



LUNCH MENU

Bar Snacks

Mixed Olives <i>Homemade Marinade</i> VGO,GFO,DFO	6
Bread and Oil <i>Whipped Butter, Oil & Balsamic</i>	7
Mini Pigs in Blankets <i>Gravy</i> GFO,DFO	7.5
Whitebait <i>Citrus Mayonnaise</i>	7.5
Curried Cauliflower Fritters <i>Tomato Dip</i> GFO,VGO	7

Salads

King Prawn <i>Whisky-Rose Sauce, Romaine Lettuce, Tomato, Cucumber</i> GFO, DFO	9
Chicken Caesar <i>Chicken, Bacon, Cos, Croutons, Parmesan, Dressing</i>	8.5
Grape and Olive <i>Mixed Leaves, Pickled Red Onion, Cucumber, Herb Oil</i> VGO,GFO,DFO	8.5
Classic Mixed <i>Tomato, Cucumber, Red Onion, Peppers, Dressing</i> GFO,VGO <i>Add Chicken 1.5</i>	8

Sandwiches

IFAS Club <i>Trio Slices, Chicken, Bacon, Romaine Lettuce, Mayonnaise</i> GFO	8.5
Cheddar and Chutney <i>Red Onion Chutney, Mature Cheddar, Watercress</i> GFO,VGO	7.5
Homecooked Ham <i>Wholegrain Mustard Mayonnaise, Chunky Ham, Leaves</i> GFO <i>A Choice of White or Brown Bloomer Served With Root Vegetable Crisps</i>	8

Something More

Moules-Frites <i>Cornish Cider, Chili, Coriander, Lime, Creme Fraiche, Rosemary Sea-Salted Fries</i> GFO	17
Chicken Saltimbocca <i>Sautéed Potatoes, Spring Greens, White Wine Butter Sauce</i> GFO	16
Tempura Banana Blossom <i>Rosemary Sea-Salted Fries, Crushed Peas</i> VG,GFO	16
Signature Bone Marrow Beef Burger <i>Cos Lettuce, Caramelized Red Onion, Dipped Burger,</i> GFO, DFO <i>Rosemary Sea-Salted Fries</i> <i>Add Bacon and/or Cheese - 1.5 each</i>	16

Allergens & Intolerances

If you have any specific allergies or intolerances let a member of staff know before placing your order.
Our allergies matrix is available on request.

Key: (V) Vegetarian / (VGO) Vegan Option / (GFO) Gluten Free Option / (DFO) Dairy Free Option

Carvery

Enjoy our famous Carvery with a selection of locally sourced meats varying between beef, turkey, pork & gammon. A choice of fresh vegetables, Yorkshire pudding, stuffing & gravy *VGO, GFO, DFO

Large	16.95
Standard	14.95
Nut Roast	14.95
Small	13.95
Vegetable	12.95
Children's	9.95

(Suitable for Children aged 12 and under)

On The Side

Double Crispy Onion Rings <i>v.DFO</i>	6
Rosemary Sea-Salted Fries <i>v.DFO,GFO</i>	5
Mixed Salad <i>vGO,DFO,GFO</i>	6
Sweet Potato Wedges <i>vGO,GFO</i>	5.5
Garlic Ciabatta	6

To Finish

Poached Pear <i>Red Wine, Honey, Clotted Cream vGO</i>	8
Sticky Toffee Pudding <i>Caramel Sauce, Honeycomb Ice Cream</i>	8
Cake Cabinet <i>See our Cake Fridge for Today's Selection</i>	POA

Specials

Look out for our daily specials on our blackboards

Children

Please ask a member of the team for a Children's menu

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