



The Sparrowhawk ~ Pudding Menu

One of the best things about eating out is that sooner or later you get to puddings and cheese.....

Puddings

St Clements trifle, orange, lemon and vanilla cream (vg, gf) 371 kcal 7.95

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

Caramelised apple tart Tatin, vanilla ice cream, Calvados toffee sauce (v) 584 kcal 7.95

Black forest sundae; brownie, boozy cherries, vanilla ice cream, chocolate sauce, Chantilly cream (v, gf) 845 kcal 9.95

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

Bramley apple and blackberry crumble tart, blackcurrant sorbet (vg) 516 kcal 7.95

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 752 kcal 7.95

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 958 kcal 7.95

Scone, jam and clotted cream (v) 659 kcal 4.25

Box of Flapjacks available to enjoy in the comfort of your own home (v, gf) 2193 kcal 7.95

Cheshire Farm Ice Cream

One scoop (vg, gf) 74 kcal 2.50	Two scoops (vg, gf) 148 kcal 5.00	Three scoops (vg, gf) 221 kcal 7.50
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Choose from a selection of flavours: , Vanilla (v, gf) 127 kcal , Chocolate (v, gf) 127 kcal , Espresso (v, gf) 170 kcal , Honeycomb (v, gf) 137 kcal , Salted Caramel (v, gf) 135 kcal , Raspberry Ripple (v, gf) 128 kcal , Strawberry (v, gf) 122 kcal , Milk chocolate sorbet (v, gf) 100 kcal , Raspberry Sorbet (vg, gf) 68 kcal , Blackcurrant Sorbet (vg, gf) 68 kcal , Lemon Sorbet (vg, gf) 74 kcal , Cherry Sorbet (vg, gf) 83 kcal , Passion Fruit Sorbet (vg, gf) 60 kcal ,

Adults need around 2000 kcal a day.

The Sparrowhawk - www.sparrowhawk-formby.co.uk - 01704 882 350

Digestifs

Mira la Mar Pedro Ximenez - 15% abv

A classic PX sherry; full of flavours of treacle, raisins, candied peel and figs. Great with anything chocolatey 4.50

Chuchill's Reserve Port - 20% abv

A dense, rich and plummy port with mulberry like fruit notes and good levels of tannin. Perfect with any cheese. Have a miniature bottle for the table (serves 4) 19.95

Our Cheeses

Shorrocks Bomb Strong Cheddar - The Shorrock family have been making Lancashire Cheese for generations.

Kidderton Ash Goats Cheese - Made at Butlers farmhouse cheeses in Inglewhite, each cheese is coated and matured with ash for a distinctive finish. A bright white cheese that only gets creamier with each mouthful!

Croxton Manor Brie - West Country Brie is creamy with a mild, fresh flavour and a soft edible white rind.

Nose of cheese, choose one cheese from above, biscuits and chutney (v) 272 kcal 4.95

A selection of cheese biscuits, quince, fruit cake, chutney, grapes, celery 1240 kcal 12.95

add a glass of ruby port 3.95

Coffee and Hot Drinks

All hot drinks are served with a gluten free flapjack. Oat milk available for 50p surcharge.

Cappuccino (v, gf) 127 kcal 4.25

Americano (vg, gf) 0 kcal 3.75

Macchiato (v, gf) 29 kcal 4.25

Espresso (vg, gf) 0 kcal 3.45

Irish coffee (v, gf) 135 kcal 7.95

Selection of tea (v, gf) 24 kcal 3.95

Latte (v, gf) 128 kcal 4.25

Flat white (v, gf) 47 kcal 4.25

Double espresso (vg, gf) 0 kcal 3.75

Cafetière of coffee (v, gf) 47 kcal 3.95

Hot chocolate (v, gf) 298 kcal 4.45

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.