

# SUNDAY LOUNGE BAR & TERRACE MENU

## SANDWICHES

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>	13.75
White 887 Kcal   Wholemeal 888 Kcal   Granary 894 Kcal   GF White 910 Kcal   GF Brown 918 Kcal	
<b>CHEDDAR CHEESE AND CHUTNEY (V)</b>	13.75
White 1088 Kcal   Wholemeal 1089 Kcal   Granary 1105 Kcal   GF White 1121 Kcal   GF Brown 1129 Kcal	
<b>HAM AND MUSTARD</b>	15.5
White 627 Kcal   Wholemeal 628 Kcal   Granary 644 Kcal   GF White 660 Kcal   GF Brown 668 Kcal	
<b>CHICKEN, LETTUCE AND TOMATO</b>	15.5
White 620 Kcal   Wholemeal 621 Kcal   Granary 637 Kcal   GF White 653 Kcal   GF Brown 661 Kcal	
<b>CORONATION CHICKEN</b>	15.5
White 887 Kcal   Wholemeal 888 Kcal   Granary 894 Kcal   GF White 910 Kcal   GF Brown 918 Kcal	
<b>TUNA MAYONNAISE AND CUCUMBER</b>	15.5
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>	17
White 753 Kcal   Wholemeal 754 Kcal   Granary 770 Kcal   GF White 786 Kcal   GF Brown 794 Kcal	
<b>PRAWNS AND MARIE ROSE SAUCE</b>	17
White 754 Kcal   Wholemeal 755 Kcal   Granary 771 Kcal   GF White 787 Kcal   GF Brown 795 Kcal	
<b>CORNISH CRAB AND MAYONNAISE</b>	17
White 1028 Kcal   Wholemeal 1029 Kcal   Granary 1045 Kcal   GF White 1061 Kcal   GF Brown 1069 Kcal	
<b>SMOKED SALMON AND CREAM CHEESE</b>	17
White 792 Kcal   Wholemeal 793 Kcal   Granary 809 Kcal   GF White 825 Kcal   GF Brown 833 Kcal	
<b>HUMMUS AND ROASTED PEPPER (VE)</b>	13.75
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>	13.75
White 904 Kcal   Wholemeal 905 Kcal   Granary 921 Kcal   GF White 937 Kcal   GF Brown 945 Kcal	

## LIGHT BITES

<b>SOUP OF THE DAY <i>VARIES DAILY</i></b>	8.5
Please ask for details	
<b>PRAWN COCKTAIL <i>412 Kcal</i></b>	20
Prawns, Marie Rose Sauce, Baby Gem Lettuce, Lemon, Brown Bread and Butter	
<b>SMOKED SALMON <i>795 Kcal</i></b>	20
Cream Cheese, Lemon, Caper and Samphire Salad, Bread	
<b>LOCAL CRAB AND MAYONNAISE SALAD <i>855 Kcal</i></b>	23
Grapefruit, Samphire, Capers, Pickled Red Onion, Bread	
<b>GOATS CHEESE AND BEETROOT (V) <i>753 Kcal</i></b>	17
Orange, Hazelnut Salad	
<b>VEGAN GREEK STYLE CHEESE AND BEETROOT (VE) <i>707 Kcal</i></b>	17
Orange, Hazelnut Salad	
<b>CORONATION CHICKEN SALAD <i>498 Kcal</i></b>	20
Sultanas, Dried Apricots, Almonds	
<b>CURED MEAT PLATTER <i>1137 Kcal</i></b>	20
Hummus, Olives, Gherkins, Roasted Pepper, Bread	
<b>TABBOULEH AND BROCCOLI SALAD <i>168 Kcal</i></b>	20
With Herb Roast Salmon <i>478 Kcal</i> or Chicken <i>354 Kcal</i>	
Or with Tofu (VE) <i>214 Kcal</i>	17

# SUNDAY LOUNGE BAR & TERRACE MENU

## MAIN COURSES

BEER BATTERED FISH AND CHIPS 1400 Kcal	25
Tartar Sauce, Peas, Dressed Leaves, Lemon	
BREADED SCAMPI AND CHIPS 1243 Kcal	22
Tartar Sauce, Peas, Dressed Leaves, Lemon	
MUSHROOM, SPINACH AND CREAM CHEESE RISOTTO (V) 701 Kcal	21
Baby Watercress	
CALF'S LIVER 685 Kcal	25
Creamed Potato, Bacon, Onion Gravy, Seasonal Vegetables	

## SIDE DISHES

FRITES 404 Kcal	7
CHUNKY CHIPS 432 Kcal	7
BUTTERED NEW POTATOES 190 Kcal	5.5
MIXED LEAF SALAD 20 Kcal	4
SEASONAL VEGETABLES 47 Kcal	5.5
BREAD ROLL AND BUTTER 380 Kcal	2

## SWEETS & BEVERAGES

DAILY DESSERT OPTIONS VARIES DAILY	10
SELECTION OF ICE CREAMS AND SORBET VARIES	
(Please ask a member of staff for details)	
2 scoops	6
3 scoops	8
SELECTION OF TEAS AND COFFEE	FROM 4.6

Our Lounge Menu is available from noon - 2pm.  
Prices are shown in sterling and are per person.

Adults need around 2000 Kcal a day.  
Please inform us of any food allergies or special dietary requirements.