## The Telegraph ~ Daily Menu

~ Wednesday 10th April 2024 ~

## Starters and Nibbles

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Roasted tomato and red pepper soup, warm sourdough roll, butter (v,gfa) 533 kcal 7.5
Braised lamb breast, feta, pomegranate, pea purée, lamb jus (gf) 363 kcal 9.5
Coriander falafel, tabbouleh, preserved lemon and tahini dressing (vg)630kcal 9.
Chicken liver pâté, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 9.5
Char-grilled bruschetta, burrata, oven-dried tomatoes and basil pesto (v) 702 kcal 10.5
Nocellara olives (vg,gf) 221 kcal 5. Padron peppers, sea salt (vg, gf) 131 kcal 7.
Korean chicken wings, kimchi salad (gf) 548 kcal 8. Red pepper and tomato hummus, seeded thins (v,gf)423kcal 6.5
Crispy chilli beef, cashew nuts (gf) 571 kcal 7.5 Halloumi fries, tomato relish (v,gf)538 kcal 7.
Tandoori king prawns, naan bread 268kcal 8.5 Warm breads, olive oil, balsamic vinegar (vg)719kcal 7.
Steamed vegetable gyoza, chilli mango (vg) 280 kcal 6.
Crispy squid, sweet chilli mango 422 kcal 7.5
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## Light Bites

Fillet steak sandwich, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1001 kcal 16.5
Char siu pork, egg noddle salad, chilli, coriander and toasted peanuts 716 kcal 14.5
Courgette, cherry tomato and feta quiche, crème fraîche new potato salad (v, gf) 823 kcal 13.5
Smoked haddock and salmon fishcake, tomato, spring onion salad (gf) 486 kcal 14.5
Crispy sticky bang bang tofu salad, sesame miso dressing, toasted peanuts (vg, gf) 849 kcal 13.

## Mains

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Deep fried cod in beer batter, chips, mushy peas, tartare sauce (gf) 1257 kcal 18.5
Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.5
Appleby's Cheshire cheese, onion and potato pie buttered greens, roast potatoes (v, gf) 1295 kcal 17.
Roast rump of lamb (pink) thyme fondant potato, white bean purèe, lamb jus (gf) 829 kcal 28.
Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 18.
Moving Mountain burger, vegan cheddar, spicy tomato mayonnaise, fries (vg) 1227 kcal 16.
Chicken Caesar salad, gem lettuce, herb croutons, crispy bacon, anchovies, Parmesan 965 kcal 19.
Pan-fried trout, pea and asparagus risotto, roasted cauliflower purée, salsa verde (gf) 674 kcal 22.5
Steak, ale and mushroom pie, mash, buttered greens, red wine gravy (gf) 1195 kcal 18.
Buttercross farm pork and leek sausages, buttered mashed potatoes, onion gravy (gf) 924 kcal 17.
Bacon chop, fried egg, grilled pineapple, chunky chips (gf) 824kcal 18.
Devon crab and king prawn linguine, ginger, red chilli and coriander 789 kcal 19.
Onglet "steak frites" béarnaise sauce, watercress salad (served pink) (gf) 1270 kcal 23.
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## Sides

| Chunky chips (vg, gf) 535 kcal 5. | Fries (vg, gf) 377 kcal 5. |
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| Truffle parmesan fries (gf) 453 kcal 6.5 | Garlic bread, cheese (v) 621 kcal 5.5 |
| Garlic bread (v) 426 kcal 5. | Buttered vegetables (v, gf) 200 kcal 5. |
| Mixed salad (vg, gf) 99 kcal 5. | Broccoli, chilli, almonds (v, gf) 291 kcal 5.5 |

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 20 ppm 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

