

# LOUNGE, BAR & TERRACE

## SUNDAY LUNCH MENU

### SANDWICHES

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Served on a choice of Granary, Wholemeal or White Sliced Bread, White or Brown Gluten Free Bread with Red Cabbage Slaw and Potato Crisps

<b>EGG MAYONNAISE AND CRESS (V)</b>	12.5
White 887 Kcal   Wholemeal 888 Kcal   Granary 894 Kcal   GF White 910 Kcal   GF Brown 918 Kcal	
<b>CHEDDAR CHEESE AND CHUTNEY (V)</b>	12.5
White 1088 Kcal   Wholemeal 1089 Kcal   Granary 1105 Kcal   GF White 1121 Kcal   GF Brown 1129 Kcal	
<b>HAM AND MUSTARD</b>	13.75
White 627 Kcal   Wholemeal 628 Kcal   Granary 644 Kcal   GF White 660 Kcal   GF Brown 668 Kcal	
<b>CHICKEN, LETTUCE AND TOMATO</b>	13.75
White 620 Kcal   Wholemeal 621 Kcal   Granary 637 Kcal   GF White 653 Kcal   GF Brown 661 Kcal	
<b>TUNA MAYONNAISE AND CUCUMBER</b>	13.75
White 776 Kcal   Wholemeal 777 Kcal   Granary 793 Kcal   GF White 809 Kcal   GF Brown 817 Kcal	
<b>ROASTED SIRLOIN OF BEEF AND HORSERADISH SAUCE</b>	15.5
White 753 Kcal   Wholemeal 754 Kcal   Granary 770 Kcal   GF White 786 Kcal   GF Brown 794 Kcal	
<b>PRAWNS AND MARIE ROSE SAUCE</b>	15.5
White 754 Kcal   Wholemeal 755 Kcal   Granary 771 Kcal   GF White 787 Kcal   GF Brown 795 Kcal	
<b>CORNISH CRAB AND MAYONNAISE</b>	15.5
White 1028 Kcal   Wholemeal 1029 Kcal   Granary 1045 Kcal   GF White 1061 Kcal   GF Brown 1069 Kcal	
<b>SMOKED SALMON AND CREAM CHEESE</b>	15.5
White 792 Kcal   Wholemeal 793 Kcal   Granary 809 Kcal   GF White 825 Kcal   GF Brown 833 Kcal	
<b>HUMMUS AND ROASTED PEPPER (VE)</b>	12.5
White 692 Kcal   Wholemeal 693 Kcal   Granary 709 Kcal   GF White 725 Kcal   GF Brown 733 Kcal	
<b>VEGAN SMOKED CHEESE AND CHUTNEY (VE)</b>	12.5
White 904 Kcal   Wholemeal 905 Kcal   Granary 921 Kcal   GF White 937 Kcal   GF Brown 945 Kcal	

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## SUNDAY LUNCH MENU

### LIGHT BITES

<b>SOUP OF THE DAY</b>	7.75
Please ask for details	
<b>PRAWN COCKTAIL</b> 412 Kcal	18.75
Prawns, Marie Rose Sauce, Baby Gem Lettuce, Lemon, Brown Bread and Butter	
<b>SMOKED SALMON</b> 575 Kcal	18.75
Pickled Shallots, Capers, Cornichons, Lemon, Dressed Salad Leaves, Bread Roll	
<b>LOCAL CRAB AND MAYONNAISE</b> 874 Kcal	21
Pickled Cucumber, Grapefruit, Dressed Salad Leaves, Lemon, Bread Roll	
<b>GOATS CHEESE AND BEETROOT (V)</b> 753 Kcal	15.5
Orange, Dressed Salad Leaves, Hazelnut Dressing	
<b>VEGAN GREEK STYLE CHEESE AND BEETROOT (VE)</b> 707 Kcal	15.5
Orange, Dressed Salad Leaves, Hazelnut Dressing	

### MAIN COURSES

<b>BEER BATTERED FISH AND CHIPS</b> 1400 Kcal	23
Tartar Sauce, Peas, Dressed Leaves, Lemon	
<b>BREADED SCAMPI AND CHIPS</b> 1243 Kcal	20
Tartar Sauce, Peas, Dressed Leaves, Lemon	
<b>MUSHROOM, SPINACH AND CREAM CHEESE RISOTTO (V)</b> 701 Kcal	19
Baby Watercress	
<b>CALF'S LIVER</b> 685 Kcal	23
Creamed Potato, Bacon, Onion Gravy, Seasonal Vegetables	

### SIDES

<b>FRITES</b> 404 Kcal	6.25
<b>CHUNKY CHIPS</b> 432 Kcal	6.25
<b>BUTTERED NEW POTATOES</b> 190 Kcal	5
<b>MIXED LEAF SALAD</b> 20 Kcal	3.75
<b>SEASONAL VEGETABLES</b> 47 Kcal	5
<b>BREAD ROLL &amp; BUTTER</b> 380 Kcal	1.75

### SWEETS & BEVERAGES

<b>PLEASE ASK FOR DAILY DESSERT OPTIONS</b>	9
<b>SELECTION OF ICE CREAMS &amp; SORBET</b> (please ask a member of staff for details)	
2 scoops	5
3 scoops	7
<b>SELECTION OF TEAS &amp; COFFEE</b>	FROM 4.6

Our Sunday Lounge Menu is available from noon - 2pm. Adults need around 2000 Kcal a day.  
Please inform us of any food allergies or special dietary requirements.  
Prices are shown in sterling and are per person.