



The Sparrowhawk ~ Good Friday

~ Friday 29th March 2024 ~

Starters and Nibbles

- Roasted tomato and red pepper soup**, warm sourdough roll, butter (v, gfa) 533 kcal 7.25
Smoked salmon, cucumber salad, horseradish cream, melba toast 201 kcal 9.95
Coriander falafel, tabbouleh, preserved lemon and tahini dressing (vg) 630 kcal 8.25
Chicken liver pâté, onion marmalade, toasted bloomer (gfa) 458 kcal 8.95
Mini lamb and rosemary pie, pea purée, red wine jus (gf) 364 kcal 8.75
Garlic and rosemary baked Camembert, fruit chutney, warm ciabatta for two (v) 1080 kcal 14.95
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| Halloumi fries, tomato relish (v, gf) 538 kcal 6.95 | Crispy squid, sweet chilli 435 kcal 6.95 |
| Nocellara, Gaeta, Cerignonia olives (vg, gf) 222 kcal 4.95 | BBQ chicken wings (gf) 766 kcal 7.95 |
| Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 7.95 | Crispy chilli beef, cashew nuts (gf) 571 kcal 7.45 |
| Crispy vegetable gyozas, chilli mango dip (vg) 320 kcal 5.75 | Cumin hummus, seeded thins (v, gf) 534 kcal 6.25 |

Main Courses

- Pan fried halibut fillet**, morel mushrooms, broad beans, truffle sauce (gf) 673 kcal 25.95
Bacon chop, cauliflower cheese puree, Buttercross Farm black pudding croquette, apple cider sauce (gf) 1169 kcal 17.95
Pan fried chicken, Gorgonzola gnocchi, wild mushrooms, smoked bacon, white wine sauce 908 kcal 18.95
Pappardelle pasta, sauce vierge, tenderstem broccoli, cavolo nero, roasted red onion (vg) 576 kcal 16.95
Braised shoulder of lamb, dauphinoise potatoes, rosemary gravy (gf) 1077 kcal 24.95
Feather of beef braised in beer, caramelised baby onions, English mustard mash, greens (gf) 801 kcal 20.95
Buttercross farm pork and leek sausages, buttered mashed potatoes, onion gravy (gf) 924 kcal 17.45
Chicken, wild mushroom pie, buttered mash, green vegetables, white wine and tarragon sauce (gf) 1407 kcal 17.25
Appleby's Cheshire cheese, onion and potato pie, green vegetables, white wine mustard sauce (v, gf) 1207 kcal 16.95
Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.45
Smoked haddock and salmon fishcakes, lemon and dill hollandaise, poached egg (gf) 758 kcal 16.95
Deep fried cod in beer batter, chips, mushy peas, tartare sauce (gf) 1257 kcal 17.45
Tandoori halloumi burger, carrot and red onion bhaji, mango chutney, slaw and fries (v) 1407 kcal 16.95
Grilled sea bass, cockle cream sauce, lemon potato cake (gf) 814 kcal 21.95
Steak burger beer onions, grilled bacon, Monterey Jack cheese, spiced tomato mayonnaise, fries 1442 kcal 17.95

Sides

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| Fries (vg, gf) 377 kcal 4.25 | Chunky chips (vg, gf) 535 kcal 4.25 | Peppercorn sauce (gf) 144 kcal 2.95 |
| Mixed salad (vg, gf) 99 kcal 4.75 | Garlic bread (v) 426 kcal 4.45 | Garlic bread, cheese (v) 621 kcal 4.95 |
| Buttered vegetables (v, gf) 200 kcal 4.25 | Bread and Butter (v) 443 kcal 3.25 | Buttered Mash (v, gf) 257 kcal 4.25 |

Adults need around 2000 kcal a day.

The Sparrowhawk, Southport Old Road, Formby, L37 0AB. Telephone 01704 882350 www.brunningandprice.co.uk/sparrowhawk | The Sparrowhawk - www.sparrowhawk-formby.co.uk - 01704 882 350

Light Bites and Sandwiches

- Cheddar, balsamic onion and leek quiche**, crème fraîche new potato salad (v, gf) 903 kcal 11.95
- Pecorino, truffle and potato hash brown**, wild mushrooms, spinach, poached eggs, hollandaise (gf) 570 kcal 12.95
- Smoked salmon, lemon and sea vegetable risotto**, keta caviar (gf) 311 kcal 13.95
- Steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1111 kcal 14.95
- Bacon and brie ciabatta** red onion marmalade 632 kcal 9.95
- Open prawn sandwich**, Marie Rose, rocket and cucumber salad (gfa) 497 kcal 10.95

Puddings and Cheese

- St Clements trifle**, orange, lemon and vanilla cream (vg, gf) 371 kcal 7.95
- Hot waffle**, caramelised banana, toffee sauce, honeycomb ice cream (v) 796 kcal 7.45
- Caramelised apple tart Tatin**, vanilla ice cream, Calvados toffee sauce (v) 584 kcal 7.95
- Sticky toffee pudding**, toffee sauce, vanilla ice cream (v, gf) 752 kcal 8.25
- Triple chocolate brownie**, chocolate sauce, vanilla ice cream (v, gf) 958 kcal 8.25
- Individual treacle and lemon tart**, lime mascarpone (v) 561 kcal 7.95
- Toasted crumpets**, butter and jam (v) 491 kcal 3.45
- Scone, jam and clotted cream** (v) 659 kcal 4.25
- Toasted tea cake**, jam and butter (v) 223 kcal 3.75
- Box of Flapjacks** available to enjoy in the comfort of your own home (v, gf) 2193 kcal 7.95
- A selection of cheese** biscuits, quince, fruit cake, chutney, grapes, celery 1240 kcal 12.95

Ice Creams and Sorbets

- One scoop (vg, gf) 2.50 Two scoops (vg, gf) 5.00 Three scoops (vg, gf) 7.50
- Cheshire Farm ice cream chose from a selection of flavours: , Vanilla (v, gf) 127 kcal , Chocolate (v, gf) 127 kcal ,
- Strawberry (v, gf) 122 kcal , Espresso (v, gf) 170 kcal , Marmalade (v, gf) 118 kcal , Honeycomb (v, gf) 137 kcal ,
- Salted Caramel (v, gf) 135 kcal , Raspberry Ripple (v, gf) 128 kcal , Raspberry Sorbet (vg, gf) 68 kcal , Cherry Sorbet (vg, gf) 83 kcal ,
- Blackcurrant Sorbet (vg, gf) 68 kcal , Milk chocolate sorbet (v, gf) 100 kcal , Lemon Sorbet (vg, gf) 74 kcal ,
- Passion Fruit Sorbet (vg, gf) 60 kcal

Coffee and Hot Drinks

All hot drinks are served with a gluten free fruity flapjack(n). Oat milk is available for a 50p surcharge.

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| Americano (vg, gf) 0 kcal | Espresso (vg, gf) 0 kcal |
| Double espresso (vg, gf) 0 kcal | Macchiato (v, gf) 29 kcal |
| Cappuccino (v, gf) 127 kcal | Latte (v, gf) 128 kcal |
| Flat white (v, gf) 47 kcal | Cafetière of coffee (v, gf) 47 kcal |
| Selection of tea (v, gf) 24 kcal | Hot chocolate (v, gf) 298 kcal |
| Irish coffee (v, gf) 135 kcal | |

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.