

# ★ HAMMERS ★

## POST-TRAINING

Served every Tuesdays & Thursdays from  
8pm

Meals £7.00  
unless stated otherwise

All served with a choice of alcoholic or soft drink

# ★ SALADS ★

GRILLED GOATS CHEESE  
roasted peppers, thyme croutons, olives and  
French dressing

ADD BACON £1.00

CHICKEN CAESAR SALAD  
baby gem, char grilled chicken, anchovies,  
cherry tomatoes, parmesan cheese and  
croutons

AMERICAN COBB  
Grilled chicken breast, crispy bacon, free range  
egg. avocado. tomatoes. sweetcorn & blue

# ★ SIDES ★

HANDCUT CHIPS	£3.00
FRENCH FRIES	£3.00
ONION RINGS	£2.50
COLESLAW	£3.00
GARLIC BREAD	£2.50

# ★ MAINS ★

Some Items on this menu may contain traces of nuts and seeds

GRILLED CHICKEN NACHOS  
Big bowl of crunchy corn chips with melted  
cheese, spicy salsa, guacamole, sour cream and  
jalapeno peppers

BEEF BURGER  
Beef tomato, pickled gherkins & a choice of fries  
or handcut chips

CHICKEN BURGER  
Homemade jerk sauce, mayo & a choice of fries  
or handcut chips

CURRIED LAMB & CUMIN BURGER  
Minted cucumber yoghurt & a choice of fries or  
handcut chips

RIBEYE STEAK £10.00  
French fries & rocket salad

# ★ HAPPY HOUR ★

7pm till 8pm Every Saturday  
**2 for 1**  
On all bottle beers and cider  
You must be wearing Hammers  
attire

# ★ WHATS ON... ★

## TUESDAYS

### FRIARWOOD VINO CLUB

Live acoustic music, excellent offers on a fine  
wine selection & the tastiest French cheese.

## THURSDAYS

### LETS GET QUIZZICAL

Get a FREE SHARING PLATE for your table if you  
book by Tuesday. Contact details on reverse.

## SUNDAY

### SOUL SESSIONS

Beautiful food from the HEART and an eclectic  
choice of music from the SOUL. DJ from 7pm.

## FRIDAY 20<sup>TH</sup>

### LATIN NIGHT

Every 3rd Friday of the month we get together  
with Cafe Mambo & have a really good dance.  
LIVE MUSIC & DJ till Late.

## SATURDAY 21<sup>ST</sup>

### HAMMAOKE

Karaoke sung by Londons finest Rugby voices.

## SATURDAY 28<sup>TH</sup>

### FIX UP LOOK SHARP

A party full of great people, amazing music and  
lots of big smiles & dancing.

