

The Physician ~ Daily Menu

~ Monday 8th April 2024 ~

Starters and Nibbles

- Leek and potato soup**, warm sourdough bread (v, gfa) 643 kcal 8.
- Pressed chicken, cranberry, pancetta terrine**, orange, candied walnut salad, toasted bloomer (gfa) 450 kcal 9.
- Pan-seared scallops**, pea purée, edamame beans, air dried ham crisp (gf) 362 kcal 16.
- Tempura hake**, edamame, pickled ginger, Asian dipping sauce (gf) 282 kcal 8.5
- Roasted cauliflower, sweet potato, spinach and lentil samosa**, mint coconut yoghurt (v) 365 kcal 8.
- Halloumi fries, tomato relish (v, gf) 538 kcal 7. Sticky five spiced chicken wings (gf) 464 kcal 7.5
- Padron peppers, sea salt (vg, gf) 131 kcal 7. Vegetable gyoza, ponzu sauce (v) 240 kcal 7.
- Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 8. Crispy squid, sweet chilli mango 422 kcal 7.5
- Crispy chilli beef, cashew nuts (gf) 571 kcal 7.5

Mains

- 7oz Black Angus fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1212 kcal 34.
- 10oz British Sirloin 28 day dry aged**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1269 kcal 32.
- Appleby's Cheshire cheese, onion and potato pie**, buttered greens, redcurrant gravy (v, gf) 1426 kcal 17.
- Braised shoulder of lamb**, minted new potatoes, seasonal vegetables, rosemary gravy (gf) 939 kcal 25.
- Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 18.5
- Roast trout, mussels and king prawns**, tomato consommé, white beans, basil (gf) 538 kcal 23.
- Blackened sweet potato salad**, wild rice, avocado, sweetcorn, lime and kidney bean salsa (vg, gf) 792 kcal 17.
- Prosciutto pork tenderloin**, sun blush potato cake, peas, chorizo, Rioja jus (gf) 596 kcal 21.
- Roasted chicken breast**, charred corn, potato rosti, air dried ham, roast chicken gravy (gf) 874 kcal 19.
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 17.5
- Tomato and mozzarella gnocchi**, tomato sauce, basil, cavolo nero (v) 716 kcal 17.
- Spanish fish stew, 'Suquet'** almond and parsley dressing, charred sourdough bread 1134 kcal 20.
- Lashford's pork sausages**, buttered mash potato, onion gravy 1106 kcal 18.5
- Sweet potato, aubergine and spinach Malaysian curry**, coconut rice, pak choi (vg, gf) 731 kcal 18.
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.5
- Lamb rosemary pie**, green vegetables, buttered mash, red wine gravy (gf) 1310 kcal 19.

Lighter Things

- Honey roasted beetroot and goats cheese salad**, toasted hazelnuts (v, gf) 624 kcal 13.
- Smoked salmon with a crispy potato rosti**, smashed avocado, chorizo, poached egg (gf) 876 kcal 14.
- Chicken, pastrami, cream cheese club sandwich**, sweet mustard ketchup 769 kcal 12.
- Spring vegetable risotto**, peas, broad beans, asparagus, lemon (vg, gf) 389 kcal 11.
- Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1001 kcal 15.5

Sides

- Baked truffle, spinach, macaroni cheese 850 kcal 6.5 Buttered vegetables (v, gf) 200 kcal 5.
- Garlic bread (v) 426 kcal 5. Dirty fries (gf) 502 kcal 6.5
- Broccoli, chilli, almonds (v, gf) 291 kcal 4.5 Creamed leeks (v, gf) 79 kcal 4.5

Puddings and Cheese

Piña Colada sundae, pineapple, rum, waffle, coconut ice cream, whipped cream and custard (v) *745 kcal* 9.5

Warm dark chocolate fondant, chocolate sauce, salted caramel ice cream (v, gf) *719 kcal* 8.5

Coconut and vanilla panna cotta, rhubarb and apple compote, ginger and almond crumble (vg, gf) *368 kcal* 8.5

Key lime pie, vanilla cream, raspberry sauce (v) *812 kcal* 8.5

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

Hot waffle, caramelised banana, toffee sauce, honeycomb ice cream (v) *796 kcal* 8.5

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

Local cheese with grapes, chutney, and biscuits (v, gfa) *664 kcal* 12.

Cheshire Farm Ice Creams and Sorbets

One scoop (vg, gf) 2.5

Two scoops (vg, gf) 5.

Three scoops (vg, gf) 7.5

Choose from; Vanilla (v, gf) *127 kcal* , Marmalade (v, gf) *118 kcal* , Chocolate (v, gf) *127 kcal* , Strawberry (v, gf) *122 kcal* ,

Salted Caramel (v, gf) *135 kcal* , Honeycomb (v, gf) *137 kcal* , Mocha Coffee (v, gf) *140 kcal* , Lemon Sorbet (vg, gf) *74 kcal* ,

Passion Fruit Sorbet (vg, gf) *60 kcal* , Raspberry Ripple (v, gf) *128 kcal* , Milk chocolate sorbet (v, gf) *100 kcal* , Coconut (v, gf) *219 kcal* ,

Raspberry Sorbet (vg, gf) *68 kcal*

Coffees and Hot Drinks

Selection of tea (v, gf) *24 kcal* 4.

Hot chocolate (v, gf) *298 kcal* 4.5

Latte (v, gf) *128 kcal* 4.

Americano (vg, gf) *0 kcal* 4.

Flat white (v, gf) *47 kcal* 4.

Cappuccino (v, gf) *127 kcal* 4.

Espresso (vg, gf) *0 kcal* 3.5

Double espresso (vg, gf) *1 kcal* 4.

Hot Drinks and Mini puddings

Order a smaller pudding and your choice of hot drink for 8.5

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

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

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