



# The Old Harkers Arms ~ Sunday menu

~ Tuesday 19th March 2024 ~

## Starters

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- Roasted white onion and cider soup** thyme cream, warm sourdough roll (v, gfa) 551 kcal 7.25
- Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 451 kcal 8.45
- Smoked haddock kedgeree arancini**, curry sauce, mango salsa (gf) 417 kcal 7.95
- Mezze** - marinated aubergine, courgette, blush tomatoes, olives, hummus, toasted pitta (vg) 531 kcal 8.95
- Sticky Asian pork cheek**, pak choi, apple, red chillies, lime (gf) 425 kcal 9.95
- Garlic and rosemary baked Camembert**, carrot and apricot chutney, warm ciabatta for two (v) 1048 kcal 13.95

## Nibbles

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- Garlic and basil Halkidiki olives (vg, gf) 174 kcal 4.95
- Butterbean, garlic dip, seeded flatbread (v, gf) 396 kcal 5.95
- Tandoori king prawns, naan bread 268 kcal 7.95
- Warm breads, olive oil, balsamic vinegar (vg) 719 kcal 6.75
- Crispy squid, sweet chilli mango 422 kcal 6.95
- Crispy chicken wings, gochujang ketchup (gf) 565 kcal 7.25
- Marinated Anchovies in olive oil (gf) 56 kcal 4.25
- Fish Goujons with tartare sauce (gf) 210 kcal 6.45
- Halloumi fries, chilli jam (v, gf) 585 kcal 6.95

## Sunday Roasts - all served with roast potatoes and vegetables

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- Roast beef (served pink)**, with Yorkshire pudding (gfa) 1175 kcal 20.95
- Roast loin of pork**, sage and apple stuffing, crackling apple sauce (gf) 1203 kcal 19.95
- Mixed roast beef (served pink), loin of pork**, all the trimmings 1385 kcal 21.95
- Roast shoulder of lamb**, rosemary red wine gravy (gf) 1141 kcal 24.95
- Mushroom bourguignon pie**, red wine gravy, sauteed greens (vg, gf) 1082 kcal 15.95
- Pigs in blankets, gravy (gf) 380 kcal 5.95
- Honey Roasted Carrots (v, gf) 68 kcal 4.25
- Buttered vegetables (v, gf) 200 kcal 4.25
- Duck fat roast potatoes (gf) 227 kcal 3.95
- Pork and apple stuffing (gf) 698 kcal 4.95
- Broccoli, chilli, almonds (v, gf) 291 kcal 4.45
- Cauliflower cheese (gf) 472 kcal 5.95

## Mains

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- Tandoori hake**, carrot and red onion bhaji, almond pilaf rice, mint raita (gf) 882 kcal 18.95
- Chicken Caesar salad**, gem lettuce, herb croutons, crispy bacon, anchovies, Parmesan 965 kcal 17.95
- Smoked haddock and salmon fishcakes**, tomato, spring onion salad (gf) 775 kcal 14.95
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 16.95
- Honey roasted ham**, (served cold) fried eggs and chips (gf) 1211 kcal 16.95
- Crispy buttermilk chicken burger**, bacon, garlic mayonnaise, fries 1169 kcal 16.95
- Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 17.45
- 7oz Black Angus fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1212 kcal 29.95
- 9oz rump heart steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1438 kcal 24.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 15.95
- Add pulled BBQ pork 104 kcal 2.25

## Sides

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Chunky chips (vg, gf) 535 kcal 4.45	Garlic bread (v) 426 kcal 4.45	Fries (vg, gf) 377 kcal 4.45
Garlic bread, cheese (v) 633 kcal 4.95	Mixed salad (vg, gf) 99 kcal 4.75	Peppercorn sauce (gf) 144 kcal 2.95

## Light bites & Sandwiches

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<b>Stilton red onion broccoli quiche</b> potato and spring onion salad (v, gf) 861 kcal 11.95
<b>Curried cauliflower, coconut fritters</b> , mango salad, katsu dressing, cashew nuts (vg, gf) 778 kcal 12.95
<b>Honey roasted beetroot and goats cheese salad</b> , toasted hazelnuts (v, gf) 624 kcal 12.95
<b>Steak sandwich</b> , Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1111 kcal 14.95

## Puddings & Cheese

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<b>Toasted waffle</b> , toffee sauce, honeycomb ice cream (v) 808 kcal 7.45
<b>Rhubarb, orange and stem ginger sponge</b> , rhubarb, vanilla custard (v) 486 kcal 7.75
<b>Sticky toffee pudding</b> , toffee sauce, vanilla ice cream (v, gf) 752 kcal 7.95
<b>Chocolate and cherry tart</b> , boozy cherries, cherry sorbet (vg) 479 kcal 7.95
<b>Triple chocolate brownie</b> , chocolate sauce, vanilla ice cream (v, gf) 958 kcal 7.95
<b>Local cheese</b> with grapes, chutney, and biscuits (v, gfa) 539 kcal 10.95

## Ice cream and Sorbets

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Ice Cream; Vanilla (v, gf) 127 kcal , Marmalade (v, gf) 118 kcal , Chocolate (v, gf) 127 kcal , Strawberry (v, gf) 122 kcal ,  
Honeycomb (v, gf) 137 kcal

Sorbets; Orange Sorbet (vg, gf) 72 kcal , Passion Fruit Sorbet (vg, gf) 60 kcal , Cherry Sorbet (vg, gf) 83 kcal ,  
Coconut Sorbet (vg, gf) 61 kcal , Lemon Sorbet (vg, gf) 74 kcal

One scoop (vg, gf) 2.50	Two scoops (vg, gf) 5.00	Three scoops (vg, gf) 7.50
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## Coffee & Hot drinks

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Hot chocolate (v, gf) 298 kcal 4.45	Cappuccino (v, gf) 127 kcal 3.95	Latte (v, gf) 128 kcal 3.95
Americano (vg, gf) 0 kcal 3.75	Flat white (v, gf) 47 kcal 3.95	Selection of tea (v, gf) 24 kcal 3.95
Double espresso (vg, gf) 0 kcal 3.75	Espresso (vg, gf) 0 kcal 3.45	Irish coffee (v, gf) 135 kcal 7.95

## Small Pudding

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Choose a mini version of our puddings with a tea or coffee of your choice for £8.45

<b>Sticky toffee pudding</b> , vanilla ice cream (v, gf) 433 kcal 8.45
<b>Triple chocolate brownie</b> , vanilla ice cream, chocolate sauce (v, gf) 580 kcal 8.45