



# The Hand & Trumpet ~ Sunday Menu

~ Sunday 7th April 2024 ~

## Starters and Nibbles

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**Roasted tomato and red pepper soup**, warm sourdough roll, butter (v, gfa) 533 kcal 7.25

**Brie, caramelised onion and pear tart**, poached rhubarb (v) 673 kcal 7.95

**King prawn, crispy squid and crushed avocado, salad**, saffron, garlic and lemon aioli 558 kcal 8.95

**Spring vegetable risotto**, peas, broad beans, asparagus, lemon (vg, gf) 282 kcal 7.95

**Sticky five spiced chicken thigh**, cucumber, spring onion, hoisin and pancakes 437 kcal 8.95

**Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 7.95

Red pepper, tomato hummus, pitta crisps (vg) 516 kcal 5.95

Crispy beetroot polenta, saffron aioli (vg, gf) 632 kcal 5.75

Crispy belly pork, apple sauce (gf) 433 kcal 6.95

Halloumi fries, chilli jam (v, gf) 585 kcal 5.95

Crispy chicken wings, lemon and coriander (gf) 426 kcal 6.25

Vegetable parcels, chilli mango dip (vg) 278 kcal 5.95

Crispy baby squid, garlic mayonnaise 433 kcal 6.95

Marinated Greek olives (vg, gf) 156 kcal 4.95

## Sunday Roasts

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All roasts served with roast potatoes and seasonal vegetables

**Mixed roast beef (served pink), porchetta (slow roasted belly)**, all the trimmings 1444 kcal 22.95

**Roast beef (served pink)**, with Yorkshire pudding (gfa) 1184 kcal 19.95

**Roast porchetta, (slow roasted belly)** sage and apple stuffing, apple sauce (gf) 1271 kcal 19.95

**Half roast chicken**, sage and apple stuffing, sausage wrapped in bacon (gf) 1480 kcal 21.95

**Roast shoulder of lamb**, rosemary red wine gravy (gf) 1150 kcal 24.95

**Appleby's Cheshire cheese, onion and potato pie** buttered greens, roast potatoes (v, gf) 1295 kcal 16.95

Duck fat roast potatoes (gf) 227 kcal 4.25

Pigs in blankets, gravy (gf) 380 kcal 6.95

Pork and apple stuffing (gf) 698 kcal 4.95

Cauliflower cheese (gf) 471 kcal 5.95

Buttered Mash (v, gf) 257 kcal 4.25

Yorkshire pudding (v) 240 kcal 1.25

## Mains

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**Lamb rosemary pie**, green vegetables, buttered mash, red wine gravy (gf) 1310 kcal 17.45

**Bacon chop, with colcannon mash**, crispy black pudding, mustard sauce, apple puree (gf) 856 kcal 17.95

**Pan fried halibut fillet**, morel mushrooms, broad beans, truffle sauce (gf) 673 kcal 25.95

**Black truffle and ricotta tortellini**, celeriac purée, spring onion and crispy sage (v) 464 kcal 16.95

**Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 15.95

Add pulled BBQ beef 73 kcal 2.25

**Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1285 kcal 16.95

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 16.95

## Sides

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Chunky chips (vg, gf) 535 kcal 4.45

Garlic bread (v) 426 kcal 4.95

Mixed salad (vg, gf) 99 kcal 4.75

Fries (vg, gf) 377 kcal 4.45

Buttered vegetables (v, gf) 200 kcal 4.25

Garlic bread, cheese (v) 621 kcal 5.95

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Adults need around 2000 kcal a day.

The Hand & Trumpet - [www.handandtrumpet.co.uk](http://www.handandtrumpet.co.uk) - 01270 820 048

## Puddings and Cheese

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**Mascarpone and lemon cheesecake**, raspberry sorbet (v) *510 kcal* 8.95

**Knickerbocker Glory**; strawberries, raspberries, meringue, vanilla ice cream and custard (v, gf) *553 kcal* 8.45

**Dark chocolate posset**, praline crunch, orange sorbet (vg, gf) *703 kcal* 7.95

**Triple chocolate brownie**, chocolate sauce, vanilla ice cream (v, gf) *958 kcal* 7.95

**Sticky toffee pudding**, toffee sauce, vanilla ice cream (v, gf) *752 kcal* 7.95

**Toasted waffle**, Black Forest fruits, cherry ice cream, chocolate sauce (v) *659 kcal* 8.45

**A selection of British cheese**, biscuits, chutney, celery (v) *927 kcal* 10.95

Wookey hole cave-aged cheddar (v, gf) *125 kcal* , Blacksticks Blue (v, gf) *196 kcal* , Rosary goats' cheese (v, gf) *79 kcal*

## Cheshire Farm Ice Cream and Sorbets

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One scoop (vg, gf) 2.50

Two scoops (vg, gf) 5.00

Three scoops (vg, gf) 7.50

Ice Cream; Vanilla (v, gf) *127 kcal* , Strawberry (v, gf) *122 kcal* , Chocolate (v, gf) *127 kcal* , Honeycomb (v, gf) *137 kcal* ,

Salted Caramel (v, gf) *135 kcal*

Sorbet; Lemon Sorbet (vg, gf) *74 kcal* , Raspberry Sorbet (vg, gf) *68 kcal* , Orange Sorbet (vg, gf) *72 kcal* ,

Bramley Apple Sorbet (vg, gf) *65 kcal* , Cherry Sorbet (vg, gf) *83 kcal*

## Small Pudding and a Hot Drink

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Choose a mini version of our puddings with a tea or coffee of your choice

**Triple chocolate brownie**, vanilla ice cream, chocolate sauce (v, gf) *580 kcal* 8.45

**Sticky toffee pudding**, vanilla ice cream (v, gf) *433 kcal* 8.45

**Waffle**, honeycomb ice cream, toffee sauce (v) *490 kcal* 8.45

## Hot Drinks

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Tea Drop Teas - sourced from origin & sealed for freshness within biodegradable tea bags £3.25

English Breakfast

Honeydew Green - Green tea, melon

Peppermint (cf)

Earl Grey

Lemongrass & Ginger (cf)

Fruits of Eden - Mixed fruit (cf)

Spring Green - Green tea, rose petals

Espresso (vg, gf) *0 kcal* 3.45

Cappuccino (v, gf) *127 kcal* 3.95

Americano (vg, gf) *0 kcal* 3.75

Double espresso (vg, gf) *0 kcal* 3.75

Latte (v, gf) *128 kcal* 3.95

Flat white (v, gf) *47 kcal* 3.95

Macchiato (v, gf) *29 kcal* 3.95

Hot chocolate (v, gf) *298 kcal* 4.45

Cafetière of coffee (v, gf) *47 kcal* 3.95

All hot drinks are served with a gluten free fruity flapjack.

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Adults need around 2000 kcal a day. We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.  
v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.