

NUTRITIONAL INFORMATION

- The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size.
- Whilst we ensure the information is as accurate as possible, occasionally we will have to substitute ingredients and this may alter the nutritional information displayed.
- Daily Reference Intakes (RIs), previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet. They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

DAILY REFERENCE INTAKES (RIS) FOR AN ADULT

ENERGY OR NUTRIENT	DAILY REFERENCE INTAKE
Energy kj/kcal	8,400 kj / 2,000 kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

DINNER

	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Olives	974	232	23.3	2.6	2.2	0.2	1.9	4.00
Pork Scratchings	1,373	327	27.1	9.5	1.0	0.5	19.7	0.80
Southern Fried Chicken with chipotle mayo £3.50	2,852	679	39.2	6.4	39.9	4.9	41.6	3.01
Dough Balls - deep fried garlic dough balls	1,530	364	18.3	9.9	39.5	1.7	8.7	1.57
Mixed Continental Meats	1,091	260	24.2	6.2	1.2	1.0	9.0	2.60
Dusted Squid	1,994	475	28.3	5.1	27.1	7.5	27.3	3.14
Dirty Fries - topped with curry sauce	2,160	514	27.4	8.8	59.7	4.9	6.4	0.80
Cheeseboard	4,360	1038	74.1	43.7	47.7	18.2	44.0	3.76

SHARERS AND GRAZING	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Selection of crusty rustic breads with soya roasted seed butter, olive oil & apple balsamic (V) £3.50	1,146	273	27.2	12.6	4.6	3.5	1.8	2.88
Stone baked flatbread topped with garlic butter, basil, mozzarella & Isle of Man cheddar (V) £4.95	3,557	847	41.2	22.6	82.1	3.8	34.0	3.26
Box Baked Camembert with rye and natural baked sour dough breads, celery and Somerset cider marinated raisins (Please note this is a sharer)	3,263	777	59.3	45.3	9.2	7.0	50.9	5.35
Vintage Tasting Platter Mini prawn, lobster and avocado cocktail, baked garlic and cheese mushrooms, oak smoked chicken liver pate & Pork, maderia pate, and stone-baked sour dough bread	2,964	706	56.0	26.1	14.7	5.8	34.3	4.66

STARTERS	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Today's soup Cheesy Courgette & Chive served with Rustic bread and soya roasted seed butter (V)	1,156	275	16.6	9.6	24.0	2.5	6.2	3.01
Today's soup Italian Bean, Tomato & Mozzarella served with Rustic bread and soya roasted seed butter (V)	1,395	332	14.8	8.4	36.0	5.5	9.2	2.41
Today's soup Roasted Pepper & Italian Bean served with Rustic bread and soya roasted seed butter (V)	1,421	338	15.4	8.1	36.6	9.1	9.2	2.41
Today's soup Carrot, Orange & Chive Soup served with Rustic bread and soya roasted seed butter (V)	1,181	281	16.0	9.3	28.2	13.0	4.1	2.32
Today's soup Vine Tomato & Creme Frache Soup served with Rustic bread and soya roasted seed butter (V)	1,307	311	17.5	9.3	33.0	5.2	4.4	2.11
Today's soup served with Rustic bread and soya roasted seed butter (V)	1,194	284	17.5	9.3	24.6	3.4	5.3	2.71
King Prawn, Lobster and Avocado Cocktail on gem lettuce, topped with home-made lobster mayonnaise and crusty bread	1,385	330	26.2	9.5	9.8	3.2	13.1	3.55
Duo of Pate smooth oak smoked chicken liver parfait & course pork maderia & bacon pate, with Bramley apple sauce, pickled baby gerkins & crusty bread	1,004	239	15.6	8.7	12.4	11.0	11.5	2.44
Oven-Baked Portobello & Button Mushrooms baked in a garlic and Isle of Man mature cheddar sauce with rustic bread (V)	1,032	246	20.1	12.0	3.7	1.9	11.2	1.92
Smoked Duck Breast blackcurrant curd, orange segments, mini summer puddings & pea shoots	1,128	269	8.4	3.1	32.8	27.1	13.4	1.17
Salt and Pepper Calamari with chorizo seasoning and chipotle mayonnaise	1,994	475	28.3	5.1	27.1	7.5	27.3	3.14
Scallops & King Prawns in garlic butter with rustic bread	1,315	313	17.4	10.4	3.1	1.4	35.5	3.96
Broad Bean, Pea & Pecorino Croquette with dressed shoots, pods & pulled ham	1,608	383	21.8	7.9	27.1	4.4	18.8	2.46

EITHER LITE OR LARGE	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Smoked Haddock & Kedgree Fishcake dressed salad, broccoli, roasted vine tomatoes & basil dressing	1,958	466	29.4	6.7	34.2	9.5	15.4	1.86
Large Smoked Haddock & Kedgree Fishcake dressed salad, broccoli, roasted vine tomatoes & basil dressing	3,390	807	44.9	11.5	68.5	18.9	30.6	3.63
Bacon & Egg ginger beer glazed thick cut bacon topped with fried egg & chips for dipping	1,759	419	21.8	6.7	32.8	5.9	22.5	1.58
Bacon & Egg ginger beer glazed thick cut bacon topped with fried egg & chips for dipping LARGE	3,408	811	104.2	35.2	57.8	6.5	40.6	5.02
Twice Baked Souffle Croxton Manor & grain mustard souffle with Braeburn apple, cider raisin & hazelnut salad	1,231	293	22.9	16.3	13.2	11.3	7.8	0.83
Large Twice Baked Souffle Croxton Manor & grain mustard souffle with Braeburn apple, cider raisin & hazelnut salad	2,463	586	45.9	32.6	26.2	22.5	15.6	1.68
Seared Black Pearl Scallops on a light prawn & lobster risotto	2,431	579	34.7	7.8	40.8	2.7	25.3	2.71
Large Seared Black Pearl Scallops on a light prawn & lobster risotto	5,096	1213	70.3	15.7	81.9	5.4	62.6	5.90

STONE-BAKED PIZZAS - hand-rolled dough, all served with a dressed side salad	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Margherita Pizza vine cherry tomatoes, mozzarella, Isle of Man mature cheddar and basil (V)	3,541	843	34.4	17.8	87.4	8.7	42.4	3.22
Continental Meat Pizza a selection of ham & salami, caramelised onion chutney, mozzarella and Isle of Man mature cheddar	4,344	1034	46.6	22.2	97.6	16.7	52.9	4.34
Ham and Pineapple Pizza with red chilli, Isle of Man mature cheddar and mozzarella	3,368	802	13.7	6.3	134.0	38.1	26.1	2.02
Chicken And Mushroom Pizza pulled chicken and Portobello mushrooms with a garlic sauce topped with Isle of Man mature cheddar and mozzarella	4,695	1118	54.0	29.6	90.1	7.1	65.1	4.38

MAINS	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Pan-Fried Lamb Rump And Mini Shepherd's Pie Mint and honey glazed lamb rump, with a pulled lamb mini shepherd's pie, topped with Isle of Man mature cheddar mash and red wine jus	3,440	819	39.6	17.6	62.5	36.6	47.9	3.74
Roast British Chicken crown of chicken, baked sliced potatoes, red wine jus & seasonal vegetables £12.50	4,956	1180	60.9	23.7	76.6	26.1	74.6	4.65
Roasted roots, Quinoa and edamame bean salad mixed with gem lettuce, watercress, roasted purple and golden beetroot, butternut squash, soya roasted seeds and pineapple dressing (V) Add Chargrilled chicken breast £3.00, Salmon fillet £4.00, Seared Halloumi £3.00 (V)	2,607	621	25.5	2.3	76.4	26.4	17.3	0.91
Add Chargrilled Chicken Breast	799	190	2.5	0.4	1.7	0.0	41.0	1.04
Add Salmon Fillet	1,685	401	25.4	4.4	2.2	0.0	42.5	1.27
Add Seared Halloumi	1,201	286	30.4	20.0	3.1	2.0		2.63
Seared Fillet of Sea Bass on a lobster & prawn risotto, with roasted vine tomatoes	5,435	1294	81.7	17.0	81.7	5.5	58.4	4.44
Slow Cooked Ham Hock Glazed with Tiptree orange with malt whisky marmalade on spring onion mash with a white wine and pea veloute sauce	4,627	1102	61.7	25.2	60.9	34.0	69.9	8.19
Hunters Chicken Chargrilled chicken breast topped with smoked Irish cheddar and thick cut ginger beer glazed British bacon with rustic potatoes, vine cherry tomatoes and our own barbecue sauce	4,079	971	38.8	12.3	77.8	21.1	77.7	2.35
British Beef And Merlot Pie slow cooked beef, shallots and roasted Portobello mushrooms in a rich red wine sauce, topped with puff pastry, served with mash, watercress, grated horseradish and seasonal vegetables	4,109	978	48.7	18.6	86.9	28.6	40.2	5.19
British Chicken And Leek Pie in a creamy Tewkesbury mustard and white wine sauce topped with puff pastry, with spring onion mash and seasonal vegetables	4,080	971	45.8	21.0	81.9	26.7	50.1	3.09
Fish & Chips line-caught Cod in today's beer batter with thick-cut triple cooked chips, mushy peas and sea herb tartare sauce	4,608	1097	55.0	13.1	90.8	8.4	56.7	2.99
Chicken and leek pie in a creamy Tewkesbury mustard and white wine sauce, topped with puff pastry, with spring onion mash and seasonal vegetables £9.25	4,080	971	45.8	21.0	81.9	26.7	50.1	3.09
Breaded Scampi with thick cut triple-cooked chips, seasonal salad and sea herb tartare sauce	3,758	895	43.4	10.7	93.3	8.3	31.2	2.63
Spicy Coated Chicken in a southern fry crumb with straw chips	5,652	1346	72.3	13.4	107.4	5.8	66.4	4.48

STEAKS & BURGERS	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
All of our steaks are aged for a minimum of 28 days for superb flavour and tenderness and are served with beer-battered onion rings and seasoned chips								
8oz Rump steak - richly flavoured served with a home-made onion fritter; roasted vine cherry tomatoes, watercress. fresh grated horseradish and thick cut triple-cooked chips	5,212	1241	70.1	19.6	84.4	5.7	67.3	0.80
8oz Sirloin steak - firm and delicately served with a home-made onion fritter; roasted vine cherry tomatoes, watercress. fresh grated horseradish and thick cut triple-cooked chips	5,374	1280	73.6	22.0	84.4	5.7	69.2	0.76
10oz Ribeye steak - tender and full of flavour served with a home-made onion fritter; roasted vine cherry tomatoes, watercress. fresh grated horseradish and thick cut triple-cooked chips	5,366	1278	65.3	19.5	84.4	5.7	85.6	1.26

7oz Fillet steak - our most tender premium steak comes with your choice of sauce	4,672	1112	54.7	13.3	84.4	5.7	67.7	0.80
Add Bearnaise Sauce	748	178	17.8	9.5	3.6	1.9	1.0	0.49
Add Brandy Sauce	254	60	3.6	2.2	5.5	3.2	1.4	0.46
Add Mini Garlic King Prawns	781	186	15.4	9.7	1.4	0.4	10.2	0.84
Add Mini Oven Baked Mushrooms	1,032	246	20.1	12.0	3.7	1.9	11.2	1.92
7oz British Beef Burger chargrilled patty served in a crusty cob with smoked Cheddar, thick cut bacon, lettuce, tomato, mayonnaise, gherkin relish and thick cut triple-cooked chips	6,211	1479	80.1	27.4	112.5	20.9	76.1	4.30
Wagyu Burger our premium burger in a brioche bun with onion chutney, horseradish and triple-cooked chips £12.95.	5,228	1245	59.6	17.4	121.3	28.3	54.8	3.00
Add on Cheese & ginger beer glazed thick bacon £1.50	607	145	7.6	3.0	6.9	17.7	1.1	1.02

DESSERTS

PUDDINGS	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Carrot Cake Cinnamon & vanilla cheese cake on a carrot & orange cake base	2,553	608	30.9	13.9	72.7	16.2	8.7	0.48
Honey frozen yoghurt with fresh berries	617	147	2.3	2.2	26.8	24.5	4.9	0.01
Bramley Apple Pie deep fill sweet pastry & cinnamon apple pie with Glensowne Farm vanilla ice cream & hot custard	2,626	625	24.9	10.8	91.3	52.9	7.9	0.58
Eton Mess crushed meringue, summer pudding pieces and whipped cream, strawberries, raspberries and blackberries, drizzled with rosehip syrup	2,166	516	39.2	24.5	34.2	28.6	4.4	0.36
Belgian chocolate brownie with chocolate fudge sauce and Irish liqueur ice cream (V)	2,745	654	26.4	12.2	93.8	75.4	8.4	0.22
Classic Sherry Trifle sherry-soaked rich jam sponge with seasonal berries under a set vanilla custard, topped with whipped cream and flaked chocolate	4,799	1143	83.7	39.7	80.4	62.9	10.0	0.55
Melba Brulle rich set vanilla custard with peach & Raspberries, home baked butter cookies £5.25	2,297	547	21.0	12.2	83.1	77.1	5.3	0.16
Plum, Rhubarb & Cherry Crumble (V) topped with an oat & cinnamon crumble & custard	3,532	841	27.0	9.7	136.0	91.7	10.7	0.38
Pudding Platter For Two mini portions of warm Belgian chocolate brownie topped with vanilla ice cream, Eaton mess, melba creme brulee and warm apple pie	6,107	1454	65.8	35.8	192.0	156.2	16.1	0.73
Warm Bakewell Slice & Ice Cream (V) with jam coulis, Irish liqueur, chocolate and vanilla ice cream £6.50	4,337	1033	53.4	26.8	121.9	85.2	12.5	1.47
British Cheese Board Cornish blue, Wensleydale with cranberries, Mrs Kirkham's Lancashire and Somerset goats cheese with grapes, chutney and a selection of Fudge's savoury mixed seed biscuits	4,360	1038	74.1	43.7	47.7	18.2	44.0	3.76
Sticky Toffee and Apple Pudding Bramley apple and date sponge, topped with toffee sauce and custard (V)	4,502	1072	52.5	21.9	136.2	41.4	12.0	1.17

COFFEE AND A MINI PUDDING	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Ice Cream & Bakewell Slice	1,422	338	16.3	7.9	43.0	30.1	4.0	0.49
Warm Apple Pie topped with custard	1,011	241	8.9	3.2	36.9	18.4	2.7	0.24
Eton Mess crushed meringue, summer pudding and whipped cream, strawberries and blackberries, drizzled with rosehip syrup	1,158	276	19.6	12.2	17.9	15.9	2.2	0.16
Classic Sherry Trifle* topped with whipped cream and flaked chocolate	2,888	688	52.3	25.3	44.8	34.9	5.9	0.33
SANDWICHES - All served with Julienne Fries	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken BLT - Grilled chicken Breast & sweetcure bacon with gem lettuce & tomato on a flaguette rol	4,640	1105	59.9	18.8	96.5	1.6	41.1	2.59
Chargrilled Rump Steak Sandwich chargrilled rump steak with horseradish mayonnaise, gem lettuce and fried onions 4oz	4,124	982	47.2	14.8	102.1	4.4	35.5	2.48
Chargrilled Rump Steak Sandwich chargrilled rump steak with horseradish mayonnaise, gem lettuce and fried onions 8oz	5,346	1273	68.2	20.5	104.5	6.0	58.0	2.65
Cod Fish Finger Sandwich hand-battered line-caught cod goujons and sea herb tartare sauce	4,096	975	48.4	17.7	111.5	3.0	22.0	2.85
Honey Roast Ham & Mustard	3,569	850	37.0	15.5	97.5	2.3	29.8	3.56
Prawn & Hot Smoked Salmon	3,859	919	46.4	15.8	99.2	2.3	24.1	3.17
Egg & Cress free range egg mayonnaise & watercress	3,967	944	51.5	17.0	96.7	2.0	21.1	2.65
Cheese & Pickle Thick cut Taw valley cheddar & Branston Pickle	4,192	998	54.2	25.3	99.7	6.3	25.9	3.62

SAUCES	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Pepper Sauce	748	178	17.8	9.5	3.6	1.9	1.0	0.49
Bernaise Sauce	254	60	3.6	2.2	5.5	3.2	1.4	0.46
Triple-cooked chips or Skinny fries £2.50	1,568	373	16.8	4.1	50.8	0.5	4.8	0.23
Sweet potato fries £3.00	2,112	503	30.2	4.9	54.7	14.8	3.1	1.38
Onion & Thyme Fritters	2,967	706	52.4	12.2	50.5	5.8	8.3	0.80
Seasonal vegetables £3.00	479	114	5.6	1.0	9.9	5.8	3.4	0.08
Dauphioise potato £3.00	899	214	14.9	10.3	15.0	1.0	4.2	0.90
Baby Potatoes	722	172	2.5	0.5	32.3	2.6	3.5	0.07
Dressed side salad £2.50	145	35	0.3	0.0	6.5	5.0	0.9	0.04

CHILDRENS MENU

YOUNG GUEST	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Mains - *Substitute all chips, mash, baby potatoes or salad for no extra cost								
Tomato Pasta penne pasta in a tomato sauce (V)	1,521	362	10.4	3.3	52.4	8.1	12.0	1.01
Pork Sausages* Young guest sausage and mash with garden peas and onion gravy	1,218	290	16.5	5.8	20.0	10.4	13.6	1.95
4Oz Rump Steak* Onion Rings, Garden Peas And Chips (+£1 Supplement)	893	213	11.5	4.7	2.7	0.8	23.7	0.18
Battered Cod* with garden peas	1,648	392	18.1	3.8	34.2	4.9	21.3	1.35
Steamed Salmon* with garden peas and tomato sauce	1,093	260	14.8	2.5	7.8	3.8	23.7	0.43
Young Guest Pizza Margherita (V)	1,739	414	17.2	8.8	42.2	4.5	20.9	1.61
BBQ CHICKEN* chargrilled chicken with smoked cheddar, bacon and barbecue sauce, with peas	1,532	365	12.6	6.1	22.3	18.8	40.3	1.63

PUDDINGS	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Ice Cream choose two scoops from vanilla, chocolate	737	176	6.7	3.8	27.0	23.9	2.2	0.07
Chocolate Brownie with vanilla ice-cream	1,796	428	16.1	7.9	64.7	53.4	5.3	0.14
Orange Flavour Jelly with mandarin pieces	420	100	0.1	0.0	24.0	21.2	0.4	0.15