

The Physician ~ Sunday Menu

~ Sunday 14th April 2024 ~

Starters and Nibbles

Roasted tomato and basil soup, warm sourdough roll (v, gfa) 466 kcal 8.

Whipped goats cheese, pickled rhubarb, beetroot, pistachio toasted granola (v) 396 kcal 8.

Pressed chicken, cranberry, pancetta terrine, orange, candied walnut salad, toasted bloomer (gfa) 450 kcal 9.

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.

Pan-seared scallops, pea purée, edamame beans, air dried ham crisp (gf) 362 kcal 16.

Crispy chilli beef, cashew nuts (gf) 571 kcal 7.5

Sticky five spiced chicken wings (gf) 464 kcal 7.5

Padron peppers, sea salt (vg, gf) 131 kcal 7.

Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 8.

Halloumi fries, tomato relish (v, gf) 538 kcal 7.

Red pepper and tomato hummus, seeded thins (v, gf) 423 kcal 7.

Crispy squid, sweet chilli mango 422 kcal 7.5

Vegetable gyoza, ponzu sauce (v) 240 kcal 7.

Sunday Roasts

All roasts are served with roast potatoes, seasonal vegetables and gravy

Roast beef (served pink), with Yorkshire pudding (gfa) 1184 kcal 23.

Half roast chicken, sage and apple stuffing, sausage wrapped in bacon (gf) 1480 kcal 22.

Roast loin of pork, sage and apple stuffing, crackling apple sauce (gf) 1213 kcal 21.

Mixed roast beef (served pink), loin of pork, all the trimmings 1394 kcal 26.

Roast shoulder of lamb, rosemary red wine gravy (gf) 1150 kcal 25.

Appleby's Cheshire cheese, onion and potato pie buttered greens, roast potatoes (v, gf) 1295 kcal 17.5

Nut roast, butternut squash, cashew, chestnut, spinach, redcurrant gravy (vg, gf) 1025 kcal 18.

Sunday Sides

Pork and apple stuffing (gf) 698 kcal 5.

Creamed leeks (v, gf) 79 kcal 4.5

Buttered vegetables (v, gf) 200 kcal 5.

Cauliflower cheese (v, gf) 392 kcal 6.

Pigs in blankets, gravy (gf) 380 kcal 6.

Garlic bread, cheese (v) 621 kcal 5.5

Garlic bread (v) 426 kcal 5.

Dirty fries (gf) 502 kcal 6.5

Baked truffle, spinach, macaroni cheese 850 kcal 6.5

Mains

Prosciutto pork tenderloin, sun blush potato cake, peas, chorizo, Rioja jus (gf) 596 kcal 21.

Roast trout, mussels and king prawns, tomato consommé, white beans, basil (gf) 538 kcal 23.

Sweet potato, aubergine and spinach Malaysian curry, coconut rice, pak choi (vg, gf) 731 kcal 18.

Honey roasted beetroot and goats cheese salad, toasted hazelnuts (v, gf) 624 kcal 13.

Spanish fish stew, 'Suquet' almond and parsley dressing, charred sourdough bread 1134 kcal 20.

Lamb rosemary pie, green vegetables, buttered mash, red wine gravy (gf) 1310 kcal 19.

Blackened sweet potato salad, wild rice, avocado, sweetcorn, lime and kidney bean salsa (vg, gf) 792 kcal 17.

Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.5

Lashford's pork sausages, buttered mash potato, onion gravy 1106 kcal 18.5

Spring vegetable risotto, peas, broad beans, asparagus, lemon (vg, gf) 389 kcal 11.

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.

Deep fried cod in beer batter, chips, mushy peas, tartare sauce (gf) 1257 kcal 18.5

Puddings and Cheese

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

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

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

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

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

Cheshire Farm Ice Creams and Sorbets

One scoop (vg, gf) 74 kcal 2.5

Two scoops (vg, gf) 148 kcal 5.

Three scoops (vg, gf) 221 kcal 7.5

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

Mocha Coffee (v, gf) 140 kcal, Raspberry Ripple (v, gf) 128 kcal, Milk chocolate sorbet (v, gf) 100 kcal, Raspberry Sorbet (vg, gf) 68 kcal,

Lemon Sorbet (vg, gf) 74 kcal

Coffees and Hot Drinks

All hot drinks are served with a gluten free chocolate and orange flapjack

Hot chocolate (v, gf) 298 kcal 4.5

Cappuccino (v, gf) 81 kcal 4.

Americano (vg, gf) 0 kcal 4.

Espresso (vg, gf) 0 kcal 3.5

Flat white (v, gf) 33 kcal 4.

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

Latte (v, gf) 94 kcal 4.

Double espresso (vg, gf) 1 kcal 4.

Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580 kcal 8.5

Waffle, honeycomb ice cream, toffee sauce (v) 490 kcal 8.5

Sticky toffee pudding, vanilla ice cream (v, gf) 433 kcal 8.5

Childrens Mains

Lashford's pork sausage, chips, peas 480 kcal 10.

Beef burger, melted cheese, chips, salad 621 kcal 10.

Fish fingers, chips and peas (gf) 734 kcal 10.

Mozzarella and tomato topped 'pizza' ciabatta, fries (v) 514 kcal 10.

Roast beef (served pink), Yorkshire pudding (gfa) 697 kcal 15.

Roast pork loin, pork and apple stuffing, apple sauce (gf) 603 kcal 14.

Childrens Puddings

Chocolate brownie, vanilla ice cream (v, gf) 518 kcal 5.

Hot waffle, banana, honeycomb ice cream (v) 307 kcal 5.

Sticky toffee pudding, vanilla ice cream (v, gf) 515 kcal 5.

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.