



Important 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 unless stated otherwise.

Reference Intakes, 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.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated October 2017.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kJ/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Vintage DN17 Nutrition Guide		Typical nutrition values per average portion							
Dish	Description	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BAR SNACKS (8)									
Pork scratchings	with Bramley apple butter	1,033	246	20	10	6	6	10	0.3
Chargrilled lamb koftas -	served with tzatziki and dressed slaw	1,423	339	20	10	21	13	16	1.4
Skin-on fries	with curry sauce†	1,794	427	22	9	50	5	6	1.6
Mixed olives	marinated in lemon & thyme	685	163	17	2	2	1	1	2.5
Dough Sticks		1,529	364	18	10	40	2	9	1.6
(V) Triple-cooked chips	(V) Triple-cooked chips	2,034	484	21	4	54	1	19	0.1
(V) Sweet potato fries	(V) Sweet potato fries	2,112	503	30	5	55	15	3	1.4
HANDMADE PASTY OF THE DAY (VEGETABLE)	HANDMADE PASTY OF THE DAY (VEGETABLE)	1,659	395	23	9	35	6	10	1.4
SHARERS AND GRAZING									
Sticky platter	maple-glazed chicken wings, prawns & chorizo in garlic butter, lamb koftas and a stone-baked garlic flatbread	4,155	989	58	24	64	15	47	5.2
(V) Box-baked Camembert*	topped with cider-soaked raisins, served with celery and rustic bread	4,288	1,021	63	45	51	9	60	3.7
Warm rustic breads	oil and Aspell's balsamic vinegar	2,171	517	31	13	47	6	11	1.2
CHEESE DUO	Box baked camembert and panko crusted brie with apricot chutney and toasted rustic bread.	6,405	1,525	94	64	85	26	82	5.6
Warm Breadsticks	pesto / garlic butter / roasted garlic mayonnaise	4,400	1,048	43	15	138	13	26	6.2
Mixed olives	marinated in lemon & thyme	685	163	17	2	2	1	1	2.5
(V) Stone-baked flatbread	topped with garlic butter (V) Add: Cheddar £1.00	3,070	731	32	17	82	3	25	3.0
STARTERS									
Homemade soup	Various Flavour Profiles								
VEGAN SOUP GARNISH	VEGAN SOUP GARNISH	798	190	3	0	33	1	6	0.7
SOUP GARNISH	SOUP GARNISH	1,012	241	15	8	22	2	5	0.7
Pea & mint soup	Homemade Pea & Mint Soup (Vegan)	819	195	4	1	26	7	11	2.2
Pea ,Mint & ham Soup	Homemade Pea, Mint & Ham Soup	1,226	292	11	4	25	7	18	3.6
Broccoli & Stilton Soup	Homemade Broccoli & Stilton Soup	857	204	9	5	14	5	13	2.5
Spiced Parsnip Soup	Homemade Spiced Parsnip Soup (Vegan)	1,147	273	12	2	29	19	4	2.6
Tomato & Basil Soup	Homemade Tomato & Basil Soup	542	129	3	1	22	13	4	2.7
Chargrilled lamb koftas -	served with tzatziki and dressed slaw	1,423	339	20	10	21	13	16	1.4
Prawn and lobster cocktail	dressed with lobster mayonnaise served with rustic bread	1,609	383	22	7	28	4	17	2.1
Duck liver pate	smooth pate with Bramley apple butter and rustic bread	2,188	521	41	15	26	5	12	1.3

Duo of pâté	coarse pork, & Madeira pâté and duck liver parfait with Bramley apple butter, baby gherkins and rustic bread	1,499	357	18	9	33	12	16	1.4
Deep fried breaded Brie	brie in a crispy panko crumb with apricot chutney	2,024	482	28	18	35	20	21	1.8
(V) Oven-baked button and Portobello mushrooms	in a garlic & mature Cheddar sauce with rustic bread	1,495	356	21	11	25	3	16	1.2
Salt & Pepper calamari	with chorizo-flavour seasoning and chipolte chilli mayonnaise	3,365	801	35	27	10	59	14	3.7
CRISPY CALAMARI & TEMPURA PRAWNS (Tarragon Menu)	on a prawn cracker with chipotle chilli mayonnaise	1,147	273	12	2	25	7	14	3.0
Black pearl Scallops	crispy bacon.	2,087	497	20	10	35	3	42	2.7
LARGE MAINS									
SALMON & SPRING ONION FISH CAKE IN A KALE CRUMB	with broccoli, roasted vegetables and a basil dressing	3,555	846	42	8	85	11	29	3.6
Yorkshire ham and free range egg	with triple-cooked chips	4,948	1,178	70	20	57	3	79	4.1
Margherita Pizza	Margherita Pizza	3,914	932	41	22	87	8	51	4.0
Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli	Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli	1,348	321	8	5	47	23	12	1.8
Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli with salmon fillet	Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli with salmon fillet	3,156	751	35	10	49	23	57	2.2
Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli with chargrilled halloumi	Beetroot & feta salad with black rice, baby gem lettuce, grapes and tenderstem broccoli with chargrilled halloumi	1,352	322	8	5	47	23	12	1.8
SMALL									
SALMON & SPRING ONION FISH CAKE IN A KALE CRUMB	with broccoli, roasted vegetables and a basil dressing	2,408	573	27	5	61	9	18	1.9
Yorkshire ham and free range egg	with triple-cooked chips	3,792	903	51	14	56	2	55	2.7
STONE-BAKED PIZZAS (5)									
Hand-rolled dough, all served with a dressed side salad									
Margherita	vine cherry tomatoes, cheddar, mozzarella and basil (V)	4,158	990	29	17	129	6	51	5.4
MEAT FEAST	Chicken ,spiced lamb , crispy bacon,mozzarella and tomato sauce and red onion	5,350	1,274	45	23	142	14	72	6.4
Pulled ham and pineapple	with cheddar, mozzarella and red chilli	5,233	1,246	47	24	135	12	69	8.9
DIABLO PIZZA	hot & spicy , pepperoni ,chorizo, guindella chilli peppers ,mozzarella & tomato sauce	5,546	1,321	54	27	143	19	63	9.4
ROASTED VEGETABLE & PESTO PIZZA	roasted ,red pepper,squash & red onion ,spinach ,basil ,tomato sauce	5,088	1,212	44	19	146	17	55	6.5

MAINS									
Lamb duo	Pan fried lamb rump and a Cheddar-topped shepherd's pie with seasonal vegetables and a red wine jus	3,763	896	51	24	57	33	45	4.1
Roasted salmon with bell peppers, green beans, baby potatoes and a basil dressing	Roasted salmon with bell peppers, green beans, baby potatoes and a basil dressing	3,683	877	48	7	53	14	55	2.1
Seared fillet of sea bass* with crushed baby potatoes, asparagus and a lobster & samphire sauce	Seared fillet of sea bass* with crushed baby potatoes, asparagus and a lobster & samphire sauce	2,404	572	23	8	42	6	50	1.7
Sausage & Mash	made with Free Range Cherry Orchard pork ,served with cabbage & potato mash ans red wine onion gravy	4,644	1,106	80	30	58	18	35	4.4
Slow Cooked ham hock	with orange & malt whisky marmalade glaze on spring onion mash with honey roasted carrots and a white wine cream sauce	4,557	1,085	62	25	57	30	70	8.5
VENISON STEAK	with a spinach stuffed mushroom, asparagus, dauphinoise potato and a red wine jus	3,215	765	36	25	57	12	50	4.0
Caesar Salad	dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese served with stone-baked garlic flat bread	3,205	763	55	14	45	2	21	5.3
add chicken breast	add chicken breast	4,049	964	58	15	45	2	64	6.6
add salmon	add salmon	5,015	1,194	82	19	47	2	66	6.6
add chargrilled halloumi	add chargrilled halloumi	5,567	1,326	90	34	71	6	55	9.1
Roasted butternut squash & Portobello mushroom tart	with caramelised red onions and Blacksticks Blue cheese sauce, served with a dressed side salad	2,289	545	35	7	47	20	10	0.7
VINTAGE CLASSICS									
Hunter's chicken*	chargrilled chicken breast, topped with smoked cheddar and ginger beer-glazed thick-cut streaky bacon, served with triple-cooked chips and barbeque sauce	4,079	971	39	12	78	21	78	2.4
Hunter's chicken* (ROSEMARY MENU)	chargrilled chicken breast, topped with smoked Cheddar and a 4oz gammon steak served with triple-cooked chips and barbecue sauce	5,277	1,257	54	18	72	16	122	5.3
Hunter's chicken* (TARRAGON MENU)	Chargrilled chicken breast, topped with smoked cheddar and streaky bacon with roasted portabello mushrooms in a smoky tomato sauce, served with triple cooked chips and barbeque sauce	5,426	1,292	75	15	82	25	74	2.0
Fish and chips	beer-battered cod with triple-cooked chips, mushy peas and samphire tartare sauce	4,608	1,097	55	13	91	8	57	3.0

Steak & mushroom pie	slow-cooked beef in a red wine sauce, topped with puff pastry, served with mash and seasonal vegetables	4,018	957	49	19	83	25	40	5.5
Breaded scampi with triple-cooked chips, a dressed side salad and samphire tartare sauce (increase ptn size)	Breaded scampi with triple-cooked chips, a dressed side salad and samphire tartare sauce (increase ptn size)	3,758	895	43	11	93	8	31	2.6
FRITTO MISTO	Deep fried crispy ,calamari,mussels, cod, and prawnsseafood with smoked paprika mayonnaise	6,438	1,533	59	11	171	17	75	5.4
Chicken & thyme pie	in a creamy Chenin Blanc sauce ,topped with puff pastry ,served with spring onion mash and seasonal vegetables	3,998	952	46	21	78	23	50	3.4
Yorkshire ham and free range egg	with triple-cooked chips	3,792	903	51	14	56	2	55	2.7
STEAKS with triple-cooked chips homemade onion rings and a choice of sauce									
8oz Rump	8oz Rump	5,212	1,241	70	20	84	6	67	0.8
8oz Sirloin	8oz Sirloin	5,374	1,280	74	22	84	6	69	0.8
10oz Ribeye	10oz Ribeye	5,366	1,278	65	20	84	6	86	1.3
7oz fillet our most tender premium steak comes with your choice of sauce	7oz fillet our most tender premium steak comes with your choice of sauce	4,193	998	42	11	82	7	68	1.5
Fillet Rossini	7oz fillet steak, served on a duck liver parfait topped crouton with asparagus, dauphinoise potato and a red wine jus	3,209	764	41	21	36	8	58	2.8
Add Ons									
Free Add On: Bearnaise	Free Add On: Bearnaise	748	178	18	10	4	2	1	0.5
Free Add On: Blacksticks Blue cheese	Free Add On: Blacksticks Blue cheese	1,147	273	24	30	3	1	11	1.1
Free Add On: Brandy peppercorn sauce	Free Add On: Brandy peppercorn sauce	254	60	4	2	5	3	1	0.5
Garlic prawns £3.00	Garlic prawns £3.00	781	186	15	10	1	0	10	0.8
Oven-baked garlic & cheese mushrooms	Oven-baked garlic & cheese mushrooms	1,032	246	20	12	4	2	11	1.9
Homemade onion rings	Homemade onion rings	2,790	664	49	11	51	5	6	0.6

SANDWICHES (3) All served with skin on fries or triple-cooked chips									
Chicken BLT	grilled chicken breast, sweetcure bacon, gem lettuce and tomato on rustic bread	4,231	1,007	42	18	110	4	45	3.6
Cod fish finger beer-battered cod goujons and samphire tartare sauce on rustic bread	Cod fish finger beer-battered cod goujons and samphire tartare sauce on rustic bread	4,749	1,131	51	19	138	4	28	3.9
HAM & CHEESE MELT	served warm from our stone-baked oven	5,620	1,338	72	35	110	2	59	7.8
Spicy vegetable wrap spiced aubergine, spinach and kidney beans in a pan-fried tortilla wrap (V)	Spicy vegetable wrap spiced aubergine, spinach and kidney beans in a pan-fried tortilla wrap (V)	3,360	800	37	8	100	11	15	2.7
4oz Steak Sandwich	with horseradish mayonnaise and fries	4,487	1,068	50	16	114	5	40	3.4
8oz Steak Sandwich	with horseradish mayonnaise and fries	5,334	1,270	61	21	117	7	62	3.5
BURGERS All served with skin on fries or triple-cooked chips									
7oz British beef burger	served in a brioche bun with smoked Cheddar, bacon chutney and homemade onion rings	7,006	1,668	98	30	128	14	69	3.3
Aberdeen Angus Burger	topped with smoked Cheddar and served with bacon chutney	6,973	1,660	96	32	130	13	67	4.0
Wagyu burger	premium beef, specially bred for its unique texture and mouth-watering flavour, served in a brioche bun with tomato salsa, mixed leaf & horseradish salad and homemade onion rings	6,283	1,496	84	23	126	12	58	3.2
Add: Bacon Chutney £1.00	Add: Bacon Chutney £1.00	193	46	1	0	7	5	2	0.2
Add: Cheddar £1.00	Cheddar £1.00	349	83	7	4	0	0	5	0.4
Add: Thick-cut streaky bacon* £1.50	Thick-cut streaky bacon* £1.50	1,701	405	38	14	6	6	10	2.2
Spiced Chickpea, aubergine & spinach burger.	on rustic roll, dressed with a spiced red pepper sauce, served with a pesto & tomato dip	4,200	1,000	44	7	114	7	33	2.8

PUDDINGS									
CHOCOLATE GANACHE TART	smooth chocolate ganache in a pastry case with clotted cream	2,439	581	45	28	39	25	4	0.0
Toffee & nut trio	bourbon pecan pie, crème caramel panna cotta and praline ice cream	2,773	660	41	20	64	55	8	0.2
(V) Classic vanilla crème brûlée	with home-baked butter biscuits	1,613	384	23	14	40	29	4	0.2
(V) Coconut milk sorbet	and fresh berries	1,957	466	26	23	53	48	4	0.3
Bramley apple pie (V)	apple compote in a shortcrust pastry served with vanilla-pod ice cream and custard (V)	2,626	625	25	11	91	53	8	0.6
(v)Melba mallow mess	crushed meringue, peach slices, raspberries in sauce, rosehip syrup and marshmallow fluff	2,516	599	20	12	101	94	5	0.3
(V)Belgian chocolate brownie	with chocolate sauce and Irish liqueur ice cream	2,745	654	26	12	94	75	8	0.2
STICKY TREACLE PUDDING	a sticky sponge served with custard	4,522	1,077	53	22	137	42	12	1.2
Crumble of the day - apple and rhubarb	Crumble of the day served with custard	3,003	715	24	11	114	63	9	0.5
RASPBERRY MILKSHAKE CHEESECAKE	served with mikshake crumb and strawberry sauce	3,070	731	52	32	57	41	7	0.4
Crumble of the day - Apple and blackberry	served with custard	3,020	719	24	11	114	65	9	0.5
(V)Pudding tasting platter	Belgian chocolate brownie topped with vanilla ice cream, Melba mallow mess, vanilla crème brûlée and warm apple pie	5,520	1,314	58	32	182	140	15	0.7
(V) Sticky toffee & apple pudding	Bramley apple & date sponge, topped with toffee sauce and served with custard	4,998	1,190	60	27	151	58	10	1.1
British Cheese Board	Cornish Blue, Wensleydale with cranberries, Sandham's Lancashire and British goat's cheese with grapes, chutney and a selection of Fudge's nut & mixed seed biscuits	4,397	1,047	74	43	51	22	44	3.6

MINI PUDDINGS									
(V) Bourbon pecan pie	shortcrust pastry with a golden syrup and bourbon filling, topped with pecan nuts	928	221	14	4	20	14	3	0.0
(v) Bramley apple pie	apple compote in a shortcrust pastry, served with custard	1,011	241	9	3	37	18	3	0.2
(V) Melba mallow mess	crushed meringue, peach slices, raspberries in sauce, rosehip syrup and marshmallow fluff	1,260	300	10	6	50	47	2	0.2
Creme caramel pana cotta	Creme caramel pana cotta	1,100	262	19	12	18	18	4	0.1
YOUNG GUEST									
*AVAILABLE WITH EITHER CHIPS , MASH, BABY POTATOES OR SALAD									
(V) Tomato pasta	pasta tubes in tomato sauce	1,521	362	10	3	52	8	12	1.0
Pork sausages	with onion gravy	1,218	290	17	6	20	10	14	2.0
4oz rump steak		893	213	11	5	3	1	24	0.2
Battered cod	battered cod fillet	1,648	392	18	4	34	5	21	1.4
Steamed salmon		1,093	260	15	2	8	4	24	0.4
(V) Margherita pizza		1,739	414	17	9	42	5	21	1.6
Grilled chicken	topped with smoked cheddar and bacon(low salt) with barbecue sauce on the side, served with garden peas	1,532	365	13	6	22	19	40	1.6
VEGETABLE & CARB CHOICES									
SALAD		220	52	1	0	10	8	1	0.1
CHIPS		1,302	310	14	5	42	1	4	1.0
MASHED POTATO		596	142	6	4	18	3	3	0.7
BABY POTATOES		395	94	2	0	16	1	2	0.0
GLASS OF MILK		617	147	5	3	15	15	10	0.5
PUDDINGS									
(V) Ice Cream	two scoops of chocolate ice cream with a fan wafer and belgian chocolate sauce	914	218	9	6	30	27	3	0.1
(V) Ice Cream	two scoops of vanilla ice cream with a fan wafer and belgium chocolate sauce	737	176	6	4	28	25	2	0.1
(V) Chocolate brownie	with vanilla ice-cream	1,796	428	16	8	65	53	5	0.1
(V) Orange flavour	with mandarin pieces	420	100	0	0	24	21	0	0.2

Sides									
(V) Baby Potatoes		718	171	3	1	32	3	4	0.1
Sweet Potato Fries		2,112	503	30	5	55	15	3	1.4
Triple-cooked chips		2,034	484	21	4	54	1	19	0.1
(V) Seasonal Vegetables		351	84	5	1	4	2	3	0.1
(V) Dressed Side Salad		142	34	0	0	6	5	1	0.0
Side Baked Mushrooms		588	140	11	7	2	1	7	0.5
Tenderstem & Blacksticks Blue Sauce		517	123	9	5	2	2	7	0.4
Onion Rings		1,977	471	28	6	48	5	7	2.0