork Meatballs, Rich Garlic & Basil Tomato Sauce, Mozzarella & Cheddar Cheese, Basil Pesto (N)

POPCORN CHICKEN & CHORIZO 11.5
Garlic Butter, Cherry Tomatoes, Parsley, Spring Onions, Chorizo Aioli

CAPRESE 9.5
Buffalo Mozzarella, Sun-blushed Tomatoes, Basil Pesto (N)

HAM & CHEESE 9
Gammon Ham, Monterey Jack Cheese, Red Onion, Mustard Mayo

ROASTED VEGETABLE 9
Roasted Vegetables, Basil Pesto, Napoli Tomato Sauce (N) (V)

BLOOMER SANDWICHES
White or Malted Bloomer Bread (GF On Request) Served with Mixed Salad

TUNA & LEMON MAYO 9

THREE-MILE-HIGH CLUB 12.95
Triple Layer Toasted Sandwich, Baby Gem Lettuce, Sliced Tomatoes, Smoked Chicken, Streaky Bacon, Egg & Garlic Mayonnaise

CROQUE MONSIEUR 10
Pan-fried Ham & Cheese Sandwich, Smoked Cheese Sauce, Topped with Cheddar Cheese
Make it a Croque Madame - Add a Fried Egg 2

SMOKED CHICKEN & AVOCADO 10
Smoked Chicken, Baby Gem Lettuce, Guacamole, Caesar Dressing

JACKET POTATO
All served with mixed salad.

TUNA MAYONNAISE & SPRING ONIONS (GF) 8

BACON, BEANS, CHEESE (VG ON REQUEST) (GF) 8

RANCH CHICKEN 9.5

SOUR CREAM, GUACAMOLE & TOMATO SALSA (V) (GF) 8

POPCORN CHICKEN & CHORIZO 10.5
Garlic Butter, Cherry Tomatoes, Parsley, Spring Onions, Chorizo Aioli

CHICKEN CURRY 9

ALLERGENS

(V) = Vegetarian (VG) = Vegan (N) = Nuts (GF) = Gluten Free (GF On Request) = GF Option Available Please note that all of our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. All of our food is prepared here where flour is used as an ingredient. We cannot guarantee that trace amounts of flour will not be present in anything produced in our kitchen. Please speak to a member of our team if you have any allergies or intolerances. Please note game dishes may include gunshot residue. All meat weights are uncooked. Prices are in GBP and include VAT.