## Shortcrust Pastry Trioscape Steak and Ale Pie

Pan fried diced steak, carrots in a thyme, rosemary and Old Speckled Hen Ale rich gravy served with chips OR herby mashed potato, peas and red onion, herbs and red wine gravy

## Trioscape Honey \& Mustard Ham (GF)

Trioscape slow roasted ham with honey and wholegrain mustard glaze served with 2 fried eggs and chips
Sausage, Egg and Chips (GF)
Trio of sausages and 2 fried eggs served with chips

## $80 z$ Gammon Steak (GF)

Pan fried gammon steak with fried egg OR a slice of pineapple, chunky chips, roasted tomato and garden peas

## Homemade Cottage Pie (GF)

Topped with herby mashed potato served with seasonal vegetables and onion gravy

## Homemade Fish Pie (GF)

Selection of salmon and white fish chunks, cold water prawns in a creamy white sauce topped with cheesy mashed potato served with seasonal vegetables and parsley sauce

## Homemade Beef Lasagne

Beef mince steak in tomato, basil and red pepper sauce, layered with Italian pasta and topped with a creamy mozzarella and cheddar sauce served with garlic bread and side salad

## Homemade Vegan Lasagne (VG)

Vegan mince, roasted courgettes, peppers and aubergines in a tomato sauce,
layered with Italian pasta, soya milk and Applewood smoked vegan cheese sauce served with garlic bread and side salad

Vegan Cumberland Sausages (VG)
Trio of vegan sausages served with herby mashed potato, garden peas and broccoli
All our food is prepared in a kitchen where nuts, gluten and other allergens are present.
If you have a food allergy please speak to our staff about your requirements before ordering$£ 11.95$

Fish and Seafood
(Although extra care has been taken to remove all bones, some may remain)
Homemade Beer Battered Fresh Cod Fillet (6oz) (GFO) ..... £13.95
Breaded Plaice Fillet (6oz) ..... $£ 12.95$
Whitebait (12 pcs), Coated in Crispy Breadcrumb ..... £11.95
Wholetail Breaded Scampi (8 pcs) ..... $£ 12.95$
All served with chunky chips, garden peas OR mushy peas, tartare sauce and a herby lemon wedge£6.95

Sausage (GF)
Served with beans and mashed potato OR chips

## Breaded Fish Fingers

## Served with garden peas and chips OR mashed potato

## Chicken Nuggets

Served with baked beans and chips

## $1 / 2$ Sandwich

Served with Pom-Bear crisps, biscuits and salad garnish
Half Sandwich - Fillings available: Ham, cheese, egg mayonnaise or tuna mayonnaise
Side orders

| Chips (GF) | $£ 3.50$ | Side Seasonal | $£ 2.95$ |
| :--- | :--- | :--- | :--- |
| Cheesy chips (GF) | $£ 4.25$ | Vegetables (GF/VG) |  |
| Sweet Potato Fries | $£ 4.95$ | Garlic Bread (VE) | $£ 2.95$ |
| (GFO) |  | Onion Rings (VE) | $£ 4.95$ |
| Mashed Potato (GF/VG) | $£ 2.95$ | Gravy (VG/GF) | $£ 1.50$ |
| Side Salad (GF/VG) | $£ 2.95$ | Peas | $£ 1.50$ |

## Light Lunches <br> (served from 11.30am-3.00pm)

Soup of the Day (GFO) (please check our Specials Board)
Served with $1 / 2$ a crusty baguette and butter
Upgrade to $1 / 2$ sandwich
Jacket Potatoes (all served with side salad) Plain (GF/VG) ..... £7.25
Cheese (GF/VE) ..... £7.65
Beans (GF/VG) ..... £7.65
Chicken, bacon and mayo (GF) ..... $£ 7.95$
Coronation chicken (GF) ..... £7.95
Stilton, mushroom and bacon (GF) ..... £7.95
Tuna mayonnaise (GF) ..... £7.95
Prawn Marie-Rose (GF) ..... $£ 7.95$
Extra filling ..... $£ 1.50$
Sandwiches (GFO) (all served with salad garnish and crisps*)
Mature cheddar and pickle (VE/VGO)
Ham, tomato, cucumber and lettuce
Cheese, tomato, cucumber and lettuce
Ham and cheese
Tuna mayo and cucumber
Egg mayo and cress (VE)
Coronation chicken
Vegan cheese and salad (VG)
Extra filling ..... $£ 0.50$
Toasted ..... £0.50
*Upgrade to chips
Baguettes (all served with salad garnish and crisps*)$£ 7.95$
Mature cheddar and tomato (VE)
Egg mayonnaise with cress (VE)
Ham, lettuce, cucumber and tomato
Roasted beef sirloin, horseradish crème fraiche and lettuce
Chicken, bacon and mayo
Prawn Marie Rose, cucumber and lettuce
Extra filling$£ 0.50$
Paninis (all served with salad garnish and crisps*) ..... $£ 8.50$
Tuna melt
Bacon, brie and cranberry
Mushroom, stilton mousse and wilted spinach (VE)Goats cheese, roasted green pepper andred onion marmalade (VE)Red pesto, mozzarella cheese and sun dried tomato (VE)
Vegan smoked Applewood cheese and sun dried tomatoes (VG)Extra filling£0.50
Bagels (all served with salad garnish and crisps*) ..... $£ 9.50$
Smoked salmon, cream cheese, lettuce and cucumber Cream cheese, bacon and tomato Extra filling ..... $£ 0.50$

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