

Lunch Club – October

Location - The Wighton
Orchard Way
Torquay
TQ2 7JA

Date:- 9th October 2026

Time: 12:00 for 12:30

Organiser: Lizzie Doyle

Please note there are three Menus attached: -

Main Menu(2 Pages)

Non Gluten

Lunch Time Set Menu

2 Courses £19.75

Menu Choice to **Lizzie by 1st October**. Please include which menu as some items are duplicated with the same names.

STARTERS

Oak-Smoked Salmon 8.49

Crispy capers, lemon mayo, toasted focaccia, pea shoots 286 kcal

Tomato & Basil Soup (V) 5.99

Basil pesto oil, sliced baguette & salted butter 321 kcal
(Ve) option available 249 kcal

Chicken Liver & Brandy Pate 7.50

Golden beetroot piccalilli, balsamic glaze, pea shoots, toasted focaccia & salted butter 384 kcal

Our Garlic & Cheddar Baked Mushrooms 7.29

Sautéed button mushrooms in a garlic cheese sauce, topped with mature Cheddar cheese, crispy smoked streaky bacon, Mozzarella pearls, chives, toasted focaccia 612 kcal
(V) option available 568 kcal

Crispy Whitebait 6.99

Cayenne pepper, lemon mayo, chives, lemon wedge 390 kcal

Crispy BBQ Cauliflower Wings (Ve)* 6.50

Red chillies, chives, roasted garlic mayo 314 kcal

Crispy BBQ Chicken Strips 6.99

BBQ sauce, red chillies, chives 484 kcal

Sticky Chicken 6.99

Karaage-fried chicken thigh, hot honey dressing, chives, truffle mayo 670 kcal

Halloumi Fries (V)* 7.29

Red chillies, chilli jam, roasted garlic mayo, chives 752 kcal

Our Whole Baked Camembert (V) 14.50

Perfect to share and served inside a rustic garlic bread boule, caramelised red onion chutney, rosemary 1921 kcal
Serves 2-3

OUR DELIGHTFUL SET MENUS

SEE SEPARATE MENU CARD FOR DETAILS

LUNCHTIME

2 COURSES 16.75

MONDAY - FRIDAY 12-5PM

WEEKNIGHT

2 COURSES 19.75

MONDAY - THURSDAY FROM 5PM

WEEKEND TREAT

3 COURSES 31.00

FRIDAY FROM 5PM & ALL DAY SATURDAY

MAINS

Whitby Scampi* 15.79

Skin-on triple-cooked chunky chips, mushy peas 1148 kcal or garden peas 1084 kcal, tartare sauce, lemon wedge

Hunter's Chicken Schnitzel 18.29

Breaded chicken breast, crispy smoked streaky bacon, cheese sauce, topped with mature Cheddar cheese, BBQ sauce, chives, skin-on triple-cooked fries, tomato, cucumber & rocket salad garnish 1116 kcal

Mushroom Risotto (V) 18.29

Finished with Italian hard cheese, garlic & rosemary focaccia, pea shoots 459 kcal
(Ve) option available 442 kcal

Rich Beef Lasagne 17.29

Slow-cooked & sprinkled with Italian hard cheese. Served with garlic & rosemary focaccia, tomato, cucumber & rocket salad garnish 1129 kcal

Pan-Roasted Chicken Supreme 20.79

Truffle and Italian hard cheese hasselback potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, rich beef dripping and merlot sauce, pea shoots 948 kcal

Royale Chicken Tikka Masala 17.79

Tikka marinated chicken breast pieces in a creamy spiced tomato and fenugreek sauce with lentils, basmati & wild rice, coriander, grilled flatbread, poppadum, mango chutney 1155 kcal

Steak & Malbec Pie 17.99

Creamed mashed potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, gravy 1312 kcal

Chicken, British Ham Hock & Leek Pie 17.79

Creamed mashed potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, gravy 1373 kcal

BURGERS

All served on a seeded bun, with shredded iceberg lettuce & burger sauce, with coleslaw and skin-on triple-cooked fries

Cheese & Bacon Burger 17.49

Two charred beef patties, crispy smoked streaky bacon, cheesy slice 1132 kcal

Our Ultimate Beef Burger 18.99

Two charred beef patties, BBQ pulled pork, hot honey, crispy smoked streaky bacon, cheesy slices, red chillies, crispy onions 1390 kcal

Crispy Fried Chicken Burger 18.79

Southern-fried chicken breast fillet, crispy smoked streaky bacon, cheesy slice, hash browns, BBQ sauce, southern-fried chicken gravy 1502 kcal

Veggie Burger (V)* 16.99

A deep-fried sweetcorn and Cheddar cheese patty. Topped with cheese sauce, BBQ cauliflower wings and BBQ sauce 1209 kcal

Your Burger, Your Way

- Add Beer-Battered Onion Rings (Ve)* 193 kcal 1.50
- Swap Skin-on Triple-Cooked Fries (Ve)* 375 kcal to Sweet Potato Fries (Ve)* 505 kcal 1.50
- Add an Extra Beef Patty 145 kcal 2.50

Sausage & Mash 15.79

Crispy smoked streaky bacon, green beans, caramelised red onion gravy 1107 kcal

(V) option available 725 kcal

Pan-Fried Sea Bass 22.29

Garlic King prawns, white wine sauce, rosemary & garlic-roasted parmentier potatoes, kale, peas, green beans & mangetout, grilled lemon, chives 893 kcal

Fish & Chips 18.79

Hand-battered haddock, skin-on triple-cooked chunky chips, mushy peas 1524 kcal or garden peas 1465 kcal; tartare sauce, grilled lemon

Minted Lamb Shank 24.29

Slow-cooked in a red wine & mint gravy, creamed mashed potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, pea shoots 1111 kcal

Spinach, Butternut Squash Tart (Ve) 18.49

Rosemary & garlic-roasted parmentier potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, tomato & basil pesto sauce, pea shoots 1250 kcal

Sunshine Salad 18.99

Kale, brown rice, soya beans, little gem lettuce, pea shoots, rocket, sliced cucumber, cherry tomatoes, red onion, red pepper, French dressing, crispy onions

Choose From...

- BBQ Cauliflower Wings (VE)* 444 kcal
- Roasted Chicken & Bacon 763 kcal

FROM THE GRILL

8oz Sirloin Steak 22.79

28 day aged steak, deliciously full of flavour, recommended medium-rare. With skin on triple-cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1179 kcal

10oz Ribeye Steak 27.99

28 day aged steak, highly marbled and bursting with flavour, recommended medium. With skin on triple-cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1442 kcal

8oz Fillet Steak 34.79

The most tender 28 day aged, steak, recommended medium-rare. With skin on triple-cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1041 kcal

Thick Cut Bacon Chop 20.49

Succulent 9oz sweetcure bacon chop, fried free-range egg, grilled pineapple. With skin-on triple cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1219 kcal

Mixed Grill 25.29

5oz rump steak, 5oz gammon steak, 4oz pork loin steak, pork & onion sausage, fried free-range egg. With skin-on triple-cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1822 kcal

Made For Steak

- Peppercorn Sauce 62 kcal 2.00
- Beef Dripping & Merlot Gravy 50 kcal 2.00
- Garlic Cheddar Cheese Mushrooms (V) 215 kcal 2.50
- Swap Skin-on Triple-Cooked Chunky Chips (Ve)* 508 kcal to Sweet Potato Fries (Ve)* 505 kcal 1.50

NON-GLUTEN CONTAINING INGREDIENT MENU

The meals on this menu are made with ingredients which do not contain gluten. If you have an allergy or intolerance, please speak to a member of our team before you order your food & drinks.

Full allergen & dietary information is available on our web page.

* Please ask if we have a dedicated NGCI fryer.

Adults need around 2000 kcal a day.

STARTERS

Tomato & Basil Soup (V) 5.99

Basil pesto oil, Genius™ bread & salted butter 304 kcal
(Ve) option available 142 kcal

Chicken Liver & Brandy Pâté 7.50

Golden beetroot piccalilli, balsamic glaze, pea shoots, toasted Genius™ bread & salted butter 335 kcal

Our Garlic & Cheddar Baked Mushrooms 7.29

Sautéed button mushrooms in a garlic cheese sauce, topped with mature Cheddar cheese, crispy smoked streaky bacon, Mozzarella pearls, chives, toasted Genius™ bread 562 kcal
(V) option available 518 kcal

Oak-Smoked Salmon 8.49

Crispy capers, lemon mayo, toasted Genius™ bread, pea shoots 235 kcal

Our Whole Baked Camembert (V) 14.50

Perfect to share. Served with caramelised red onion chutney, rosemary, toasted garlic Genius™ bread 1197 kcal Serves 2-3

BURGERS

Served on an NGCI bun with shredded iceberg lettuce with coleslaw & skin-on triple-cooked fries*

Cheese & Bacon Burger 17.49

Two charred beef patties, crispy smoked streaky bacon, cheesy slice 1033 kcal

Our Ultimate Beef Burger 18.99

Two charred beef patties, BBQ pulled pork, hot honey, crispy smoked streaky bacon, cheesy slices, red chillies, sliced red onion 1252 kcal

Your Burger, Your Way

Add an Extra Beef Patty 145 kcal 2.50

Swap Skin-on Triple-Cooked Fries* (Ve)* 368 kcal to

Sweet Potato Fries* (Ve)* 499 kcal 1.50

PUDDINGS

Triple Chocolate Brownie (V) 6.99

Rich, gooey brownie, warm chocolate sauce, Belgian chocolate truffle ice cream 742 kcal

Sticky Toffee Pudding (V) 6.99

Toffee sauce, vanilla pod ice cream 840 kcal

Zesty Lemon Tart (V) 7.29

Clotted cream, mixed berry compôte 611 kcal

SIDES

Skin-on Triple-Cooked Chunky Chips* (Ve)* 508 kcal 3.50

Skin-on Triple-Cooked Fries* (Ve)* 375 kcal 3.50

Sweet Potato Fries* (Ve)* 505 kcal 4.50

MAINS

Pan-Fried Sea Bass 22.29

Garlic King prawns, white wine sauce, rosemary & garlic-roasted parmentier potatoes, kale, peas, green beans & mangetout, grilled lemon, chives 893 kcal

Pan-Roasted Chicken Supreme 20.79

Truffle and Italian hard cheese hasselback potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, rich beef dripping and merlot sauce, pea shoots 948 kcal

Sausage & Mash 15.79

Crispy smoked streaky bacon, green beans, caramelised red onion gravy 1107 kcal

Mixed Grill 23.29

5oz rump steak, 5oz gammon steak, 4oz pork loin steak, pork & onion sausage, fried free-range egg. With skin-on triple-cooked chunky chips*, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1822 kcal

Thick Cut Bacon Chop 20.49

Succulent 9oz sweetcure bacon chop, fried free-range egg, grilled pineapple. With skin-on triple cooked chunky chips*, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1219 kcal

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8oz Fillet Steak 34.79

The most tender 28 day aged, steak, recommended medium-rare. With skin on triple-cooked chunky chips*, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 1041 kcal

Made For Steak

Peppercorn Sauce 62 kcal 2.00

Beef Dripping & Merlot Gravy 50 kcal 2.00

Garlic Cheddar Cheese Mushrooms (V) 215 kcal 2.50

Swap Skin-on Triple-Cooked Chunky Chips* (Ve)* 508 kcal to Sweet Potato Fries* (Ve)* 505 kcal 1.50

Royale Chicken Tikka Masala 17.79

Tikka marinated chicken breast pieces in a creamy spiced tomato and fenugreek sauce with lentils, basmati & wild rice, coriander, poppadum*, mango chutney 909 kcal

Mushroom Risotto (V) 18.29

Finished with Italian hard cheese, pea shoots 325 kcal
(Ve) option available 308 kcal

Spinach, Butternut Squash Tart (Ve) 18.49

Rosemary & garlic-roasted parmentier potatoes, maple-roasted carrots, kale, peas, green beans & mangetout, tomato & basil pesto sauce, pea shoots 1250 kcal

Sunshine Salad 18.99

Roasted chicken, bacon, kale, brown rice, soya beans, little gem lettuce, peashoots, rocket, sliced cucumber, cherry tomatoes, red onion, red pepper, French dressing 681 kcal

Please talk to us if you have any allergies or intolerances before you order your food and drinks. We want to cater safely for everyone. Full allergen and dietary information is available on our website. Adults need around 2000 kcal a day.

LUNCH SET MENU

2 Courses 16.75 || 3 Courses 19.50

Available Monday to Friday 12pm to 5pm

STARTERS

Tomato & Basil Soup (V)

Basil pesto oil, sliced baguette & salted butter 321 kcal

(Ve) option available 249 kcal

Crispy BBQ Cauliflower Wings (Ve)*

Red chillies, chives, roasted garlic mayo 314 kcal

Garlic Breaded Mushrooms (V)*

Roasted garlic mayo 483 kcal

MAINS

5oz Rump Steak (2.00 extra)

Grilled to your liking, served with skin-on triple-cooked chunky chips, garlic & thyme-roasted plum tomato, flat mushroom, garden peas 970 kcal

Light Bite Sausage & Mash

Crispy smoked streaky bacon, green beans, caramelised red onion gravy 842 kcal. (V) option available 595 kcal

Crispy BBQ Chicken Strips & Skin on Triple Cooked Fries

BBQ sauce, garlic-roasted mayo, red chillies, chives 998 kcal

Fish Goujons & Skin on Triple Cooked Chunky Chips ➡

Hand-battered haddock goujons, mushy peas 1253 kcal or garden peas 1193 kcal, tartare sauce, lemon wedge

Light Bite Sweetcure Gammon

5oz sweetcure gammon, steak, skin-on triple-cooked chunky chips, fried free-range egg, grilled pineapple, garden peas 1002 kcal

Spinach & Butternut Squash Tart (Ve)

Rosemary & garlic-roasted parmentier potatoes, cucumber, tomato & rocket salad garnish 1014 kcal

PUDDINGS

Apple & Cherry Crumble (V)

Hot vanilla custard 463 kcal (Ve) option available 365 kcal

Melt in the Middle Chocolate Pudding (V)

Vanilla pod ice cream 785 kcal

Trio of Ice Cream (V)

Belgian chocolate truffle, salted caramel, vanilla pod ice cream, sugar curl wafer 343 kcal