



The Prae Wood Arms ~ Bank Holiday Menu

~ Thursday 7th May 2026 ~

While you wait

Silver Reign English Sparkling Wine 10.85

Sea Change - Non-alcoholic Prosecco 6.95

Starters

Roasted tomato and red pepper soup, warm seeded roll, butter (v, gfa) 478 kcal 7.65

Chicken liver pâté, apple and cider chutney, toasted bloomer (gfa) 515 kcal 8.95

Smoked salmon, Bloody Mary dressing, salted cucumber, horseradish cream 177 kcal 11.75

Lamb and red pepper meatball, toasted flatbread, cumin hummus, pickled shallots and coriander 475 kcal 9.95

Sun blushed tomato and basil risotto, vegan prosociano crisp (vg, gf) 381 kcal 10.95

Pan-seared scallops, carrot purée, samphire, chorizo and feta crumb (gf) 393 kcal 14.95

Nibbles

Beetroot hummus, flatbread (vg) 510 kcal 6.95

Crispy squid with sweet chilli mango 412 kcal 7.95

Sticky five spiced chicken wings (gf) 454 kcal 7.95

Chilli prawns, garlic, bread 501 kcal 9.45

Halloumi fries, harissa mayonnaise (v, gf) 703 kcal 7.95

Nocellara, Gaeta, Cerignola olives (vg, gf) 222 kcal 4.95

Roasts

All our roasts are served with duck fat roast potatoes, celeriac puree, buttered greens, and gravy.

Roast beef, with Yorkshire pudding (gfa) 1181 kcal 23.45

Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce 1201 kcal 22.95

Braised shoulder of lamb, rosemary gravy (gf) 1379 kcal 27.45

Mixed roast beef, slow roasted belly, all the trimmings 1502 kcal 26.95

Butternut squash, wild mushroom, chestnut and lentil wellington, roast potatoes, vegetables, gravy (vg) 693 kcal 17.45

Sides

Duck fat roast potatoes (gf) 232 kcal 4.65

Fries (vg, gf) 377 kcal 4.95

Garlic bread, cheese (v) 629 kcal 5.75

Chunky chips (vg, gf) 535 kcal 4.95

Garlic bread (v) 421 kcal 5.45

Buttered vegetables (v, gf) 175 kcal 5.15

Mains

Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1380 kcal 18.95

Beer battered fish and chips, mushy peas, tartare sauce (gf) 1278 kcal 19.45

Pan fried sea bass, chorizo potatoes, red peppers, blushed tomato, watercress purée (gf) 608 kcal 22.95

Chicken and wild mushroom pie, buttered mash, green vegetables, red wine gravy (gf) 1315 kcal 19.45

Smoked haddock and salmon fishcakes, tomato, spring onion salad (gf) 849 kcal 18.95

Basil gnocchi, tomato sauce, roasted peppers, aubergine, toasted pumpkin seeds (vg) 545 kcal 17.25

Feta, red pepper, blushed tomato quiche, crème fraîche new potato salad (v, gf) 827 kcal 13.25

Puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) *899 kcal* 8.95

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) *651 kcal* 8.75

Rhubarb and orange cheesecake pot, (low sugar) (v) *438 kcal* 7.95

Toasted waffle, warm forest berries, white chocolate Oreo ice cream, chocolate sauce (v) *799 kcal* 7.95

Biscoff and salted dark chocolate pot, raspberry sorbet (vg) *596 kcal* 8.45

Cheeseboards

Cheese, biscuits, quince, carrot and apricot chutney, grapes and celery, select from below (v) *472 kcal*

One cheese (v) 4.95

Three cheeses (v) 11.95

Five cheeses (v) 14.95

Rosary goats' cheese (v, gf) *79 kcal*

Kentish blue (v, gf) *100 kcal*

Pont-l'Évêque (gf) *73 kcal*

Smoked applewood Cheese (v, gf) *103 kcal*

Butlers Secret Cheddar (v, gf) *125 kcal*

Cheshire Farm Ice Cream and Sorbets

One scoop (vg, gf) 2.95

Two scoops (vg, gf) 5.90

Three scoops (vg, gf) 8.75

Vanilla (v, gf) *125 kcal*

Chocolate (v, gf) *127 kcal*

Raspberry Ripple (v, gf) *128 kcal*

Strawberry (v, gf) *124 kcal*

Honeycomb (v, gf) *137 kcal*

Cinnamon (v, gf) *125 kcal*

Lemon Sorbet (vg, gf) *74 kcal*

Blackcurrant Sorbet (vg, gf) *68 kcal*

Passion Fruit Sorbet (vg, gf) *71 kcal*

Coffee and Hot Drinks

All Coffee and Tea are served with a gluten free flapjack

Americano (vg, gf) *0 kcal* 4.15

Espresso (vg, gf) *0 kcal* 3.95

Double espresso (vg, gf) *0 kcal* 4.15

Latte (v, gf) *122 kcal* 4.45

Flat white (v, gf) *47 kcal* 4.45

Cappuccino (v, gf) *48 kcal* 4.45

Mocha coffee (v, gf) *194 kcal* 4.45

Hot chocolate (v, gf) *299 kcal* 4.65

Cafetière of coffee (v, gf) *53 kcal* 4.45

Selection of tea (v, gf) *24 kcal* 4.15

Hot Drink and a Small Pudding

Sticky toffee pudding, vanilla ice cream (v, gf) *385 kcal* 9.25

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) *580 kcal* 9.25



Additional Menu Information

Please speak to a member of crew if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.