

## BAR SNACKS

**MARINATED OLIVES 4.95** **VE**  
*Slightly spicy marinated  
olives (140kcal)*

**MIXED NUTS 4.95** **V**  
*Almonds, Cashews, Hazelnuts  
and Pecans (510kcal)*

**CHEESE SNACKS 7.95** **V**  
*Cubed cheese from one of our Trappist brewery  
partners, served with mustard and celery (500kcal)*

**SAUCISSON 7.95**  
*Dry-cured sausage served with  
cornichons (250 kcal)*

## STARTERS & SMALL PLATES

**FRIED POLENTA 4.95** **V**  
*Polenta fries seasoned with rosemary salt  
and covered in Parmesan (373kcal)*

**CAPONATA 6.95** **VE**  
*Fried aubergine, peppers and pinenuts in agrodolce sauce.  
Served with sourdough bread (215kcal)*

**PADRON PEPPERS 7.95** **VE**  
*With sea salt (141kcal)*

**CHEESE CROQUETTES** **VE**  
**3 for 8.50** (703kcal) **or 6 for 15.00** (1,263kcal)  
*With homemade spicy ketchup*

**BITTERBALLEN 8.95**  
*Five classic beef bar snacks (449kcal)*

**GRILLED SARDINES 8.95**  
*Grilled sardines in a capers and tomato sauce (725kcal)*

**SHRIMP CROQUETTES**  
**3 for 8.50** (391kcal) **6 FOR 15.00** (751kcal)  
*With homemade spicy ketchup*

**PAN FRIED CHORIZO 9.95** **VE**  
*In a red wine & balsamic glaze (836kcal)*

**PRETZELS 7.95** **VE**  
*With beer cheese and honey & mustard dips (736kcal)*

## BUILD YOUR OWN BURGER

**CHOOSE YOUR PROTEIN**  
*All burgers come in a brioche bun, with lettuce mayonnaise,  
burger sauce and fries*

**HALF POUNDER BEEFBURGER**  
(1,239kcal) **15.95**

**BELGIAN SPICED BEEFBURGER**  
(1,174kcal) **15.95**

**60Z CHICKEN BREAST**  
(1,000kcal) **15.95**

### CHOOSE YOUR ADD-ONS

*Extra patty £1.95 (421kcal)*

*Smoked cheddar £1.50 (122kcal)*

*Blue cheese £1.50 (100kcal)*

*Bacon £1.95 (94kcal)*

*Fried egg £1.00 (152kcal)*

*Gherkin £0.80 (11kcal)*

*Caramelised onions £1.00 (67kcal)*

*Crispy onions £1.00 (151kcal)*

*Tomato £0.80 (3kcal)*

**VEGAN QUARTER POUNDER** **VE**  
(960kcal) **14.95**

*Served on a grilled vegan bun, with vegan lettuce mayo,  
vegan cheese, tomato and rocket leaves.*

**BRATWURST HOTDOG**  
(1,001kcal) **14.95**

*All hot dogs come in a brioche bun with fries*

### CHOOSE YOUR ADD-ONS

*Smoked cheddar £1.50 (122kcal)*

*Caramelised onions £1 (67kcal)*

*Mustard £0.50 (37kcal)*

*Ketchup £0.50 (51kcal)*

*Crispy onions £1 (151kcal)*

*Homemade relish £1 (116kcal)*

*Sauerkraut £0.80 (13kcal)*

## MOULES

**ALL MOULES 18.95**

*Lowlander is famous for mussels, which are  
served with skinny fries and toasted ciabatta*

**Why not upgrade your skinny fries  
to chunky chips (260kcal) or  
sweet potato fries (287kcal) for 1.50**

**MOULES MARINIÈRES**  
*White wine, shallots, garlic and parsley, finished with  
a tap of cream (main 1,761kcal, starter 920kcal)*

**MOULES PROVENCAL**  
*White wine, shallots, garlic, olives & tomato with  
a fragrant mix of oregano, basil & parsley  
(main 1,349kcal, starter 591 kcal)*

**CHORIZO AND CIDER**  
*Pulpt cider, smoked bacon and chorizo with leek, thyme,  
garlic & shallots (main 1,566kcal, starter 754kcal)*

**MUSSELS OF THE DAY**  
*Please see our specials board for our Moules of the day*  
  
**All of our moules dishes can be served as a  
starter portion, with toasted ciabatta for 10.45**

**Please see our specials board  
for our Moules of the Day**

## SHARERS

**LOWLANDER PLATTER 29.95**  
*Cheese croquettes, shrimp croquettes, Padron peppers,  
fried polenta, pan fried chorizo (2,400kcal)*

**SAUSAGE PLATTER 29.95**  
*Jumbo frankfurter, pork bratwurst, Vienna smoked beef  
sausage, paprika sausage, all served with skinny fries,  
sauerkraut, toasted ciabatta, gherkin and  
Dijon mustard (1,900kcal)*

**MEZE PLATTER 22.95** **VE**  
*Houmous topped with coriander, pumpkin seeds and  
pomegranate seeds, olives, falafel, sundried tomatoes,  
gherkins, toasted flatbread and ciabatta (1,213kcal)*

## SIDES

**SKINNY FRIES 4.95** **VE** (311kcal)  
**CHUNKY FRIES 4.95** **VE** (260kcal)  
**SWEET POTATO FRIES 4.95** **VE** (310kcal)  
**HOUSE SALAD 4.95** **VE** (100kcal)  
**SAUTÉED SUMMER GREENS 4.95** **VE** (129kcal)

## SAVOURY WAFFLES

**CRISPY BUTTERMILK CHICKEN 12.95**  
*Homemade waffle topped with tomato salsa  
and buttermilk fried chicken (641kcal)*

**CHEESE BURGER 12.95**  
*Homemade waffle topped with burger patty pieces  
with melted cheese and burger sauce (911kcal)*

**POPCORN TEMPEH 12.95** **VE**  
*Homemade waffle topped with sweet and sour  
popcorn tempeh (1,114kcal)*

## MAINS

**CHICKEN SCHNITZEL 18.25**  
*With skinny fries and mayo (946kcal)*

**CAESAR SALAD 15.95**  
*Cos lettuce, croutons, parmesan and anchovies with  
a classic Caesar dressing (909kcal)*  
**Add chicken (185kcal) 4.25 Add bacon (107kcal) 1.95**

**FISH & CHIPS 18.25**  
*With mushy peas, homemade tartare sauce,  
with chunky chips and lemon (988 kcal)*

**GRILLED TEMPEH AND COUSCOUS  
SALAD 12.95** **VE**  
*Crispy grilled tempeh on a bed of couscous salad  
with roasted chickpeas (771 kcal)*

## DESSERTS

**ALL DESSERTS 7.95**

**CHOCOLATE BROWNIE WAFFLE** **VE**  
*Belgian waffle topped with a warm brownie and  
Chantilly cream covered in chocolate sauce (892kcal)*

**SUNDAE WAFFLE** **VE**  
*Belgian waffle topped with Chantilly cream, vanilla &  
strawberry ice cream, chocolate & toffee sauce (740kcal)*

**ETON MESS WAFFLES** **VE**  
*Classic dessert revisited. Belgian waffle topped with cream,  
blueberries, strawberry pieces and meringue (620kcal)*

*For calorie and allergen info,  
please scan the QR code.*



**Please note our moules are subject to availability.** Please note we will add a discretionary 12.5% service charge. Allergen Information. Our easy-to-use allergen guide is available for you to use via a QR code. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering. **VE** = made with vegetarian ingredients, **V** = made with vegan ingredients, **Ⓢ** = made with gluten-free ingredients, however, some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. Fish dishes may contain small bones. All prices include VAT at the current rate. All major credit cards are accepted. Adults need around 2000 kcal a day.



