



# The Horse & Groom ~ Daily Menu

~ Monday 8th April 2024 ~

## Starters

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- Carrot, orange and coriander soup**, warm sourdough roll (v, gfa) 521 kcal 7.25
- Coriander falafel**, tabbouleh, preserved lemon and tahini dressing (vg) 630 kcal 8.25
- Peppery smoked mackerel**, bloody Mary jelly, shaved fennel, lemon sorrel, sourdough crisps 403 kcal 9.95
- Jerk chicken**, rice and pea fritter, pineapple salsa (gf) 413 kcal 7.95
- Pan fried scallops**, cauliflower puree, bacon jam, apple (gf) 317 kcal 15.95
- Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 451 kcal 8.45
- Whipped goats cheese**, pickled rhubarb, beetroot, pistachio toasted granola (v) 396 kcal 8.45
- Garlic and rosemary baked Camembert**, carrot and apricot chutney, warm ciabatta for two (v) 1059 kcal 14.95

## Nibbles

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| Halloumi fries, harissa mayonnaise (v, gf) 696 kcal 7.45 | Sticky bang bang pork (gf) 425 kcal 7.25              |
| Mini poppadoms, with dips (v, gf) 244 kcal 5.75          | Tandoori king prawns, naan bread 268 kcal 8.25        |
| Crispy baby squid, garlic mayonnaise 433 kcal 6.95       | Cauliflower bao bun, sriracha mayo (vg) 437 kcal 6.75 |

## Mains

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- Lamb rosemary pie**, green vegetables, buttered mash, red wine gravy (gf) 1310 kcal 18.25
- Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 17.45
- Tomato and mozzarella gnocchi**, tomato sauce, basil, cavolo nero (v) 716 kcal 17.25
- Fish pie**, salmon, smoked haddock, king prawns, boiled egg, French style peas (gf) 1111 kcal 19.45
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.25
- Braised shoulder of lamb**, crushed minted new potatoes, rosemary gravy (gf) 915 kcal 23.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 16.95
- Sticky lime and ginger chicken breast**, Thai red curry sauce, coconut rice, pak choi (gf) 719 kcal 19.95
- Buttercross farm pork and leek sausages**, buttered mashed potatoes, onion gravy (gf) 924 kcal 16.95
- Braised pork ribeye**, dauphinoise potato, celeriac purée, red wine gravy (gf) 1268 kcal 18.95
- Pan seared sea bass, smoked haddock, clam and mussel chowder** saffron potatoes, sea vegetables (gf) 729 kcal 22.95
- Teriyaki tofu with lime basmati rice**, pickled cucumber, black sesame seed, chilli and coriander (vg, gf) 503 kcal 16.95
- 10oz 30 day aged Scotch ribeye steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1346 kcal 33.95

## Light Bites

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- Smoked Cheddar and leek quiche**, crème fraîche new potatoes, tomato salad (v, gf) 803 kcal 11.95
- Smoked haddock and salmon fishcake**, lemon, dill hollandaise, poached egg (gf) 541 kcal 14.95
- Honey roasted beetroot and goats cheese salad**, toasted hazelnuts (v, gf) 624 kcal 12.95
- Open prawn sandwich**, Marie Rose, rocket and cucumber salad (gfa) 497 kcal 9.95
- Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1001 kcal 14.95

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Adults need around 2000 kcal a day.

The Horse & Groom - [www.horseandgroom-harehatch.co.uk](http://www.horseandgroom-harehatch.co.uk) - 01189 403 136

## Sides

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Fries (vg, gf) 377 kcal 4.65	Chunky chips (vg, gf) 535 kcal 4.65	Cauliflower cheese (v, gf) 392 kcal 5.95
Garlic bread (v) 426 kcal 4.95	Caesar salad 325 kcal 5.95	Buttered vegetables (v, gf) 200 kcal 4.95
New potatoes (v, gf) 218 kcal 3.95	Honey Roasted Carrots (v, gf) 68 kcal 4.25	Tomato, rocket salad (vg, gf) 68 kcal 4.95

## Puddings

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<b>Crème brûlée</b> , shortbread (v, gf) 789 kcal 8.25
<b>Sticky toffee pudding</b> , toffee sauce, vanilla ice cream (v, gf) 752 kcal 7.95
<b>Triple chocolate brownie</b> , chocolate sauce, vanilla ice cream (v, gf) 958 kcal 7.95
<b>Rhubarb and custard tart</b> , bitter orange purée, Sicilian lemon sorbet (v) 632 kcal 8.45
<b>Spiced coconut arancini</b> , glazed pineapple, passion fruit sorbet, rum syrup (vg, gf) 436 kcal 7.95
<b>Oreo cookies and cream pie</b> , chocolate sauce, raspberry sorbet (v) 863 kcal 7.95
<b>Hot waffle</b> , caramelised banana, toffee sauce, honeycomb ice cream (v) 796 kcal 7.95

## Ice Cream & Sorbets

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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	Honeycomb (v, gf) 137 kcal
Vegan Coconut (vg, gf) 82 kcal	Vegan Vanilla (vg, gf) 75 kcal	Passion Fruit Sorbet (vg, gf) 60 kcal
Raspberry Sorbet (vg, gf) 68 kcal	Lemon Sorbet (vg, gf) 74 kcal	

## Hot Drinks with a Small Pudding

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<b>Waffle</b> , honeycomb ice cream, toffee sauce (v) 490 kcal 8.65
<b>Mini crème brûlée</b> , shortbread (v, gf) 498 kcal 8.65
<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

## Coffees & Hot Drinks

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Cappuccino (v, gf) 127 kcal 4.45	Flat white (v, gf) 47 kcal 4.45	Latte (v, gf) 128 kcal 4.45
Americano (vg, gf) 0 kcal 3.95	Espresso (vg, gf) 0 kcal 3.45	Double espresso (vg, gf) 0 kcal 3.85
Cafetière of coffee (v, gf) 47 kcal 4.05	Hot chocolate (v, gf) 298 kcal 4.45	Selection of tea (v, gf) 24 kcal 3.95

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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.