Main Menu (served from 12.00-3.00pm)

If you have a food allergy please speak to our staff about your requirements before ordering



GF = Gluten Free • **GFO** = Gluten Free Option • **VE** = Vegetarian • **VG** = Vegan



	Shortcrust Pastry Trioscape Steak and Ale Pie Pan fried diced steak, carrots in a thyme, rosemary and Old Speckled Hen Ale rich gravy	£11.95	Fish and Seafood (Although extra care has been taken to	remove all h	ones, some may remain)	
	served with chips OR herby mashed potato, peas and red onion, herbs and red wine gravy		Homemade Beer Batter			£13.95
	Trioscape Honey & Mustard Ham (GF)	£11.95	Breaded Plaice Fillet (60			£12.95
	Trioscape slow roasted ham with honey and wholegrain mustard glaze served with 2 fried eggs and chips		Whitebait (12 pcs), Coat	ed in Cr		£11.95
	Sausage, Egg and Chips (GF) Trio of sausages and 2 fried eggs served with chips	£11.95	Wholetail Breaded Scampi (8 pcs) All served with chunky chips, garden peas OR mushy peas, tartare sauce and a herby lemon			£12.95 n wedge
	8oz Gammon Steak (GF) Pan fried gammon steak with fried egg OR a slice of pineapple, chunky chips, roasted tomato and garden peas	£12.95	Children's Menu Sausage (GF) Served with beans and mashed potato	OR chips		£6.95
	Homemade Cottage Pie (GF)	£11.95	Breaded Fish Fingers Served with garden peas and chips OR	! mashed pota	ato	
	Topped with herby mashed potato served with seasonal vegetables and onion gravy Homemade Fish Pie (GF)	£12.95	Chicken Nuggets Served with baked beans and chips			
	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		 ¼ Sandwich Served with Pom-Bear crisps, biscuits and salad garnish Half Sandwich − Fillings available: Ham, cheese, egg mayonnaise or tuna mayonnaise 			
	Homemade Beef Lasagne					
	Beef mince steak in tomato, basil and red pepper sauce, layered with Italian pasta and		Side orders			4-3
	topped with a creamy mozzarella and cheddar sauce served with garlic bread and side sala		Chips (GF)	£3.50	Side Seasonal	£2.95
	Homemade Vegan Lasagne (VG)	£12.95	Cheesy chips (GF)	£4.25	Vegetables (GF/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		Sweet Potato Fries	£4.95	Garlic Bread (VE)	£2.95
			(GFO)	/	Onion Rings (VE)	£4.95
	Vegan Cumberland Sausages (VG)	£11.95	Mashed Potato (GF/VG)	£2.95	Gravy (VG/GF)	£1.50
	Trio of vegan sausages served with herby mashed potato, garden peas and broccoli		Side Salad (GF/VG)	£2.95	Peas	£1.50
	All our food is prepared in a kitchen where nuts, gluten and other allergens are present.					

Light Lunches (served from 11.30am-3.00pm)





Soup of the Day (GFO) (please check our Specials Board)	66.05	Baguettes (all served with salad garnish and crisps*)	£7.95	
Served with ½ a crusty baguette and butter	£6.95	Mature cheddar and tomato (VE)		
Upgrade to ½ sandwich	£7.95	Egg mayonnaise with cress (VE)		
Jacket Potatoes (all served with side salad) Plain (GF/VG) Cheese (GF/VE) Beans (GF/VG) Chicken, bacon and mayo (GF) Coronation chicken (GF) Stilton, mushroom and bacon (GF) Tuna mayonnaise (GF) Prawn Marie-Rose (GF)	£7.25 £7.65 £7.65 £7.95 £7.95 £7.95 £7.95	Ham, lettuce, cucumber and tomato Roasted beef sirloin, horseradish crème fraiche and let Chicken, bacon and mayo Prawn Marie Rose, cucumber and lettuce Extra filling Paninis (all served with salad garnish and crisps*) Tuna melt Bacon, brie and cranberry Mushroom, stilton mousse and wilted spinach (VE)	£0.50 £8.50	
Extra filling	£1.50	Goats cheese, roasted green pepper and		
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	£6.95	red onion marmalade (VE) Red pesto, mozzarella cheese and sun dried tomato (VE) Vegan smoked Applewood cheese and sun dried tomatoes (VG) Extra filling		
Ham and cheese		Bagels (all served with salad garnish and crisps*)	£9.50	
Tuna mayo and cucumber Egg mayo and cress (VE) Coronation chicken Vegan cheese and salad (VG)		Smoked salmon, cream cheese, lettuce and cucumber Cream cheese, bacon and tomato Extra filling	£0.50	
Extra filling	£0.50			
Toasted	£0.50	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.	STIP I	
*Upgrade to chips	£1.95	GF = Gluten Free • GFO = Gluten Free Option • VE = Vegetarian • VG = Vegan • VGO = Vegan Option	ption	