



### 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 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 April 2018.

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

		Typical nutrition values per average portion							
Vintage Nutrition Guide 2018		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>SHARERS AND GRAZING</b>	<b>SHARERS AND GRAZING</b>								
Sticky platter	maple glazed chicken wings, prawns & chorizo in garlic butter, lamb koftas, Salt & pepper Calamari and a stone-baked garlic flatbread.	4,155	989	58	24	64	15	47	5
Box-baked Camembert	topped with pumpkin seeds, served with celery and rustic bread	4,288	1,021	63	45	51	9	60	4
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	6
Handmade Dough sticks	served with garlic butter, pesto and a chipotle chilli mayonnaise.	4,400	1,048	43	15	138	13	26	6
Mixed olives	marinated in lemon and thyme	685	163	17	2	2	1	1	3
Stone-baked flatbread	topped with garlic butter	3,070	731	32	17	82	3	25	3
Stone baked flatbread with cheese	topped with garlic butter and Cheddar cheese	3,629	864	31	17	119	14	24	1
<b>STARTERS</b>	<b>STARTERS</b>								
Today's soup	with rustic bread								
Pea & mint soup	Homemade Pea & Mint Soup (Vegan)	819	195	4	1	26	7	11	2
Pea ,Mint & ham Soup	Homemade Pea, Mint & Ham Soup	1,226	292	11	4	25	7	18	4
Broccoli & Stilton Soup	Homemade Broccoli & Stilton Soup	857	204	9	5	14	5	13	3
Spiced Parsnip Soup	Homemade Spiced Parsnip Soup (Vegan)	1,147	273	12	2	29	19	4	3
Tomato & Basil Soup	Homemade Tomato & Basil Soup	542	129	3	1	22	13	4	3
Chargrilled lamb koftas -	served with tzatziki and dressed slaw	1,423	339	20	10	21	13	16	1
Prawn and lobster cocktail	dressed with lobster mayonnaise served with rustic bread	1,609	383	22	7	28	4	17	2
Duo of pâté	coarse pork and Madeira pate and duck liver parfait with Bramley apple butter, baby gherkins and rustic bread	1,499	357	18	9	33	12	16	1
Deep fried breaded Brie	in a crispy panko crumb with apricot chutney	2,024	482	28	18	35	20	21	2

Oven-baked button and Portobello mushrooms	in a garlic & mature Cheddar sauce with rustic bread	1,495	356	21	11	25	3	16	1
Salt & Pepper calamari	with chorizo-flavour seasoning and chipotle chilli mayo	3,365	801	35	27	10	59	14	4
Salt & Pepper Calamari and Tempura Prawns	on a crispyprawn cracker with chipotle chilli mayo	1,147	273	12	2	25	7	14	3
Black pearl Scallops	seared with black pudding served on minted pea puree with crispy bacon.	2,087	497	20	10	35	3	42	3
Black Pearl scallops & prawns	baked in garlic butter, served with rustic bread	1,990	474	20	10	31	1	40	2
Marie rose-style crabcakes	with lemon & chive mayonaisse and a mini prawn cocktail	1,319	314	18	2	28	6	10	2
Asparagus & Pulled ham	With pan-fried free-range egg , and a chive hollandaise	1,537	366	29	10	4	2	20	2

MAINS	MAINS								
Small or Large	Small or Large	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Salmon & Spring onion fishcake (Large)	in a kale crumb with broccoli, roasted vegetables and a basil dressing	3,555	846	42	8	85	11	29	4
Yorkshire ham and free range egg (Large)	with triple-cooked chips	4,948	1,178	70	20	57	3	79	4
Yorkshire ham and free-range egg (small)	served with triple-cooked chips	3,792	903	51	14	56	2	55	3
Kale & Cauliflower "cous cous" salad (Large)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing	990	236	9	1	28	17	8	0
Kale & Cauliflower "cous cous" salad with chargrilled chicken breast (Large)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	1,777	423	11	1	30	17	49	1
Kale & Cauliflower "cous cous" salad with salmon fillet (Large)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	2,788	664	36	6	30	17	53	1
Kale & Cauliflower "cous cous" salad with chargrilled halloumi (Large)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	2,660	633	39	19	31	20	37	4
Kale & Cauliflower "cous cous" salad with chargrilled lamb koftas (Large)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	1,994	475	26	9	35	17	21	1
Kale & Cauliflower "cous cous" salad (Small)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing	592	141	4	1	20	11	4	0
Kale & Cauliflower "cous cous" salad with chargrilled chicken breast (Small)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	1,378	328	7	1	21	11	45	0
Kale & Cauliflower "cous cous" salad with salmon fillet (Small)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	2,389	569	31	5	22	11	50	1
Kale & Cauliflower "cous cous" salad with chargrilled halloumi (Small)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	2,261	538	34	19	23	14	33	3
Kale & Cauliflower "cous cous" salad with chargrilled lamb koftas (Small)	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli, pumpkin seeds and a pineapple and ginger dressing.	1,596	380	21	9	27	11	18	1
Salmon & Spring onion Fishcakes (Small)	in a kale crumb with broccoli, roasted vegetables and a basil dressing	2,408	573	27	5	61	9	18	2

Small Fish and chips	beer-battered cod with triple-cooked chips, mushy peas and tartare sauce	3,821	910	43	9	84	8	43	2
<b>STONE-BAKED PIZZAS (5) Hand-rolled dough, all served with triple-cooked chips</b>	<b>STONE-BAKED PIZZAS (5) Hand-rolled dough, all served with triple-cooked chips</b>	<b>Energy (kJ)</b>	<b>Energy (KCal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Margherita pizza	tomato, cheddar, mozzarella and basil. All our pizzas are made with hand-stretched dough, stone-baked to order. Also refer to choice of triple cooked chips or salad for additional nutrition information.	4,158	990	29	17	129	6	51	5
Meat feast pizza	Chicken, pork and fennel sausage, crispy bacon, mozzarella and red onion chutney. All our pizzas are made with hand-stretched dough, stone-baked to order. Also refer to choice of triple cooked chips or salad for additional nutrition information.	5,350	1,274	45	23	142	14	72	6
Spicy Cajun Pizza	Cajun spiced chicken with red chilli, roasted red pepper, mozzarella and red onion. All our pizzas are made with hand-stretched dough, stone-baked to order. Also refer to choice of triple cooked chips or salad for additional nutrition information.	5,422	1,291	54	20	132	25	66	4
Four Cheese Pizza	Blacksticks Blue, brie, mature cheddar, mozzarella and topped with red onion. All our pizzas are made with hand-stretched dough, stone-baked to order. Also refer to choice of triple cooked chips or salad for additional nutrition information.	5,053	1,203	52	31	127	21	54	3
Roasted Vegetable & Pesto pizza	red pepper, butternut squash, red onion, spinach and mozzarella. All our pizzas are made with hand-stretched dough, stone-baked to order. Also refer to choice of triple cooked chips or salad for additional nutrition information.	5,088	1,212	44	19	146	17	55	6
<b>MAINS</b>	<b>MAINS</b>	<b>Energy (kJ)</b>	<b>Energy (KCal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
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
Roasted salmon	with butternut squash, roasted red peppers, green beans, baby potatoes and a pesto dressing	3,582	853	45	8	55	14	55	2

Seared fillet of sea bass*	with crushed baby potatoes, asparagus and a lobster and samphire sauce	2,404	572	23	8	42	6	50	2
Sausage and Mash	made with Free Range Cherry Orchard pork ,served with cabbage and potato mash and red wine onion gravy	4,644	1,106	80	30	58	18	35	4
Half Roast British chicken*	with soya beans, asparagus and peas served in a white wine & cider sauce with Minted baby potatoes	2,241	534	23	7	35	6	45	1
Seafood risotto*	Black Pearl scallops, lobster & prawn risotto with thyme-roasted tomatoes and a basil dressing	5,068	1,207	70	16	81	5	51	6
Slow Cooked ham hock	with whisky and orange marmalade glaze. Served on spring onion mash with honey roasted carrots and a white wine cream sauce	4,557	1,085	62	25	57	30	70	8
British venison steak	with a spinach stuffed portobello mushroom, asparagus, dauphinoise potato and a red wine jus	3,215	765	36	25	57	12	50	4
Caesar Salad (Large)	dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese, served with stone-baked garlic flatbread	3,205	763	55	14	45	2	21	5
Caesar Salad with chargrilled chicken breast (Large)	dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese, served with stone-baked garlic flatbread	4,049	964	58	15	45	2	64	7
Caesar Salad with Halloumi (Large)	dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese, served with stone-baked garlic flatbread	5,567	1,326	90	34	71	6	55	9
Caesar Salad with Salmon fillet (Large)	dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese, served with stone-baked garlic flatbread	5,015	1,194	82	19	47	2	66	7
Roasted vegetable Tart	a kale and thyme pastry filled with butternut squash, plum tomatoes, red onion, spinach and red peppers with a leek sauce .	2,289	545	35	7	47	20	10	1
Hunter's chicken (ROSEMARY & THYME MENU)	chargrilled chicken breast, topped with smoked Cheddar and a 4oz gammon steak served with triple-cooked chips and barbecue sauce	4,715	1,123	52	17	79	23	86	5

Hunter's chicken (TARRAGON MENU)	Chargrilled chicken breast, topped with smoked cheddar and streaky bacon with roasted portobello mushrooms in a smoky tomato sauce, served with triple cooked chips and barbeque sauce	5,160	1,229	69	23	77	21	75	3
Fish and chips	beer-battered cod with triple-cooked chips, mushy peas and tartare sauce	4,608	1,097	55	13	91	8	57	3
Steak and mushroom pie	slow-cooked beef in a red wine sauce, topped with puff pastry, served with mash and seasonal vegetables and a jug of gravy	4,018	957	49	19	83	25	40	5
Breaded scampi	with triple-cooked chips, a dressed side salad and tartare sauce	3,758	895	43	11	93	8	31	3
Fritto Misto	Crispy cod goujons, calamari and tempura battered mussels, anchovies and prawns, served with triple-cooked chips with a chipotle chilli mayonnaise and tartare sauce.	6,438	1,533	59	11	171	17	75	5
Chicken and 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

STEAKS	All of our steaks are aged for a minimum of 28-days for superb flavour and tenderness and come served with triple-cooked chips, home-made onion ring and a thyme roasted tomato	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
8oz Rump	expertly aged for superb flavour and tenderness and come served with triple-cooked chips, homemade onion rings and a thyme roasted tomato	5,212	1,241	70	20	84	6	67	1
8oz Sirloin	expertly aged for superb flavour and tenderness and come served with triple-cooked chips homemade onion rings & a thyme roasted tomato	5,374	1,280	74	22	84	6	69	1
10oz Ribeye	expertly aged for superb flavour and tenderness and come served with triple-cooked chips homemade onion rings & a thyme roasted tomato	5,366	1,278	65	20	84	6	86	1
7oz fillet	expertly aged for superb flavour and tenderness and come served with triple-cooked chips, homemade onion rings & a thyme roasted tomato	4,193	998	42	11	82	7	68	1
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	3
Add On: Béarnaise	Add On: Béarnaise	748	178	18	10	4	2	1	0
Add On: Blacksticks Blue cheese sauce	Add On: Blacksticks Blue cheese sauce	1,147	273	24	30	3	1	11	1
Add On: peppercorn sauce	Add On: peppercorn sauce	254	60	4	2	5	3	1	0
Add - Beef Dripping Sauce		680	162	13	7	9	5	2	3
Garlic prawns	Garlic prawns	781	186	15	10	1	0	10	1
Oven-baked garlic and cheese mushrooms	Oven-baked garlic and cheese mushrooms	1,032	246	20	12	4	2	11	2
Homemade onion rings	Homemade onion rings	2,790	664	49	11	51	5	6	1



BURGERS All served with skin-on fries	BURGERS All served with skin-on fries	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
7oz British beef burger	served in a brioche bun with smoked Cheddar, bacon chutney and homemade onion rings. Served with triple-cooked chips	5,842	1,391	89	32	96	14	50	5
Wagyu burger	premium beef, specially bred for its unique texture and mouth-watering flavour, served in a brioche bun with tomato salsa, mixed leaf and horseradish salad and homemade onion rings. Served with triple-cooked chips	4,340	1,033	53	18	96	13	42	4
Add: Bacon Chutney	Add: Bacon Chutney	596	142	13	1	5	4	1	1
Add: Smoked Cheddar		349	83	7	4	0	0	5	0
Add Streaky Sweetcure Bacon		424	101	10	4	0	0	3	1
Spiced Chickpea, aubergine and spinach burger.	on rustic roll, dressed with a spiced red pepper sauce, served with a pesto and tomato dip. Served with triple-cooked chips	3,179	757	32	7	91	6	16	3

SANDWICHES All served with skin on fries	SANDWICHES All served with skin on fries	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken BLT Sandwich	chargrilled chicken breast, sweet cured streaky bacon, gem lettuce and tomato. All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	4,231	1,007	42	18	110	4	45	4
Cod Fish Finger Sandwich	beer-battered cod goujons and tartare sauce. All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	4,749	1,131	51	19	138	4	28	4
Ham and Cheddar Melt Sandwich	served warm from our stone baked oven. All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	5,620	1,338	72	35	110	2	59	8
Chargrilled 4oz Rump Steak Sandwich	with horseradish mayonnaise and fried onions. All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	4,487	1,068	50	16	114	5	40	3
Chargrilled 8oz Rump Steak Sandwich	with horseradish mayonnaise and fried onions. All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	5,334	1,270	61	21	117	7	62	4
Spicy vegetable wrap	tomato, aubergine, spinach and kidney beans, served in a tortilla wrap with Asian slaw. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	3,360	800	37	8	100	11	15	3
Roast Beef Steak Sandwich	All our sandwiches are served on a rustic roll. Also refer to choice of fries or triple-cooked chips for additional nutrition information.	5,847	1,392	90	35	94	7	51	3

PUDDINGS	PUDDINGS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Rich Chocolate Tart	smooth chocolate in a pastry case with Cornish clotted cream and fresh strawberries.	2,439	581	45	28	39	25	4	0
Toffee and nut trio	Treacle and pecan tart, crème caramel panna cotta and praline ice cream	2,773	660	41	20	64	55	8	0
Classic vanilla crème brûlée	with home-baked butter biscuits	1,613	384	23	14	40	29	4	0
Coconut milk sorbet	with raspberries in sauce & fresh strawberries	1,957	466	26	23	53	48	4	0
Bramley apple pie	apple compote in a shortcrust pastry served with custard and vanilla pod icecream.	3,087	735	32	15	101	62	10	0
ETON MESS	Whipped cream folded with crushed mering	1,562	372	20	12	45	41	3	0
Belgian chocolate brownie	with chocolate sauce and Irish liqueur ice cream	2,745	654	26	12	94	75	8	0
Raspberry milkshake cheesecake	served with raspberries in sauce and Cornish clotted cream.	3,070	731	52	32	57	41	7	0
Crumble of the day (Apple and Blackberry)	served with custard	3,020	719	24	11	114	65	9	1
Crumble of the day (Apple and Rhubarb)	served with custard	3,003	715	24	11	114	63	9	1
Pudding tasting platter (no alc)	Belgian chocolate brownie topped with vanilla ice cream, eton mess, treacle & pecan tart, vanilla crème brûlée and home baked butter biscuits.	5,705	1,358	65	38	173	139	17	1
British Cheeseboard	Shepherds purse yorkshire blue, lubborn somerset camembert, belton farm red Leicester and Isle of man vintage cheddar, with a selection of fudges nut & mixed seed biscuits, grapes and chutney	4,397	1,047	74	43	51	22	44	4
Sticky toffee and apple Pudding - Bramley apple and date sponge, topped with toffee sauce and served with custard		4,998	1,190	60	27	151	58	10	1
Sticky toffee pudding - Sticky toffee sponge, topped with toffee sauce and beer sorbet* and pouring cream.		2,197	523	24	11	73	59	4	1
Mini pudding - Treacle & pecan tart	black treacle and pecan nuts in a shortcrust pastry. Also refer to choice of hot drink for additional nutrition information.	1,021	243	8	2	41	26	3	0
Extra Vanilla ice cream		538	128	7	4	14	14	2	0

Add Custard		378	90	2	1	15	11	3	0
<b>MINI PUDDINGS</b>	<b>MINI PUDDINGS</b>								
Mini pudding - Bramley apple pie	apple compote in a shortcrust pastry, served with custard. Also refer to choice of hot drink for additional nutrition information.	1,011	241	9	3	37	18	3	0
Mini pudding - Melba mallow mess	crushed meringue, peach slices, raspberries in sauce, rosehip syrup and marshmallow fluff. Also refer to choice of hot drink for additional nutrition information.	1,260	300	10	6	50	47	2	0
Mini pudding - Creme caramel pana cotta	Creme caramel pana cotta. Also refer to choice of hot drink for additional nutrition information.	1,100	262	19	12	18	18	4	0
Mini pudding - Chocolate brownie	with chocolate sauce and Irish liqueur ice cream. Also refer to choice of hot drink for additional nutrition information.	2,600	619	27	17	83	70	8	0

SUNDAY	SUNDAY	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Roast sirloin of beef	expertly aged. Served with yorkshire pudding, ruffled roast potatoes, thyme roasted carrots, roasted parsnips, seasonal greens and as much gravy as you like.	6,452	1,536	85	34	98	18	89	3
Slow-cooked lamb shank	seasoned with rosemary. Served with yorkshire pudding, ruffled roast potatoes, thyme roasted carrots, roasted parsnips, seasonal greens and as much gravy as you like.	5,539	1,319	76	27	94	17	60	4
Roast pork loin	with a lemon & thyme stuffing wrapped in bacon. Served with yorkshire pudding, ruffled roast potatoes, thyme roasted carrots, roasted parsnips, seasonal greens and as much gravy as you like.	7,097	1,690	92	29	99	19	113	4
Roast breast of turkey	with lemon and thyme stuffing wrapped in bacon. Served with yorkshire pudding, ruffled roast potatoes, thyme roasted carrots, roasted parsnips, seasonal greens and as much gravy as you like.	5,305	1,263	69	22	97	18	58	4
Roasted vegetable Tart	kale and thyme pastry filled with butternut squash, plum tomatoes, red onion, spinach and red peppers, with a leek sauce. Served with yorkshire pudding, ruffled roast potatoes, thyme roasted carrots, roasted parsnips, seasonal greens and as much gravy as you like.	6,707	1,597	92	29	161	35	22	5
Sunday Roast (No Meat)		3,654	870	45	13	98	22	14	3
roast potatoes		1,907	454	27	7	48	3	6	0
Cauliflower Cheese	Cauliflower Cheese	1,201	286	14	7	20	9	17	1
An Extra yorkshire Pudding	An Extra yorkshire Pudding	416	99	1	0	19	1	4	1
Add Sausage in Duvet		672	160	15	5	3	1	5	1

<b>CHILDRENS MENU</b>	<b>CHILDRENS MENU</b>	<b>Energy (kJ)</b>	<b>Energy (KCal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Tomato pasta	pasta tubes in tomato sauce. Also refer to choice of veg & side for additional nutrition information.	1,521	362	10	3	52	8	12	1
Pork sausages	with gravy. Also refer to choice of veg & side for additional nutrition information.	1,218	290	17	6	20	10	14	2
Battered cod fillet	Also refer to choice of veg & side for additional nutrition information.	1,648	392	18	4	34	5	21	1
Margherita pizza	Also refer to choice of veg & side for additional nutrition information.	1,739	414	17	9	42	5	21	2
Vegetable skewer (ve)	broccoli, mushrooms & red pepper chargrilled on a skewer. Also refer to choice of veg & side for additional nutrition information.	349	83	1	0	9	8	6	0
Beef Burger	Served in a brioche bun. Also refer to choice of veg & side for additional nutrition information.	1,439	343	14	5	38	4	14	1
Grilled chicken	topped with bacon and served with barbecue sauce on the side. Also refer to choice of veg & side for additional nutrition information.	1,532	365	13	6	22	19	40	2
<b>VEGETABLE CHOICES</b>	<b>VEGETABLE CHOICES</b>								
Baked Beans		336	80	0	0	13	5	5	1
Peas		189	45	1	0	5	2	3	0
Salad		202	48	1	0	9	7	1	0
Vegetable Sticks		155	37	0	0	6	6	1	0
<b>Carb choices</b>	<b>Carb choices</b>								
Chips		1,302	310	14	5	42	1	4	1
Garlic Bread		1,567	373	11	6	59	7	8	0
Baby Potatoes		323	77	0	0	16	1	2	0
Sticky rice		752	179	2	0	38	0	3	1
Sweet potato fries		1,643	391	23	4	43	11	2	1
Mash		596	142	6	4	18	3	3	1
Glass of Milk		617	147	5	3	15	15	10	0

<b>Sunday Roasts - Young Guests</b>	<b>Sunday Roasts - Young Guests</b>	<b>Energy (kJ)</b>	<b>Energy (KCal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Roast beef	served with roast potatoes, seasonal vegetables, Yorkshire pudding and onion gravy	3,538	842	43	17	64	15	47	2
Roast turkey and sausage	served with roast potatoes, seasonal vegetables, Yorkshire pudding and onion gravy	3,041	724	35	11	64	15	35	3
Roast pork	served with roast potatoes, seasonal vegetables, Yorkshire pudding and onion gravy	3,330	793	38	11	64	15	48	2
Roasted vegetable Tart	served with ruffled roasties, honey roasted carrots and parsnips and seasonal greens.	3,755	894	48	15	98	2	14	3
<b>PUDDINGS</b>	<b>PUDDINGS</b>								
Chocolate Ice Cream	two scoops of chocolate ice cream with a fan wafer and belgian chocolate sauce	914	218	9	6	30	27	3	0
Vanilla Ice Cream	two scoops of vanilla ice cream with a fan wafer and belgian chocolate sauce	737	176	6	4	28	25	2	0
Chocolate brownie	with vanilla ice-cream	1,796	428	16	8	65	53	5	0
Tropical Fruit Lolly	Organic fruit ice lolly made with apple, banana, pineapple and mango	84	20	0	0	5	5	0	0
Orange flavour jelly	with mandarin pieces	420	100	0	0	24	21	0	0

PIE NIGHT	PIE NIGHT	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken and leek pie	with Tewkesbury Mustard sauce topped with puff pastry and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,141	748	38	16	52	16	44	3
Beef and Merlot pie	Merlot and Portabello mushroom sauce topped puff pastry and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,162	753	41	13	57	18	34	5
Game Pie *	Venison & Beef marinated red wine and port with Juniper topped with puff pastry with gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,284	782	39	16	58	22	45	3
Game Suet Pudding	Venison, Rabbit and Sloe Gin in a Suet Pudding with a marmalade jus. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,886	925	46	23	108	34	16	3
Roast Turkey & Sage Pie	in a creamy sauce topped with a lemon and thyme stuffing wrapped in bacon and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	4,048	964	62	23	57	16	39	4
Chicken and Pulled gammon Pie *	in a creamy chenin blanc sauce, topped with puff pastry and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	4,077	971	59	21	56	17	50	8
Chicken and thyme pie *	in a creamy Chenin Blanc sauce ,topped with puff pastry and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,435	818	43	14	54	16	49	4
Steak and mushroom pie*	slow-cooked beef in a red wine sauce, topped with puff pastry and gravy. All of our pies are served with thyme roasted carrots and seasonal greens. Also refer to your potato option for additional nutrition information.	3,653	870	49	17	55	18	47	4



VEGAN DISHES	VEGAN DISHES								
VEGAN STARTERS	VEGAN STARTERS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chickpea & Lentil falafel	with a spiced red pepper dip and toasted ciabatta	1,667	397	10	1	58	6	17	2
Kale & Cauliflower "cous cous" salad	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli and roasted pumpkin seeds with a pineapple & ginger dressing	588	140	4	1	19	11	5	0
VEGAN MAIN COURSES	VEGAN MAIN COURSES								
Roasted Aubergine roll	miso sesame glazed aubergine, with a chipotle dip and kale and cauliflower "cous cous" salad	2,705	644	18	2	101	30	16	3
Roasted vegetable Tart	a kale and thyme pastry filled with butternut squash, plum tomatoes, red onion, spinach and red peppers with a leek sauce	3,112	741	47	15	67	17	9	2
Coconut vegetable curry	spiced roasted squash and sweet potato with sticky jasmine rice and coriander.	2,764	658	20	13	102	28	13	3
Spiced Chickpea, aubergine and spinach burger.	on rustic roll, dressed with a spiced red pepper sauce, served with a pesto and tomato dip and a kale and cauliflower "cous cous" salad.	2,163	515	23	3	60	6	14	3
Kale and Cauliflower "cous cous" salad	with roasted butternut squash, sweet potato, pomegranate, tenderstem broccoli and roasted pumpkin seeds with a pineapple and ginger dressing	983	234	9	1	27	17	8	0
VEGAN SIDES	VEGAN SIDES								
tenderstem broccoli with a chipotle dressing and toasted pumpkin seeds		449	107	3	1	14	13	5	0
Sweet potato & butternut squash	roasted with thyme, orange and spices.	748	178	1	0	37	17	3	0
Miso sesame glazed aubergine	dressed spring onion, red pepper and red onions.	655	156	5	1	21	16	3	0
VEGAN DESSERTS	VEGAN DESSERTS								
Bramley apple pie (Vegan)	apple compote in a shortcrust pastry served with raspberry coulis (VE)	2,142	510	17	6	83	44	4	0
Treacle & pecan tart	with coconut milk sorbet and rosehip syrup	3,020	719	28	15	109	77	7	1
Coconut panna cotta style pudding	topped with passionfruit and fresh berries	1,308	312	17	14	38	34	2	0
Rich Chocolate Tart	with chocolate sauce and strawberries.	1,355	323	14	7	45	29	3	0
Coconut milk sorbet	with raspberries in sauce and fresh strawberries	2,793	665	39	35	72	66	6	0

SIDES & EXTRAS	SIDES & EXTRAS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Triple-cooked chips	Triple-cooked chips	2,034	484	21	4	54	1	19	0
Sweet Potato Fries	Sweet Potato Fries	2,112	503	30	5	55	15	3	1
Homemade Onion Rings		1,977	471	28	6	48	5	7	2
Stealth fries	Stealth fries	1,302	310	14	5	42	1	4	1
Seasonal Vegetables		351	84	5	1	4	2	3	0
Garlic & cheese mushrooms		588	140	11	7	2	1	7	1
Dressed Side Salad		142	34	0	0	6	5	1	0
Tenderstem Broccoli with Blacksticks Blue cheese sauce		517	123	9	5	2	2	7	0