

The Red Fox ~ Sunday Menu

~ Monday 15th April 2024 ~

Nibbles and Starters

- Garlic and basil Halkidiki olives (vg, gf) 174 kcal 4.95 Crispy baby squid, garlic mayonnaise 433 kcal 6.95
BBQ chicken wings (gf) 758 kcal 6.95 Halloumi fries, tomato relish (v, gf) 538 kcal 6.95
Satay king prawn skewer 285 kcal 7.95 Beetroot hummus, seeded thins (v, gf) 309 kcal 5.95
- Lightly curried butternut squash soup**, coriander and lime crème fraîche, warm sourdough roll (v, gfa) 512 kcal 7.25
Steamed vegetable parcels, wild mushroom, soy and miso broth (vg) 443 kcal 7.95
Chicken liver pâté, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 8.45
Sticky five spiced chicken thigh, cucumber, spring onion, hoisin and pancakes 437 kcal 8.95
Whipped goats cheese, pickled rhubarb, beetroot, pistachio toasted granola (v) 396 kcal 7.95
Mussels, cider, leeks, bacon and cream, warm ciabatta (gfa) 484 kcal 8.95

Roasts

- Roast beef (served pink)**, with Yorkshire pudding (gfa) 1184 kcal 20.95
Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce (gf) 1271 kcal 18.95
Mixed roast beef (served pink), porchetta (slow roasted belly), all the trimmings 1444 kcal 21.95
Roast shoulder of lamb, rosemary red wine gravy (gf) 1150 kcal 24.95
Half roast chicken, sage and apple stuffing, sausage wrapped in bacon (gf) 1480 kcal 19.95
Appleby's Cheshire cheese, onion and potato pie buttered greens, roast potatoes (v, gf) 1295 kcal 15.95
Mushroom bourguignon pie with red wine gravy and sauteed greens (vg, gf) 438 kcal 15.95
- All of the above served with roast potatoes, seasonal vegetables and gravy

Sides

- Duck fat roast potatoes (gf) 227 kcal 3.95 Cauliflower cheese (gf) 471 kcal 5.95 Pigs in blankets (gf) 536 kcal 6.25

Mains

- Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1285 kcal 16.95
10oz Black Angus ribeye steak, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1394 kcal 29.95
Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, chips 1384 kcal 16.95
Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 16.95
Teriyaki and sesame trout, egg noodles, tenderstem broccoli, ginger and soy broth 699 kcal 21.95
9oz rump heart steak, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1438 kcal 24.95
Pea and mint tortellini, vegan parmesan crisp, garden pea velouté (vg) 530 kcal 16.95

Sides

- Chunky chips (vg, gf) 535 kcal 4.45 Fries (vg, gf) 377 kcal 4.45 Garlic bread (v) 426 kcal 4.95
Garlic bread, cheese (v) 621 kcal 5.95 Mixed salad (vg, gf) 99 kcal 4.75 Buttered vegetables (v, gf) 200 kcal 4.25
New potatoes (v, gf) 218 kcal 3.95

Puddings and Cheese

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

Mascarpone and lemon cheesecake, raspberry sorbet (v) *510 kcal* 8.95

Rhubarb, orange and stem ginger sponge, rhubarb, vanilla custard (v) *486 kcal* 7.75

Dark chocolate posset, praline crunch, orange sorbet (vg, gf) *703 kcal* 7.95

Crème brûlée, shortbread (v, gf) *789 kcal* 7.95

Hot waffle, caramelised banana, toffee sauce, honeycomb ice cream (v) *796 kcal* 7.45

A selection of British cheese, biscuits, chutney, celery (v) *927 kcal* 11.95

Shropshire Blue, Barber's cheddar and Brie.

Nose of cheese, choose one cheese from above, biscuits and chutney (v) *272 kcal* 3.95

Ice Cream and Sorbets

Strawberry (v, gf) *122 kcal* , Chocolate (v, gf) *127 kcal* , Vanilla (v, gf) *127 kcal* , Raspberry Ripple (v, gf) *128 kcal* ,

Toffee Fudge (v, gf) *138 kcal* , Honeycomb (v, gf) *137 kcal* , Espresso (v, gf) *170 kcal*

Blackcurrant Sorbet (vg, gf) *68 kcal* , Cherry Sorbet (vg, gf) *83 kcal* , Passion Fruit Sorbet (vg, gf) *60 kcal* , Raspberry Sorbet (vg, gf) *68 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

Hot Drink with a Small Pudding

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

Waffle, honeycomb ice cream, toffee sauce (v) *490 kcal* 8.45

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

Coffee and Hot Drinks

All hot drinks are served with a gluten free fruit flapjack

GF fruity flapjack (v, gf) *102 kcal* 0.42

Latte (v, gf) *94 kcal* 3.95

Double espresso (vg, gf) *1 kcal* 3.45

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

Cappuccino (v, gf) *81 kcal* 3.95

Flat white (v, gf) *33 kcal* 3.95

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

Americano (vg, gf) *0 kcal* 3.45

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.