



# MAIN MENU

## SMALL PLATES

**3 SMALL PLATES FOR 18.50** Mon-Thu All Day / Fri-Sat 'til 5pm  
excludes 10 chicken/cauliflower wings

PERFECT FOR SHARING

**Beer Cheese & Garlic Flatbread** 7.00 (1086kcal)

**Halloumi Fries** 7.00  
Sweet chilli dipping sauce (485kcal)

**House Baked Rosemary & Sea Salt Focaccia** 5.50  
Roasted balsamic cherry tomatoes, fresh basil & pesto (366kcal)

**Salt & Pepper Calamari** 7.25  
Garlic & herb mayo (297kcal)

**B&K Loaded Dipping Beer Cheese Nachos** 7.50  
Guacamole, salsa, sour cream, jalapenos and warm beer cheese dipping sauce (581kcal)

**Smoked Beef Brisket Burnt Ends** 7.50  
Crispy smoked beef brisket pieces tossed in our Beer-B-Cue sauce (545kcal)

**Buttermilk Chicken** or **Cauliflower\* Wings**  
**Six** 7.00 • **Ten** 10.50  
**Smoky Beer-B-Cue** (750kcal • 1049kcal | \*330kcal • 550kcal)  
**Hot Habanero Honey** (862kcal • 1298kcal | \*403kcal • 668kcal)  
**Sticky Korean** (754kcal • 1047kcal | \*326kcal • 541kcal)

## BURGERS

All served with hop & herb salted fries and garlic & herb mayo

**B&K Cheeseburger** 13.95  
Two 3oz British beef patties with craft beer cheese sauce, Cheddar cheese, shredded lettuce, dill pickle and burger sauce (1192kcal)

**Smoky Bacon Jam Cheeseburger** 15.50  
Two 3oz British beef patties, sweet chilli smoky bacon jam, beer cheese sauce, Cheddar cheese, shredded lettuce, dill pickle and burger sauce (1355kcal)

**Buttermilk Chicken Burger** 13.95  
Southern fried chicken breast, shredded lettuce, red cabbage slaw and mayo (1196kcal)  
Add hot habanero honey glaze **£1** (26kcal)  
Add Korean sauce & slaw **£1** (91kcal)

**B&K Lentil Burger** 13.95  
A hand pressed lentil, onion, BBQ sauce & chipotle patty with avocado, red cabbage slaw, sweet chilli jam and mayo (1237kcal)

## SIDES

**Hop & Herb Salted Fries** (290kcal) 4.00

**Chunky Chips** (343kcal) 4.00

**Brewer's IPA Beer Battered Onion Rings** (291kcal) 4.00

**Garlic Focaccia** (297kcal) 4.00

**Winter Salad** 4.00  
Red cabbage slaw, wilted kale and roasted squash (151kcal)

**Mac & Cheese** (449kcal) 5.00

## MAINS

**Beer Can Chicken** | **Quarter** 13.50 • **Half** 16.50  
'Smoky Beer-B-Cue' (Quarter 963kcal • Half 1463kcal)  
'Hot Habanero Honey' (Quarter 1003kcal • Half 1488kcal)  
served with hop & herb salted fries, seasoned corn ribs and BBQ pit beans.

**10oz Ribeye Steak** 19.95  
35 day aged prime beef steak, garlic butter, chunky chips, gem lettuce wedge with Italian hard cheese and creamy ranch dressing (1127kcal)  
Add peppercorn sauce **£1** (103 kcal)

**Brewer's IPA Battered Fish & Chips** 15.50  
Sustainably sourced, with mushy peas and tartare sauce (987kcal)

**Steak & Ale Pie** 14.95  
Tender steak pieces in a rich ale gravy. Creamy mashed potato, seasonal greens and rich gravy (1044kcal)

**Oak Smoked Boneless Pork Belly Rib** 17.50  
In our sticky smoky Beer-B-Cue sauce, hop & herb salted fries, spicy corn ribs and BBQ pit beans (1025kcal)

**Roasted Butternut Squash & Brie Tart** 13.95  
In a creamy truffle & Cheddar sauce with a tangy beetroot chutney. Served with a salad of red cabbage slaw, wilted kale and roasted squash (801kcal)

**Brewer's Mac & Cheese** 13.50  
Made with our craft beer cheese sauce, served with garlic focaccia (996kcal)  
Add jalapeños 50p (4kcal) or crispy smoked bacon **£1** (52kcal)

**Buddha Bowl** 13.50  
Beetroot falafels, roasted squash, avocado, red cabbage slaw, fire roasted red pepper, hummus & tomato salsa (599kcal)  
Add grilled chicken breast (281kcal) 2.50

**Bang Bang Chicken Bowl** 13.95  
Crunchy fried chicken with coriander rice, crunchy slaw, fresh chillies and habanero mayo (1089kcal)

**BOOST YOUR BOWL**  
Add poached egg (60kcal) OR smoked streaky bacon (52kcal) 1.00

## DESSERTS

**Belgian Chocolate Cookie Bake** 6.95  
vanilla ice-cream and warm Nutella sauce (892kcal)

**Warm Churros** 6.95  
in cinnamon sugar and warm Nutella sauce (335kcal)

**Sticky Toffee Pudding** 6.95  
Vanilla ice cream (637kcal) or custard (610kcal)

**Blackcurrant Prosecco Cheesecake** 6.95  
Topped with British blackcurrants in a glaze. Served with a fruit compote (314kcal)

Adults need around 2000kcal a day



# LUNCH SPECIALS

Served  
MON-SAT • UNTIL 5PM

## Pulled Chicken Salad 9.50

Pulled beer can chicken on a bed of baby gem wedges with a creamy dressing, focaccia croutons, Italian hard cheese and rocket (615kcal)

## Beer-battered Fish Goujons & Chips 9.50

Sustainably sourced and in our own IPA beer batter, chunky chips, mushy peas, tartare sauce (757kcal)

## 3oz Cheeseburger 9.50

100% chuck & rib 3oz British beef patty with craft beer cheese sauce, Cheddar cheese, dill pickle, shredded lettuce and burger sauce. Served with hop & herb salted fries and garlic & herb mayo (985kcal)

## Steak Frites 10.95

6oz rump steak, with garlic butter and hop & herb salted fries (1007kcal)

## HOUSE BAKED FOCACCIA SANDWICHES

### B&K Club 6.95

Pulled beer can chicken, mayo, tomato, crispy smoked bacon, shredded lettuce (987kcal)

### Pesto, Mozzarella & Roasted Tomato 6.95

Warmed melted mozzarella cheese with roasted balsamic cherry tomatoes and pesto (687kcal)

### Brewers IPA Battered Fish Finger 6.95

Sustainably sourced and in our own IPA beer batter, tartare sauce (699kcal)

### Minute Steak & Onions 8.95

Chargrilled minute rump steak, sautéed onions, melted Cheddar cheese and our B&K signature gravy for dipping (612kcal)

## WARM ROLLED FLATBREADS

### Bang Bang Chicken 6.95

Spicy crunchy fried chicken, red cabbage slaw and habanero mayo (981kcal)

### Halloumi & Chilli Jam 6.95

Grilled halloumi with chilli jam and mixed leaves (770kcal)

ADD FRIES to any sandwich or flatbread £1.95

## WORK SPACE OFFER

MON-FRI  
UNTIL 5PM.

ANY SANDWICH OR FLATBREAD & HOT/DRAUGHT SOFT DRINK £7.95

£2 surcharge for Minute Steak & Onions sandwich

## ROASTS SERVED EVERY SUNDAY

All of our roasts are served with crispy roast potatoes, a medley of herb roasted carrots, parsnips & butternut squash, braised red cabbage, seasonal greens, and a homemade Yorkshire pudding with rich gravy

Plus Board games, Bloody Marys and craft gins matched to

1/2 British Free-Range Beer Can Chicken

Roasted Butternut Squash & Brie Tart 

Topside of British Beef

Sage & Onion Quorn Roast 

British Pork Loin & Crispy Crackling

THE  
LONDON  
ESSENCE  
Co.

tonics & sodas

A discretionary service charge of 10% will be added to your bill

100% OF ALL TIPS  
GO TO THE TEAM

PLEASE ASK TO SEE OUR CHILDREN'S OR  
NO GLUTEN CONTAINING INGREDIENTS MENU

 Vegetarian Dishes  Vegan Dishes

Some dishes may contain or have traces of nuts, dairy or gluten.  
Please ask a team member for our list of allergens.

Our kitchen is an environment where gluten containing ingredients and other allergens are used. Whilst every care is taken during the preparation of your food, we cannot guarantee that NO cross contamination has occurred or that your food is completely free from traces of any of the allergens that may be present in our kitchen

Scan for allergen info

