



## Arrow Mill ~ Daily Menu

~ Tuesday 9th April 2024 ~

### Wet Your Whistle

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Hugo St Maur - St Maur elderflower liqueur with prosecco, fresh lime and mint 10.20

Rosa Blanca lager 3.8% Crisp and refreshing with a characteristic hint of citrus £5.20

### Starters and Nibbles

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**Pea and mint soup**, crème fraîche, warm sourdough bread (v, gfa) 536 kcal 8.45

**Mini lamb and rosemary pie**, pea purée, red wine jus (gf) 364 kcal 8.95

**Deep fried brie**, rhubarb and apple salad (v, gf) 504 kcal 8.45

**King prawn cocktail**, buttered seeded bread (gfa) 562 kcal 9.95

**Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 8.95

**Roast butternut squash risotto**, toasted hazelnuts, pumpkin seeds (vg, gf) 303 kcal 7.95

Crispy beef bao bun, gochujang 501 kcal 7.45

BBQ chicken wings (gf) 758 kcal 7.95

Tandoori king prawns, naan bread 268 kcal 7.95

Crispy squid, sweet chilli mango 422 kcal 7.95

Vegetable parcels, chilli mango dip (vg) 278 kcal 6.95

Cumin hummus, seeded thins (v, gf) 534 kcal 6.45

Halloumi fries, hoi sin, cucumber (v) 652 kcal 7.95

### Mains

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**Chicken, ham and leek pie**, buttered mash, green vegetables, white wine and tarragon sauce (gf) 1333 kcal 18.45

**Roast rump of lamb (pink)** thyme fondant potato, white bean purée, lamb jus (gf) 829 kcal 27.95

**Braised shoulder of lamb**, dauphinoise potatoes, rosemary gravy (gf) 1077 kcal 26.95

**Beef feather braised in Snowdonia Ale**, mustard mash, roast onion and greens 857 kcal 19.95

**Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 16.95

**Peri Peri chicken burger** smashed avocado, tomato, fries 1343 kcal 17.95

**Fish pie**, salmon, smoked haddock, king prawns, boiled egg, French style peas (gf) 1111 kcal 19.95

**Bacon chop**, fried egg, grilled pineapple, chunky chips (gf) 824 kcal 17.95

**Chicken Milanese**, garlic and sage butter, goat's curd, lemon green salad, new potatoes (gf) 636 kcal 19.95

**Roast trout, mussels and king prawns**, tomato consommé, white beans, basil (gf) 538 kcal 22.95

**Appleby's Cheshire cheese, onion and potato pie**, buttered greens, redcurrant gravy (v, gf) 1426 kcal 16.95

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

**Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 18.95

**Smoked haddock and salmon fishcakes**, tomato, spring onion salad (gf) 851 kcal 16.95

**7oz Black Angus fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1212 kcal 32.95

**10oz Black Angus ribeye steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1394 kcal 31.95

**Sweet potato, aubergine and spinach Malaysian curry**, coconut rice, pak choi (vg, gf) 731 kcal 17.95

**Mushroom bourguignon pie**, red wine gravy, sauteed greens (vg, gf) 1082 kcal 17.95

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Adults need around 2000 kcal a day.

An optional 12.5% service charge will be added to parties of 6 or more. | Arrow Mill - [www.thearrowmill.co.uk](http://www.thearrowmill.co.uk) - 01789 333 790

## Sides

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Buttered vegetables (v, gf) 200kcal 4.95	Truffle parmesan fries (gf) 453kcal 5.95	Roast root vegetables (v, gf) 236kcal 4.75
Chunky chips (vg, gf) 535kcal 4.95	Onion rings (vg, gf) 250kcal 4.75	Fries (vg, gf) 377kcal 4.95
Garlic bread (v) 426kcal 4.95	Garlic bread, cheese (v) 621kcal 5.45	Mixed salad (vg, gf) 99kcal 4.95

## Light Bites

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Available until 5pm

**Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1001kcal 16.95

**Crispy sticky bang bang tofu salad**, sesame miso dressing, toasted peanuts (vg, gf) 849kcal 12.95

**Crispy shredded lamb flatbread**, tomato, red pepper and mint yoghurt 579kcal 12.95

**Black bomber cheddar, balsamic onion and leek quiche**, crème fraîche new potato salad (v, gf) 915kcal 12.95

## Puddings and Cheese

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**Rhubarb, orange and stem ginger sponge**, rhubarb, vanilla custard (v) 486kcal 8.45

**Bread and butter pudding**, clotted cream, apricot sauce (v) 806kcal 8.45

**Chocolate and cherry tart**, boozy cherries, cherry sorbet (vg) 479kcal 8.45

**Oreo cookies and cream pie**, chocolate sauce, raspberry sorbet (v) 863kcal 8.45

**Piña Colada sundae**; pineapple, rum, waffle, coconut ice cream, whipped cream and custard (v) 745kcal 8.45

**Triple chocolate brownie**, chocolate sauce, vanilla ice cream (v, gf) 958kcal 8.45

**Hot waffle**, caramelised banana, toffee sauce, honeycomb ice cream (v) 796kcal 8.45

**Sticky toffee pudding**, toffee sauce, vanilla ice cream (v, gf) 752kcal 8.45

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

## Cheshire Farm Ice Creams and Sorbets

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Choose any of the below for 2.50 per scoop

Vanilla (v, gf) 127kcal	Raspberry Ripple (v, gf) 128kcal	Chocolate (v, gf) 127kcal
Banoffee (v, gf) 134kcal	Strawberry (v, gf) 122kcal	Honeycomb (v, gf) 137kcal
Salted Caramel (v, gf) 135kcal	Vegan Vanilla (vg, gf) 75kcal	Vegan chocolate (vg, gf) 80kcal
Lemon Sorbet (vg, gf) 74kcal	Blood orange Sorbet (vg, gf) 56kcal	Raspberry Sorbet (vg, gf) 68kcal

## Small Pudding and a Hot Drink 8.45

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

**Bread and butter pudding**, vanilla ice cream, apricot sauce (v) 487kcal

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

**Hot waffle**, banoffee ice cream, toffee sauce (v) 488kcal

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

## Coffees and Hot Drinks

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Cappuccino (v, gf) 81kcal 4.25	Latte (v, gf) 94kcal 4.25	Flat white (v, gf) 33kcal 4.25
Americano (vg, gf) 0kcal 3.95	Macchiato (v, gf) 12kcal 3.95	Double espresso (vg, gf) 1kcal 3.95
Cafetière of coffee (v, gf) 47kcal 3.95	Selection of tea (v, gf) 24kcal 3.95	Hot chocolate (v, gf) 298kcal 4.45

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.