

MENU BY DAY

12pm - 3pm



**THE
PREGNANT
MAN** Conceived
1970

WELCOME TO YOUR LOCAL PUB

Our team is excited to get to know you. We recognise that not all guests are the same and we look to embody a tailored version of hospitality to our guest's needs. Should you have any questions, suggestions, or special requests please let us know so that we can ensure your time with us, is a special one.

Please share your experience with us by scanning the QR code below.



The Pregnant Man

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@thepregnantmanpub

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FOOD BY DAY 12pm - 3pm

Gluten-Free? No problem. We have bread and pasta alternatives. We can remove certain items to make a dish suit your dietary requirements.

Please let your server know of any allergies or intolerances.

An optional service charge of 13.5% is included.

SMALLS

7' min chips - 6 (VG, GF)

Triple cooked, fat cut chips

Skinny Fries - 6 (VG, GF)

Light and skinny-cut fries

(Dirty +3, Truffle & parmesan+3)

Thai-style Cauliflower bites - 6 (VG)

Deep fried cauliflower, Thai chilli sauce

Padron Peppers - 6 (VG, GF)

Charred padron peppers in a homemade seasoning

Deep Fried Pickles- 7.5 (V)

Beer-battered sweet and sour pickle, served with a tangy dip

Side salad - 7.5 (VG, GF)

Lettuce, avocado, olives, cherry tomatoes and vinaigrette

Fish Tacos - 10

Tacos, cajun fried cod, slaw, chipotle mayo, salsa and lime

KITCHEN

Superfood salad - 8/14 (VG) (GF)

Black rice, mint, pomegranate, avocado, beetroot, cherry tomato, orange, served in a honey mustard dressing *(Chicken +6)*

Asian Chicken Salad - 14/20

Chicken Breast, crispy wontons, carrot, Chinese cabbage, radicchio, mango, mixed greens, sesame and cashew nut

Steak Salad - 10/16 (GF)

Medium-rare Hereford steak, Golden candied beetroot, heritage tomatoes, avocado, sunflower and pumpkin seeds, pickled egg and beef jus dressing

Falafel Plate - 14 (GF, VG)

Chickpea Falafel, hummus, mint yoghurt and fattoush salad

Burger – 16

Pickled gherkin, American cheese, lettuce, tomato, fried onions, spicy burger sauce ,served on a New York brioche bun with chips

(BBQ +1, Blue cheese +1, Egg +1.5, Guacamole +1.5, Bacon+ 2.5)

Vegan Burger – 17

Pickle, spicy burger sauce, fried onions, vegan American cheese served on a brioche bun with chips.

(Guacamole +1)

Potato Gnocchi – 14 (V)

Handmade crispy fried Gnocchi, Puttanesca sauce and parmesan

Pan- fried Salmon – 21

Salmon, roasted potatoes ratte, lemon samphire, cherry tomatoes and feta sauce

Chicken Milanese – 20

Crumbed corn-fed chicken with nduja ketchup, served with a rocket, tomato and parmesan salad

PIZZA

Margherita – 12 (V)

Tomato base, mozzarella and basil

Vegan Mexicana – 13 (VG)

Tomato base, vegan cheese, vegan nduja, vegan chorizo, roasted peppers, jalapeno, red chilli, pea shoots and onion

Salami – 14

Tomato base, mozzarella and Spianata Calabrese Salami

Truffle Mushroom – 15 (V)

Taleggio cream base, basil pesto, truffled mushroom mousse, and homemade tomato culi.

Buratta & Parma Ham – 16

Tomato base, mozzarella, buratta, heritage cherry tomato, rocket and Parma ham.

Sausage – 15

Tomato base, mozzarella, Neapolitan fennel sausage, spicy mushroom, oregano, pea shoots and garlic oil.

Four Cheese – 15 (V)

White base, mozzarella, applewood cheddar, blue stilton, Pecorino, pickled grapes and dill

Spiced Chicken – 15

Tomato base, mozzarella, chipotle sweet potato, mint & lime yoghurt and popcorn leaf.

Lamb – 16

Tomato base, mozzarella, lamb mince, pomegranate, honey, mint yoghurt, micro coriander and za'atar.

DRINKS MENU

***We rotate our beers regularly so sometimes we may not have some options available.**

Your server will be able to recommend one of our many rotational craft beers to suit your needs.

SOFT

Fever Tree - 2.3

Indian Tonic, Light tonic, Elderflower tonic, Mediterranean tonic, soda Lemonade or Ginger Ale

Fever Tree Sicilian Lemonade - 4

Fever Tree Ginger Beer - 4

Fever Tree Cloudy Apple- 4

Fever Tree Raspberry Lemonade - 4

Coca Cola / Diet Coca Cola - 3.5

Fruit Juice Glass - 3

Apple, orange, cranberry or pineapple

Ting - 3.5

Something & Nothing Seltzer - 3.8

Cucumber, Rose & hibiscus, or Yuzu

Red Bull/Sugar Free Red Bull - 3.8

Aqua Panna Still Water - 3/5

San Pellegrino Sparkling Water - 3/5

BEER

Hells Lager (4.6%) - 6.7

Camden Town Brewery, London, England

Pale Ale (4%) - 6.9

Camden Town Brewery, London, England

Guinness Stout (4.1%) - 7.2

St James's Gate Brewery, Dublin, Ireland

Sassy Cider (4.5%) - 6.7

Maison Sassy Cidery, Normandie, France

Stone & Wood (4.4%)- 6.8*

Stone & Wood Brewery,
Byron Bay, Australia

Kona Big Wave (4.4%) - 7*

Kona Brewing, Hawaii, USA

Gipsy Hill Hecat (4.6%) - 7*

Gipsy Hill Brewery, London, England

COCKTAILS

Man go Man come back - 14

Pineapple infused Havana Club 3yr rum, vanilla syrup, mango shrub, lime.

Detox Sour - 14

Jameson, apricot brandy, lemon, turmeric, lemongrass syrup, egg white.

Put the lime in the coconut - 14

Olmecca Altos Reposado, banana liqueur, Licor 43, lime, coconut syrup

Rose Mary in Mexico 14

Mezcal Union, St Germaine, lime, rosemary agave syrup and kiwi

French cut grass 14

Lemongrass infused Absolut vodka, Licor 43, lime, peppermint syrup, English sparkling wine.

Buffalo Peat - 14

Buffalo Trace bourbon, Laphroig, Amaretto, Regal Rogue wild rose vermouth, strawberry puree, lemon, popcorn syrup.

The Med 14

Hendricks Neptunia, Benedictine, lime, camomile syrup, Fevertree mediterranean tonic.

Japanoffee Rum - 14

Roku Gin, Coffee Kraken rum, Oleo saccarum, lemon, roasted pineapple soda.

SPRITZERS

Sicilian Sky - 14

Italicus, blueberry shrub, lemon, yuzu seltzer

Summer in Bordeaux - 14

Lillet Rose Vermouth, Champagne pear cordial, Fever tree white grape and apricot soda.

Amalfi Boast - 13

Malfy Rosa Gin,lemon, Agave syrup, prosecco, Fevertree Grapefruit soda

Aperol Spritz - 12

Aperol, prosecco, soda, orange

MOCKTAILS

Ginger Ninja - 7.5

Seedlip Garden, Apple juice, ginger syrup, lemon, kiwi, roasted pineapple soda

Spicy Suzy - 7.5

Seedlip spiced, grapefruit juice juice, cardamom syrup, mint, Fevertree Mediterranean

Peppermint lady - 7.5

Seedlip citrus, orange juice peppermint syrup, lemon, yuzu seltzer

WINE MENU

Wine by the glass is 175ml or 250ml

We do offer 125ml on request

WHITE

Vin de France - 6.5 / 8.7 / 25.5 Anciens Temps, France

Vinho Verde - 7 / 9.5 / 27 Quinta da Lixa, Portugal

Vermentino - 7.6 / 10.2 / 29.5 Castellani, Italy

Picpoul de Pinet - 9.3 / 12.9 / 36.5 Beaugaran, France

Sauvignon Blanc - 9.7 / 13.5 / 38 Misty Cove, Marlborough, New Zealand

Gruner Veltliner - 40 Vom Haus, Pfaffl, Austria

Chardonnay - 11 / 15.5 / 45 Brave to be Murray Pete's Pure, Australia

Albarino - 11.2 / 15.7 / 46 Muidino, Spain

Chablis (2015) - 85 Premiere Cru, Domaine Bernard Defaix, France

Mersault (2017) - 95 Jean- Marie Bouzereau, Cote D'Or, France

ROSE

Carmenere - 6.5 / 8.7 / 25.5 Apaltagua, Maule Valley, Chile

Gassier - 11.5 / 16 / 47.5 / 110 (M) Cotes De Provence, France

Whispering Angel - 65 Cotes de Provence, France

Minuty - 70 Cotes de Provence, France

RED

Cabernet Sauvignon - 6.5 / 8.7 / 25.5 Apaltagua, Maule Valley, Chile

Montepulciano - 6.8 / 9 / 27.5 DOC Colle Sori, Tuscany, Italy

Pinot Noir - 8 / 10.5 / 31 Leduc, Languedoc-Roussillon, France

Syrah - 8.2 / 11.40 / 35 Skaapveld, MAN Family Wines, South Africa

Malbec - 11 / 13.5 / 37 Amaru, Salta, Argentina

Valpolicella - 45 Accordini, Veneto, Italy

Rioja (2016) - 45 Reserva, Ramon Bilbao, Spain

Chianti - 65 Casa Brancaia, Tuscany, Italy

St Estephe (2015) - 80 Saint Estephe, Bordeaux, France

Margaux (2012) - 85 Bordeaux, France

St Julien (2015) - 90 Saint Julien, Bordeaux, France

SPARKLING

Prosecco - 6.5 / 35 Fiabesco, Prosecco, Italy

Court Garden Classic Cuvee English Sparkling Wine - 14/65 Kent, England

Bauchet Champagne - 16 / 70 Bauchet, Champagne, France

Perrier Jouet Brut - 95 Maison Perrier Jouet, Champagne, France

Perrier Jouet Belle Epoque - 250 Maison Perrier Jouet, Champagne, France