



The Prae Wood Arms ~ Father's Day Menu

~ Monday 22nd June 2026 ~

While you wait

Sea Change - Non-alcoholic Prosecco 6.95

Sipsmith Negroni - Sipsmith London Dry, Campari and Vermouth

Starters

Cherry tomato gazpacho, heritage tomatoes, basil oil, charred focaccia (vg) 305 kcal 8.75

Chicken liver pâté, apple and cider chutney, toasted bloomer (gfa) 515 kcal 8.95

Smoked salmon, Bloody Mary dressing, salted cucumber, horseradish cream 177 kcal 11.95

Sun blushed tomato and basil risotto, vegan prosociano crisp (vg, gf) 331 kcal 9.45

Chicken, apricot and tarragon terrine, piccalilli, vegetable salad (gfa) 226 kcal 9.95

Pan-seared scallops, pea purée, edamame beans, air dried ham crisp (gf) 276 kcal 16.25

Nibbles

Cumin hummus, flatbread (vg) 676 kcal 6.95

Crispy squid with sweet chilli mango 412 kcal 7.95

Sticky five spiced chicken wings (gf) 454 kcal 7.95

Malaysian king prawns, flatbread 496 kcal 9.45

Halloumi fries, harissa mayonnaise (v, gf) 703 kcal 7.95

Nocellara, Gaeta, Cerignola olives (vg, gf) 222 kcal 4.95

Sunday Roasts

All our roasts are served with duck fat roast potatoes, celeriac puree, buttered greens, and gravy.

Roast beef, with Yorkshire pudding (gfa) 1181 kcal 23.45

Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce 1201 kcal 22.95

Braised shoulder of lamb, rosemary gravy (gf) 1381 kcal 27.45

Mixed roast beef, slow roasted belly, all the trimmings 1502 kcal 26.95

Mushroom, celeriac and ale pie, red wine redcurrant gravy, roast potatoes, sautéed greens (vg, gf) 1015 kcal 17.75

Sunday Sides

Pigs in blankets (gf) 519 kcal 6.95

Cauliflower cheese (v, gf) 382 kcal 5.95

Pork and apple stuffing (gf) 581 kcal 5.95

Duck fat roast potatoes (gf) 232 kcal 4.65

Mains

Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1380 kcal 18.95

Beer battered fish and chips, mushy peas, tartare sauce (gf) 1278 kcal 19.45

Minced beef, ale and potato pie, green vegetables, buttered mash, red wine gravy (gf) 1221 kcal 18.95

Roasted marinated aubergine, roast pepper and smoked almond salad, red pepper hummus, flatbread crisps (vg) 665 kcal 17.45

Smoked haddock and salmon fishcakes, tomato, spring onion salad (gf) 849 kcal 18.95

Sides

Chunky chips (vg, gf) 535kcal 4.95

Garlic bread, cheese (v) 629kcal 5.75

Garlic bread (v) 421kcal 5.45

Fries (vg, gf) 377kcal 4.95

Green beans garlic chilli butter (v, gf) 129kcal 4.45

Mixed salad (vg, gf) 100kcal 5.15

Puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 899kcal 8.95

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 662kcal 8.75

Lemon and lime posset, summer berries, oat granola (low sugar) (v, gf) 299kcal 7.45

Peach, strawberry and ginger crumble tart, raspberry sauce, strawberry sorbet (vg, gf) 521kcal 8.75

Toasted waffle, warm forest berries, white chocolate Oreo ice cream, chocolate sauce (v) 799kcal 7.95

Cheeseboards

Cheese, biscuits, quince, carrot and apricot chutney, grapes and celery, select from below (v) 472kcal

One cheese (v) 4.95

Three cheeses (v) 11.95

Five cheeses (v) 14.95

Rosary goats' cheese (v, gf) 79kcal

Kentish blue (v, gf) 100kcal

Pont-l'Évêque (gf) 73kcal

Smoked applewood Cheese (v, gf) 103kcal

Butlers Secret Cheddar (v, gf) 125kcal

Cheshire Farm Ice Cream and Sorbets

One scoop (vg, gf) 2.95

Two scoops (vg, gf) 5.90

Three scoops (vg, gf) 8.75

Vanilla (v, gf) 125kcal

Chocolate (v, gf) 127kcal

Strawberry (v, gf) 124kcal

Raspberry Ripple (v, gf) 128kcal

Honeycomb (v, gf) 137kcal

Lemon Sorbet (vg, gf) 74kcal

Blackcurrant Sorbet (vg, gf) 68kcal

Bramley Apple Sorbet (vg, gf) 65kcal

Passion Fruit Sorbet (vg, gf) 71kcal

Coffee and Hot Drinks

All Coffee and Tea are served with a gluten free flapjack

Americano (vg, gf) 0kcal 4.15

Espresso (vg, gf) 0kcal 3.95

Double espresso (vg, gf) 0kcal 4.15

Latte (v, gf) 122kcal 4.45

Flat white (v, gf) 47kcal 4.45

Cappuccino (v, gf) 48kcal 4.45

Mocha coffee (v, gf) 194kcal 4.45

Hot chocolate (v, gf) 299kcal 4.65

Cafetière of coffee (v, gf) 53kcal 4.45

Selection of tea (v, gf) 24kcal 4.15

Hot Drink and a Small Pudding

Sticky toffee pudding, vanilla ice cream (v, gf) 390kcal 9.25

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580kcal 9.25

Additional Menu Information



Please speak to a member of crew if you have any food allergies or intolerances before ordering. 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.

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