



# MAIN MENU

## STARTERS

### **Home Made Soup of the Day**

Fresh Bread and English Butter (d, w) £5.50

### **Freshly Steamed Fowey Mussels**

Spring Onion Garlic Cream Sauce with Fresh Bread and English Butter (d, w, mo, su) £6.25

### **Salt and Pepper Crispy Squid**

Home Made Aioli, Lemon and Crispy Kale (mo, w, e, d) £6.50

### **Paprika and Honey Glazed Chicken Fillet**

Served on Crostini with Grapes and Capers (w) £6.95

### **Pan Fried Pork Tenderloin**

Sautéed Baby Shallots, Pak Choi Leaves and Veal Reduction (c) £7.00

### **Tiger Prawn and Squid Ink Linguine**

Shellfish Reduction (c, cr, e, w, f, mo) £8.50

### **Garlic Sautéed Asparagus (v)**

*Soft Boiled Egg and Spanish Picada Crust (c, e, w, n) £8.50*

### **Feta, Spring Veg and Herb Salad (v)**

Sherry Vinegar Dressing (d, ss, su) £6.25 Add Grilled Chicken for £1

## WHITE OR GRANARY SANDWICHES (w)

*All Sandwiches are served with Fries and Mixed Leaf Garnish*

Sorry - Not served on Sundays

Sandwiches are served:

Monday to Friday 12pm - 3pm | Saturday 12pm - 6pm

**Duck Egg Mayonnaise with Rocket (e) £6.50**

**Barbecue Pulled Pork with Coleslaw (mu, s, su) £7.50**

**Bacon, Lettuce and Tomato with Mayo (e) £7.50**

**Coronation Chicken with Mixed Leaves (e, d) £8.50**

**Home Made Fish Finger and Iceberg Lettuce with Tartare Sauce (e, f) £7.50**



# MAIN MENU

## MAINS

### **Pie of the Day**

Your choice of Mashed Potato and Seasonal Vegetables or Chips and Salad (c, d, w, e, su) £13.95

### **Roasted Pork Belly**

Sautéed New Potatoes, Spring Vegetables, Butternut Purée and Veal Jus (d, c) £14.90

### **Vegan Laksa (v)**

Tofu, Pak Choi and Rice Noodles (ss, p, c, s) £13.95

### **Tuna Niçoise Salad**

Served with Olives, Roasted Red Onion, Soft Boiled Egg and Herbs (mu, f, e) £16.50

### **Oven Roasted Monkfish**

Parma Ham, King Prawn and Cannellini Bean Provençal Sauce and Wilted Spinach (f, d, cr) £16.50

### **Beer Battered Cod**

Chunky Chips, Garden Peas and Home Made Tartare Sauce (w, f, e, d) £13.50

### **10 oz Ribeye Steak**

Triple Cooked Chips, Port Glazed Red Onions and Café de Paris Butter (d) £22.95

### **Pan Fried Sea Bass**

Herbed New Potatoes, Purple Sprouting Broccoli, Baby Tomato Salsa and Fish Velouté (f, d) £15.95

### **Pan Fried Calves Liver**

Creamy Mashed Potato, Caramelised Red Onion and Gravy (d) £14.50

### **South Downs Lamb Rump**

Roasted Garlic Mash, Pea Puree, Baby Carrot Croquette and Veal Jus (w, d, c, e) £16.00

### **Home Made Beef Burger**

Crispy Bacon, Mature Cheddar Cheese, Red Onion Chutney and Mixed Leaves (w, e, d, mu, ss) £13.95

### **Asian-Style Bean Burger (v)**

*Halloumi, Mint, Fresh Pickled Cucumber and Red Onions (w, d, e, f, ss, n, s) £11.90*

*All Burgers are served in a Brioche Bun with Coleslaw and Fries*



# MAIN MENU

## SIDES

- Fresh Bread with Olives and Dips (w) £4.50
- Garlic Bread (w, d) £4.00 - with Cheese £4.50
- Mixed Side Salad £4.00
- Mixed Seasonal Vegetables £4.00
- Portion of Chips £3.50 - with Cheese £4.00

## TO FINISH

### **Chocolate and Salted Peanut Butter Tart**

Shortbread Crumb and Caramel and Pecan Ice Cream (d, w, p, n) £6.95

### **Sticky Ginger Parkin Sponge**

Sticky Toffee Sauce and Honeycomb Ice Cream (w, n, e, d) £6.50

### **Raspberry Panna Cotta**

Home-made Grape and Pumpkin Seed Granola and Sussex Honey (d, w, n) £6.50

### **Lemon Tart**

Clotted Cream and Disaronno Sour Gel (w, d, n, e) £6.50

### **Selection of Local Cheeses**

Quince Jelly, Grapes, Celery, Apple and Biscuits (w, d, c) £8.50

### **Jude's Ice Creams**

Vanilla, Chocolate, Mint Chocolate, Strawberries and Cream, Caramel and Pecan, Honeycomb (d)  
£2.00 per Scoop

### **Sorbet**

Lemon, Mango, Green Apple  
£2.00 per Scoop

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### **Legend:**

V - Vegetarian | C - Celery | D - Dairy | W - Wheat | Cr - Crustaceans | E - Eggs | F - Fish | L - Lupin  
SS - Sesame Seeds | Mo - Molluscs | Mu - Mustard | N - Nuts | P - Peanuts | S - Soya | Su - Sulphites

All our food is cooked from fresh, so please allow time for your food to be cooked in the proper manner during busy times. Nuts, fish and other products that could produce an allergic reaction are used in our kitchen – a full list of food allergens can be supplied upon request. We cannot guarantee that our fish does not contain bones and accept no liability. Children are welcome but must remain seated and under parents supervision at all times. Our menu may be subject to changes.