



The Prae Wood Arms ~ Daily Menu

~ Tuesday 9th April 2024 ~

Whet your Whistle

Hayman's Peach & Rose Cup – with London essence White Peach & Jasmine soda, served with orange 7.45

Sea Change 125ml glass - Non-alcoholic Prosecco, served with fresh Strawberry 6.95

Starters

Roasted tomato and red pepper soup, warm sourdough roll, butter (v, gfa) 533 kcal 7.45

Chicken liver pâté, apple cider chutney, toasted bloomer 468 kcal 8.45

Smoked salmon, dill cream cheese, caper and fennel salad, malted bread 422 kcal 10.95

Pressed belly pork, rhubarb, apple and ginger (gf) 461 kcal 8.75

Pan-seared scallops, pea purée, edamame beans, air dried ham crisp (gf) 362 kcal 15.95

Courgette salad, vegan labneh, toasted nuts and seeds, broad beans, mint, lemon oil (vg, gf) 257 kcal 7.45

Nibbles

Halloumi fries, tomato relish (v, gf) 538 kcal 7.25

Steamed vegetable gyoza, chilli mango (vg) 280 kcal 6.25

Crispy squid, sweet chilli mango 422 kcal 7.45

Nocellara olives (vg, gf) 221 kcal 4.75

Stuffed peppers, olives, blushed tomatoes (v, gf) 137 kcal 6.25

Whipped feta with lemon, honey and baked pitta (v) 438 kcal 4.95

Sweet chilli king prawns, ciabatta 744 kcal 7.95

Red pepper hummus, pitta (vg) 430 kcal 6.25

BBQ chicken wings (gf) 758 kcal 7.45

Catalan bread, garlic, tomato, Serrano ham 234 kcal 6.25

Mains

7oz fillet steak, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1205 kcal 32.95

10oz Ridings Reserve sirloin steak, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1378 kcal 29.95

Roast rump of lamb, pea purée, crumbed feta, broad beans and tapenade (gf) 954 kcal 27.95

Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.95

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

Steak, ale and mushroom pie, mash, buttered greens, red wine gravy (gf) 1195 kcal 17.95

Honey roasted ham, (served cold) fried eggs and chips (gf) 1211 kcal 16.95

Pan fried chicken, Gorgonzola gnocchi, smoked pancetta, button mushrooms, white wine sauce 757 kcal 18.45

Deep fried cod in beer batter, chips, mushy peas, tartare sauce (gf) 1257 kcal 17.45

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

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

King prawn and chorizo salad, harissa chick peas, roasted red peppers (gf) 689 kcal 17.95

Sides

Chunky chips (vg, gf) 535 kcal 4.45

Fries (vg, gf) 377 kcal 4.45

Peppercorn sauce (gf) 144 kcal 2.95

Garlic bread (v) 426 kcal 4.75

Garlic bread, cheese (v) 621 kcal 4.95

Buttered vegetables (v, gf) 200 kcal 4.95

Tomato, rocket salad (vg, gf) 68 kcal 4.95

Light Bites

Fillet steak sandwich, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries *1001 kcal* 15.25

Bacon and brie ciabatta red onion marmalade *632 kcal* 10.45

Open prawn sandwich, Marie Rose, little gem and cucumber salad (gf) *419 kcal* 9.95

Smoked haddock and salmon fishcake, tomato, spring onion salad (gf) *486 kcal* 13.95

Asparagus feta pea and mint quiche, apple, celery, grape salad, potato salad (v, gf) *868 kcal* 12.95

Puddings

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

Banoffee trifle, sticky cake, ginger, banana, toffee sauce, vanilla cream (v, gf) *732 kcal* 7.95

Biscoff cheesecake, raspberry sorbet (vg) *543 kcal* 8.45

Glazed passion fruit tart, coconut ice cream (v) *705 kcal* 7.95

Cheeseboard

A selection of British cheeses, biscuits, quince, chutney, grapes, celery (v) *820 kcal* 12.95

Nose of cheese, choose one of the cheeses overleaf, biscuits and chutney (v) *272 kcal* 3.95

Quickes Cheddar, West Country English Brie, Ashlynn Goats cheese, Applewood Smoked Cheddar, Oxford Blue

Cheshire Farm Ice Cream and Sorbets

One scoop (vg, gf) 2.50

Two scoops (vg, gf) 5.00

Three scoops (vg, gf) 7.50

Vanilla (v, gf) *127 kcal*

Chocolate (v, gf) *127 kcal*

Strawberry (v, gf) *122 kcal*

Coconut (v, gf) *219 kcal*

Lemon Sorbet (vg, gf) *74 kcal*

Blackcurrant Sorbet (vg, gf) *68 kcal*

Passion Fruit Sorbet (vg, gf) *60 kcal*

Raspberry Sorbet (vg, gf) *68 kcal*

Hot drink and Small Pudding

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

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) *580 kcal* 8.45

Sticky toffee pudding, vanilla ice cream (v, gf) *433 kcal* 8.45

Coffee and Tea

All Coffees and Teas are served with a gluten free flapjack

GF flapjack (v, gf) *129 kcal* 0.51

Espresso (vg, gf) *0 kcal* 3.75

Latte (v, gf) *128 kcal* 4.25

Cappuccino (v, gf) *127 kcal* 4.25

Hot chocolate (v, gf) *298 kcal* 4.45

Cafetière of coffee (v, gf) *47 kcal* 4.25

Americano (vg, gf) *0 kcal* 3.95

Double espresso (vg, gf) *0 kcal* 3.95

Flat white (v, gf) *47 kcal* 4.25

Mocha coffee (v, gf) *196 kcal* 4.45

Selection of tea (v, gf) *24 kcal* 3.95

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.