The Sparrowhawk ~ Sunday Menu

Starters and Nibbles

Carrot and orange soup, coriander, crispy shallots, warm seeded roll (v) *481 kcal* 7.45
Smoked salmon, Bloody Mary dressing, salted cucumber, horseradish cream *236 kcal* 10.95
Black pudding, bubble and squeak cake, crispy leeks, poached egg, mustard sauce (gf) *414 kcal* 8.75
Chestnut gnocchi, mushroom velouté, beetroot purée, truffle oil, tarragon and hazelnuts (vg) *352 kcal* 8.25
Chicken liver pâté, carrot and apricot chutney, toasted bloomer (gfa) *514 kcal* 8.95
Baked camembert, candied walnuts, celery, apricot chutney, ciabatta croutes (v) *760 kcal* 9.95

Beetroot hummus, flatbread (vg) *504 kcal* 6.45
Crispy chilli beef, cashew nuts (gf) *474 kcal* 7.95
Southern fried oyster mushrooms (vg, gf) *458 kcal* 6.25
Spicy chorizo, honey, red wine (gf) *617 kcal* 6.95
Salt and pepper chicken wings (gf) *651 kcal* 6.95
Crispy squid, sweet chilli *414 kcal* 6.95
Halloumi fries, tomato relish (v, gf) *554 kcal* 7.45
Nocellara, Gaeta, Cerignola olives (vg, gf) *222 kcal* 4.95

Sunday Roasts

All served with roast potatoes, seasonal vegetables and gravy

Roast beef (served pink), with Yorkshire pudding (gfa) *1183 kcal* 21.95
Roast loin of pork, sage and apple stuffing, crackling apple sauce (gf) *995 kcal* 20.95
Mixed roast beef (served pink), loin of pork, all the trimming (gfa) *1267 kcal* 22.95
Roast shoulder of lamb, rosemary red wine gravy (gf) *1132 kcal* 25.95
Slow cooked roasted duck leg, orange purée, red wine jus (gf) *1177 kcal* 19.95
Mushroom bourguignon pie, red wine gravy (vg, gf) *1085 kcal* 16.95

Pigs in blankets (gf) *519 kcal* 6.95
Buttered vegetables (v, gf) *178 kcal* 4.45
Truffle parmesan fries (gf) *450 kcal* 5.95
Cauliflower cheese (v, gf) *379 kcal* 5.95
Chunky chips (vg, gf) *535 kcal* 4.45
Garlic bread (v) *426 kcal* 4.95
Duck fat roast potatoes (gf) *232 kcal* 4.25
Fries (vg, gf) *377 kcal* 4.45
Garlic bread, cheese (v) *621 kcal* 5.45

Mains and Light Bites

8oz British sirloin 28 day dry aged, pepper sauce, portobello mushroom, tomato, chunky chips (gf) *1413 kcal* 31.95
Steak burger beer onions, grilled bacon, Monterey Jack cheese, spiced tomato mayonnaise, fries *1395 kcal* 17.95
Change to Truffle and Parmesan fries (gf) *500 kcal* 1.50
Beer battered fish and chips, mushy peas, tartare sauce (gf) *1278 kcal* 17.95
Spicy butterbean, red pepper and smoky tomato hotpot, wilted greens, roast parsnip (vg, gf) *471 kcal* 16.95
Pan fried sea bass, saffron celeriac fondant, fennel croquettes, mussels, white wine sauce (gf) *928 kcal* 22.95
Appleby's Cheshire cheese, onion and potato pie, green vegetables, white wine mustard sauce (v, gf) *1214 kcal* 17.45
Crispy beef salad, sweet chilli sauce, roasted cashew nuts (gf) *873 kcal* 17.45
Beetroot falafel, coconut feta, edamame bean, orange and chicory salad (vg) *507 kcal* 11.95
Chicken, ham and leek pie, buttered mash, green vegetables, white wine and tarragon sauce (gf) *1322 kcal* 17.95
Buttercross farm Cumberland sausages, buttered mash, onion gravy (gf) *1011 kcal* 17.25
Smoked haddock and salmon fishcakes, tomato, spring onion salad (gf) *955 kcal* 16.95
Southern fried chicken burger, smashed avocado, smoked streak bacon, Monterey Jack, bbq sauce, fries *996 kcal* 16.95
Fish pie, salmon, hake, smoked haddock, king prawns, boiled egg, French style peas (gf) *945 kcal* 20.95

Puddings

Apple and cinnamon pie, vanilla custard (v, gf) *499 kcal* 7.95
Biscoff cheesecake, raspberry sorbet (vg) *666 kcal* 8.75
Raspberry ripple Arctic slice, raspberry sauce (v) *378 kcal* 8.95
Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) *899 kcal* 8.45
Blackberry and sticky apple sponge, vanilla custard (v) *562 kcal* 8.45
Tiramisu, chocolate sauce, mocha ice cream (v) *629 kcal* 8.95
Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) *733 kcal* 8.75
Toasted waffle, warm forest berries, white chocolate Oreo ice cream, chocolate sauce (v) *794 kcal* 7.95
Scone, jam and clotted cream (v) *592 kcal* 4.45
Box of Flapjacks available to enjoy in the comfort of your own home (v) *1760 kcal* 7.95

Cheeseboard

Cheese, biscuits, quince, carrot and apricot chutney, grapes and celery, select from below (v) *474 kcal*

Shorrocks Lancashire Bomb (v, gf) *103 kcal*
Brie Plaisir De Roy (v, gf) *104 kcal*
Blacksticks Blue (v, gf) *98 kcal*
Kidderton Ash Goats (v, gf) *83 kcal*
Garstang Blue (v, gf) *101 kcal*

Five cheeses (v) *474 kcal* 14.95
Three cheeses (v) *308 kcal* 10.95
One cheese (v) *164 kcal* 4.95

Cheshire Farm Ice Cream and Sorbet

Chose from a selection of flavours for 2.75 per scoop

Ice cream;
Vanilla (v, gf) *125 kcal* / Strawberry (v, gf) *124 kcal* / Chocolate (v, gf) *127 kcal* / Honeycomb (v, gf) *137 kcal* /
Raspberry Ripple (v, gf) *128 kcal* / Salted Caramel (v, gf) *135 kcal*

Sorbet;
Raspberry Sorbet (vg, gf) *68 kcal* / Passion Fruit Sorbet (vg, gf) *71 kcal* / Lemon Sorbet (vg, gf) *74 kcal* / Cherry Sorbet (vg, gf) *83 kcal*

Small pudding and a hot drink

Toasted waffle, warm forest berries, white chocolate Oreo ice cream, chocolate sauce (v) *526 kcal* 8.95
Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) *584 kcal* 8.95
Sticky toffee pudding, vanilla ice cream (v, gf) *431 kcal* 8.95
Fruit Scone with raspberry jam and clotted cream (v) *577 kcal* 8.45

Hot Drinks

All hot drinks are served with a gluten-free fruity homemade flapjack

Selection of tea (v, gf) *24 kcal* 3.95
Cafetière of coffee (v, gf) *58 kcal* 3.95
Americano (vg, gf) *0 kcal* 3.75
Double espresso (vg, gf) *0 kcal* 3.95
Macchiato (v, gf) *12 kcal* 4.25
Flat white (v, gf) *47 kcal* 4.25
Cappuccino (v, gf) *52 kcal* 4.25
Latte (v, gf) *122 kcal* 4.25
Mocha coffee (v, gf) *198 kcal* 3.95
Irish coffee (v, gf) *135 kcal* 7.95
Hot chocolate (v, gf) *299 kcal* 4.95
Hot chocolate and Baileys (v, gf) *336 kcal* 5.95

Additional Menu Information

We always advise you to speak to a member of crew if you have any food allergies or intolerances.
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;. however, as we handle many allergens in our busy kitchens, we therefore cannot guarantee all traces of allergens are completely removed.

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