

## GLUTEN FREE (MONDAY—SATURDAY)

### STARTERS & SNACKS

#### SOUP OF THE DAY £5.00

SEE OUR BLACK BOARD FOR TODAYS SOUP SERVED WITH BREAD & BUTTER

#### POTATO SKINS £5.50 (V) OPTION £5.00

POTATO SKINS TOPPED WITH BACON, RED ONION, CHEESE & SOUR CREAM DIP

#### HALLOUMI FRIES (V) £6.00

HALLOUMI FRIES, PEA SHOOTS, POMEGRANATE & A LIME SALSA

#### PRAWN & MELON COCKTAIL £6.00

SALAD PRAWNS & MELON IN A CHILLI & LIME DRESSING SERVED WITH BREAD & BUTTER

#### WINTER SALAD (V) £6.50

WALNUT, BLUE CHEESE & PORT SALAD

MIX AND MATCH ANY THREE ITEMS MARKED WITH A  FOR ONLY £15.00

### MAINS

#### SEASIDE FISH & CHIPS

SMALL £6.50 STANDARD £11.50

COD COATED IN CRISPY BATTER SERVED WITH HOME CUT CHIPS & A CHOICE OF MUSHY PEAS, GARDEN PEAS OR SALAD & TARTAR SAUCE

#### GAMMON STEAK

5<sup>0Z</sup>\* WITH ONE TOPPING £6.50

10<sup>0Z</sup>\* WITH TWO TOPPINGS £11.50

HORSESHOE GAMMON STEAK TOPPED WITH EGG OR PINEAPPLE SERVED WITH HOME CUT CHIPS & GARDEN PEAS

#### RUMP STEAK £14.00

8<sup>0Z</sup>\* RUMP STEAK RECOMMENDED MEDIUM SERVED WITH GRILLED VINE TOMATOES, MUSHROOMS, SALAD GARNISH & HOME CUT CHIPS

#### CAJUN COD BITES

SMALL £6.50 STANDARD £11.50

CHUNKS OF COD COATED IN CAJUN SPICED BATTER SERVED WITH HOME CUT CHIPS, SALAD & SWEET CHILLI DIP

#### SALT & PEPPER CHICKEN

SMALL £6.50 STANDARD £11.50

CHUNKS OF BATTERED CHICKEN BREAST STIR FRIED WITH PEPPERS, ONION & SEASONING SERVED WITH RICE & SWEET CHILLI SAUCE

#### SWEET CHILLI & GINGER STIR-FRY £10.00 (VE)

PAN FRIED VEGETABLES IN A SWEET CHILLI & GINGER SAUCE SERVED WITH A TIMBALE OF RICE

WHY NOT ADD STRIPS OF CHICKEN BREAST FOR £3.00

#### GOURMET SCAMPI

SMALL £7.00 STANDARD £12.00

GOURMET SCAMPI IN CRISPY BATTER SERVED WITH HOME CUT CHIPS & A CHOICE OF MUSHY PEAS, GARDEN PEAS OR SALAD & TARTAR SAUCE

#### LIVER & BACON

SMALL £6.50 STANDARD £11.50

PAN FRIED LAMB'S LIVER, BACON & ONIONS IN A RICH GRAVY SERVED WITH MASHED POTATO & VEGETABLES

#### GARLIC CHICKEN £11.50

GRILLED GARLIC & HERB ROAST CHICKEN BREAST ON A BED OF MASHED POTATO & SEASONAL VEGETABLES

### SIDES (V)

CHIPS £3.00

 SALT & PEPPER CHIPS £4.00

SIDE SALAD £3.50

SEASONAL VEGETABLES £3.50

BLUE CHEESE SAUCE £2.50

## SUNDAY

### STARTERS & SNACKS

#### HALLOUMI FRIES (V) £6.00

HALLOUMI FRIES, PEA SHOOTS, POMEGRANATE & A LIME SALSA

#### WINTER SALAD (V) £6.50

WALNUT, BLUE CHEESE & PORT SALAD

#### CAJUN SQUID £6.50

CAJUN COATED DEEP FRIED SQUID, LEMON AIOLI & SALAD GARNISH

#### SOUP OF THE DAY £5.00

SEE OUR BLACK BOARD FOR TODAYS SOUP SERVED WITH CRUSTY BREAD & BUTTER

#### PRAWN & MELON COCKTAIL £6.00

SALAD PRAWNS & MELON IN A CHILLI & LIME DRESSING SERVED WITH CRUSTY BREAD & BUTTER

### MAINS

ALL OUR ROAST DINNERS ARE SERVED WITH A YORKSHIRE PUDDING, ROAST & MASHED POTATO, SEASONAL VEGETABLES & A MEAT STOCK GRAVY OR A VEGETARIAN ALTERNATIVE

#### LAMB

SMALL £ 7.00 STANDARD £11.00

#### BEEF, PORK OR GAMMON

SMALL £6.50 STANDARD £10.50

#### CHICKEN SUPREME

£11.00

#### MUSHROOM & LEEK PIE (V) £10.00

MUSHROOMS, LEEK & PEAS IN A CREAMY GARLIC SAUCE TOPPED WITH A PUFF PASTRY LID SERVED WITH CHIPS & GARDEN PEAS OR SEASONAL VEGETABLES

#### SEASIDE FISH & CHIPS

SMALL £6.50 STANDARD £11.50

COD COATED IN CRISPY REAL ALE BATTER SERVED WITH HAND CUT CHIPS & A CHOICE OF MUSHY PEAS, GARDEN PEAS OR SALAD & TARTAR SAUCE

#### SPICY COD BITES

SMALL £6.50 STANDARD £11.50

CHUNKS OF COD COATED IN CAJUN BATTER SERVED WITH HOME CUT CHIPS, SALAD & SWEET CHILLI DIP

#### GOURMET SCAMPI

SMALL £7.00 STANDARD £12.00

GOURMET SCAMPI IN CRISPY REAL ALE BATTER SERVED WITH HOME CUT CHIPS & A CHOICE OF MUSHY PEAS, GARDEN PEAS OR SALAD & TARTAR SAUCE

**IMPORTANT (FOOD INFORMATION REGULATIONS 2014):** ALLERGY ADVICE AVAILABLE PLEASE SEE STAFF OR MATRIX ON THE WALL. **NUTS & SEEDS:** ALL FOOD IS PREPARED IN OUR SMALL KITCHEN THAT CAN COME INTO CONTACT WITH NUTS / SEEDS. OUR VEGETABLE OIL IS MANUFACTURED FROM GENETICALLY MODIFIED SOYA.

V = VEGETARIAN VE=VEGAN

FISH: ALL OF OUR FISH IS ORDERED BONELESS BUT, AS WITH ALL FISH, SMALL BONES MAY BE PRESENT. \* APPROXIMATE UNCOOKED WEIGHT