

BREAKFAST WITH US

Whether it's a proper brew from B Corp Certified Union Coffee, a quick bap with Jimmy Butler's Blythburgh sausages and bacon, or a Benedict made with free-range eggs, you'll find producers who share our ethics and care about the good stuff just as much as we do.

LIVENERS

Champagne Mimosa 9.00 | Bloody Mary 9.95 | Espresso Martini 10.95

BAKES & BOWLS

Croissant (v) Danish Pastry (v) Sourdough Toast (v) <i>Tiptree Jam, Marmalade, Marmite or Organic Peanut Butter</i>	4.25
Toasted Granola – <i>Banana, Greek Yoghurt & Honey (v) or Coconut Yoghurt, Berry Compote & Pecans (pb)</i>	6.00

THE CLASSICS

Buttermilk Pancakes <i>Maple Syrup & Crispy Bacon or Blueberries & Crème Fraîche (v)</i>	10.25 / 9.75
Eggs Benedict – Roast Ham, Poached Eggs, English Muffin & Hollandaise	11.50
Blythburgh Sausage or Bacon Bap	6.95
Wild Mushrooms & Poached Eggs, Sourdough (v)	9.75
Shakshuka – Spiced Tomatoes & Peppers, Baked Eggs, Spinach & Feta (v)	11.75
Full English – Blythburgh Sausage & Bacon, Clonakilty Black Pudding, Poached Eggs, Mushroom, Tomatoes, Beans & Sourdough	14.75
Veggie Full English – Vegan Haggis, Poached Eggs, Mushrooms & Tomatoes, Spinach, Beans & Sourdough (v)	13.25
Smashed Avocado & Poached Eggs, Spring Onion, Chilli, Sourdough (v)	10.75
Chapel & Swan Smoked Salmon & Scrambled Eggs, Sourdough	10.75

MAKE IT YOUR OWN

Blythburgh Sausage 2.95 or Bacon 3.50 | Free-range Egg (v) 1.95 | Hash Browns (v) 2.75
Smashed Avocado (pb) 3.25 | Chapel & Swan Smoked Salmon 4.50 | Roast Tomatoes or Flat Mushrooms (v) 2.50
Chorizo 3.00 | Halloumi (v) 2.50 | Clonakilty Black Pudding 2.50 | Chips (pb) 5.50

UNION HAND-ROASTED

Double Espresso	3.50
Flat White, Cappuccino, Latte	3.95
Americano, Cortado	3.75
Hot Chocolate, Luxury Hot Chocolate	4.00 4.50



TEA

Taylors Yorkshire Tea	3.50
Fresh Mint Tea	3.00
Twinings Tea	3.50
<i>Earl Grey, Green Tea, Peppermint, Camomile, Lemon & Ginger</i>	

JUICES & SMOOTHIES

Fresh Orange Juice	3.50
Eager Apple or Cranberry Juice	3.50
Big Tom Virgin Bloody Mary	6.00
Mockingbird Raw Greens – <i>Kiwi, Pear, Kale, Spinach, Broccoli, Apple + Vitamin C</i>	4.75
Mockingbird Raw Defence – <i>Mango, Passion Fruit, Acerola Cherry, Carrot, Orange & Celery</i>	4.75
Mockingbird Raw Boost – <i>Strawberry, Blackcurrant, Açai Berry, Beetroot, Spinach, Kale + Vitamins B6 & C</i>	4.75

(v) Vegetarian | (pb) Plant-based | Gluten-free Menu Available | Please note — some items may be cooked in multi-purpose fryers.

Allergens: If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A discretionary 10% service charge will be added to your bill.

GLUTEN-FREE BREAKFAST

As the old proverb says, we should eat breakfast like a King (*or Queen*). We offer gluten-free versions of the classics, all from producers who share our ethics and passion for the good stuff.

LIVENERS

Champagne Mimosa 9.00 | Bloody Mary 9.95 | Espresso Martini 10.95

THE CLASSICS

Blythburgh Bacon or Sausage Sandwich	6.95
Wild Mushrooms & Poached Eggs, Gluten-toast (v)	9.75
Shakshuka – Spiced Tomatoes & Peppers, Baked Eggs, Spinach & Feta (v)	11.75
Full English – Blythburgh Sausage & Bacon, Poached Eggs, Mushroom, Tomatoes, Beans & Gluten-free Toast	14.75
Veggie Full English – Grilled Halloumi, Poached Eggs, Mushrooms & Tomatoes, Spinach, Beans & Gluten-toast (v)	13.25
Smashed Avocado & Poached Eggs, Spring Onion, Chilli, Gluten-toast (v)	10.75
Chapel & Swan Smoked Salmon & Scrambled Eggs, Gluten-toast	10.75

MAKE IT YOUR OWN

Blythburgh Sausage 2.95 or Bacon 3.50 | Free-range Egg (v) 1.95
Smashed Avocado (pb) 3.25 | Chapel & Swan Smoked Salmon 4.50 | Roast Tomatoes or Flat Mushrooms (v) 2.50
Chorizo 3.00 | Halloumi (v) 2.50

UNION HAND-ROASTED

Double Espresso	3.50
Flat White, Cappuccino, Latte	3.95
Americano, Cortado	3.75
Hot Chocolate, Luxury Hot Chocolate	4.00 4.50



TEA

Taylors Yorkshire Tea	3.50
Fresh Mint Tea	3.00
Twinnings Tea	3.50
Earl Grey, Green Tea, Peppermint, Camomile, Lemon & Ginger	

JUICES & SMOOTHIES

Fresh Orange Juice	3.50
Eager Apple or Cranberry Juice	3.50
Big Tom Virgin Bloody Mary	6.00
Mockingbird Raw Greens – Kiwi, Pear, Kale, Spinach, Broccoli, Apple + Vitamin C	4.75
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SUMMER WITH US

As we settle into the Great British summer, enjoy the best of our seasonal menu and specials board, alongside a proper pint or a cold glass of something refreshing. Always best savoured with good company.

STARTERS

Prawn Cocktail, Bloody Mary Mayonnaise & Toasted Sourdough	11.75
Today's Soup, Ciabatta – See Blackboard (<i>pb</i>)	8.50
Roasted Cherry Tomatoes & Whipped Ricotta, Basil Pesto, Toasted Sourdough (<i>v</i>)	9.25
Devon Crab Cake, Emerald Spinach Sauce, Tomato, Red Onion & Coriander	11.25
Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts (<i>pb</i>)	9.00
Braised Beef Cheek & Mustard Croquettes, Truffle Mayonnaise	9.75

NIBBLES *For Snacks or Sharing*

Spiced Gordal Olives (<i>pb</i>)	4.95
Warm Sourdough & Salted Butter (<i>v</i>)	6.50
Halloumi Fries, Honey & Chilli Dip (<i>v</i>)	8.25
BBQ Chicken Wings, Sesame Seeds & Spring Onion	7.75
Tempura Courgette Fries, Basil Aioli (<i>v</i>)	7.50
Padron Peppers, Sea Salt (<i>pb</i>)	7.25
Cumin-spiced Houmous, Red Pepper & Basil Salsa, Flatbread (<i>pb</i>)	7.25
Whole Baked Camembert, Garlic & Thyme, Chutney, Warm Ciabatta (<i>v</i>)	16.75

MAINS

Blythburgh Pork Belly, Crackling, Corn on the Cob, Summer Slaw & Soured Cream	22.00	14-hour Braised Beef & Ale Pie, Buttered Mash, Greens & Gravy	19.50
Daily Market Fish - See Blackboard		Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Green Salad	24.00
Aubrey's Cheeseburger, Fries & Pickles	18.75	Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati (<i>pb</i>)	17.00
Cornish Lamb Rump, Buttered Mash, Petits Pois à la Française & Rosemary Jus	33.50	<i>Enjoy 28 Day Dry-aged Aubrey Allen Steak, served with Chips & Watercress</i>	
Free-range Chicken Milanese, Fries, Garlic Butter & Green Salad	22.50	8oz Rump Cap	26.75
Battered Hake & Chips, Peas, Tartare Sauce	19.50	12oz Bone-In Sirloin	34.00
Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (<i>pb</i>)	15.75	26oz Porterhouse (<i>for two or more</i>)	75.00
+ Crispy Beef 4.00 or Halloumi Croutons (<i>v</i>) 3.75		+ Béarnaise (<i>v</i>) or Peppercorn	3.00

LUNCH BOX

Served until 5pm

Salmon & Smoked Haddock Fishcake, Crushed Peas, Poached Egg & Tartare Hollandaise	15.75
Isle of Wight Tomatoes & Roasted Courgette, Goat's Cheese, Giant Couscous, Pickled Shallots & Chickpeas (<i>v</i>)	15.00
Fish Goujon Bap, Butter Leaf & Tartare Sauce	11.00
Guinness & Cheddar Rarebit, Onion Gravy (<i>v</i>)	11.25
+ Chips or Soup	4.00

SIDES

Chips or Fries (<i>pb</i>)	5.50
Isle of Wight Tomatoes, Pickled Shallots & Basil (<i>pb</i>)	5.50
Buttered Mash (<i>v</i>)	5.25
Seasonal Greens, Garlic Butter (<i>v</i>)	5.25
Mac & Cheese (<i>v</i>)	5.50
Green Salad, Toasted Seeds, Chardonnay Vinaigrette (<i>pb</i>)	5.25
Onion Rings (<i>pb</i>)	5.25

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A discretionary 10% service charge will be added to your bill.

SUMMER GLUTEN-FREE

As we settle into the Great British summer, enjoy the best of our seasonal menu and specials board, alongside a proper pint or a cold glass of something refreshing. Always best savoured with good company.

NIBBLES

Spiced Gordal Olives (*pb*) 4.95

BBQ Chicken Wings, Sesame Seeds & Spring Onion 7.75

Cumin-spiced Houmous, Red Pepper & Basil Salsa, Gluten-free Toast (*pb*) 7.25

Padron Peppers, Sea Salt (*pb*) 7.25

Whole Baked Camembert, Garlic & Thyme, Chutney, Gluten-free Toast (*v*) 16.75

STARTERS

Prawn Cocktail, Bloody Mary Mayonnaise & Gluten-free Toast 11.75

Today's Soup, Gluten-free Toast - See Blackboard (*pb*) 8.50

Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts (*pb*) 9.00

Roasted Cherry Tomatoes & Whipped Ricotta, Basil Pesto, Gluten-free Toast (*v*) 9.25

MAINS

Cornish Lamb Rump, Buttered Mash, Petits Pois à la Française & Rosemary Jus 33.50

Daily Market Fish - See Blackboard

Blythburgh Pork Belly, Crackling, Corn on the Cob, Summer Slaw & Soured Cream 22.00

Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Green Salad 24.00

Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (*pb*) 15.75
+ Goat's Cheese (*v*) 3.75

Enjoy 28 Day Dry-aged Aubrey Allen Steak, New Potatoes & Watercress

8oz Rump Cap 26.75

12oz Bone-In Sirloin 34.00

26oz Porterhouse (*for two or more*) 75.00

+ Béarnaise (*v*) or Peppercorn Sauce 3.00

SIDES

Isle of Wight Tomatoes, Pickled Shallots & Basil (*pb*) 5.50

Seasonal Greens, Garlic Butter (*v*) 5.25

Buttered New Potatoes (*v*) 5.25

Green Salad, Toasted Seeds, Chardonnay Vinaigrette (*pb*) 5.25

Buttered Mash (*v*) 5.25

PUDS & CHEESE

Crème Brûlée (*v*) 8.25

Affogato - Vanilla Ice Cream & Union Espresso (*pb*) 5.95

Jude's Ice Cream & Sorbet (*v*) 7.50

Choose Three: Madagascan Vanilla, Strawberry or Chocolate Ice Cream, Raspberry or Lemon Sorbet

British Cheese - Served ripe & ready with Chutney, Apple & Gluten-free Toast

Per Smidgen of Cheese 3.75

Baron Bigod (*v*), Tor Goat's (*v*), Yarlinton (*v*), Isle of Mull Cheddar, Cornish Blue (*v*)

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PUDS & CHEESE

Round off your meal with a sweet or cheesy note. Can we tempt you?

PUDDINGS

Caramelised Banana & Salted Caramel Cheesecake, Toasted Walnuts (v)	9.00
Crème Brûlée, Citrus Biscuit (v)	8.25
Chocolate Brownie, White Chocolate Sauce & Caramel Cookie Dough Brownie Ice Cream (v)	9.25
Strawberry Trifle, Pedro Ximénez Sponge, Crumble (pb)	8.75
Sticky Toffee Pudding & Vanilla Ice Cream (v)	9.25
Mini Chocolate Brownie & your choice of Tea or Coffee (v)	6.95
Affogato - Vanilla Ice Cream & Union Espresso (pb)	5.95
Jude's Ice Cream & Sorbet (v)	7.50
<i>Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet</i>	

DESSERT WINE

Sauternes Les Garonnelles 125ml	11.70
NV Pedro Ximenez, Bella Luna 75ml	7.50
Muscat de Saint-Jean-de-Minervois 125ml	7.60

PORTS

Quinta do Crasto Vintage Port 75ml	10.70
Graham's Late Bottled Vintage Port 75ml	5.60

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BRITISH CHEESE

Served ripe & ready with Chutney, Apple & Peter's Yard Crackers.

Per Smidgen of Cheese 3.75

Baron Bigod, Suffolk (v)

A silky, oozing Brie-style cheese with citrus notes beneath a mushroomy rind. Handmade in small batches, it's a rare British example of true cow-to-cheese production — crafted entirely on the same farm.

Tor Goat's, Somerset (v)

Provides the classic goat's cheese tang with lemony brightness and a subtle peppery hint from its ash-dusted rind.

Cornish Blue, Cornwall (v)

An award-winning British blue cheese, buttery with gentle blue notes.

Yarlington, Gloucestershire (v)

This soft and savoury washed-rind cheese is gently aged with Yarlington Mill cider. Its reddish rind brings deep, bold notes, giving way to a velvety, rich centre.

Isle of Mull Cheddar, Scotland

Matured for up to 16 months, this classic Scottish Farmhouse Cheddar is rich and full-flavoured, made at Sgriob-Ruadh Farm where 100% sustainable energy powers the entire cheese-making process.

UNION HAND-ROASTED

Double Espresso		3.50
Flat White, Cappuccino, Latte	UNION HAND-ROASTED COFFEE	3.95
Americano, Cortado		3.75
Liqueur Coffee		7.50
Hot Chocolate, Luxury Hot Chocolate		4.00 4.50

TEA

Taylors Yorkshire Tea	3.50
Fresh Mint Tea	3.00
Twinings Tea	3.50
<i>Earl Grey, Green Tea, Peppermint, Camomile, Lemon & Ginger</i>	

Little Peaches Breakfast

Good morning, little Peaches! If you don't see your favourites on this menu, we're more than happy to serve half portions from our breakfast menu. Enjoy your chosen soft drink and Rubies in the Rubble ketchup, knowing they're free from any nasties!

The Classics

Buttermilk Pancakes <i>Maple Syrup & Crispy Bacon</i> <i>Blueberries & Crème Fraîche (v)</i>	8.00
Blythburgh Bacon Bap	6.95
Blythburgh Sausage Bap	6.95
Scrambled Egg on Sourdough Toast (v)	5.50
Heinz Baked Beans on Sourdough Toast (v)	5.00
Buttered Sourdough Toast <i>Jam or Marmalade (v)</i>	4.50

Soft Drinks

Milk	2.00
Orange or Apple Juice	2.50
Cawston Juice Waters <i>Apple & Pear or Apple & Summer Berries</i>	2.00

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Little Peaches

Welcome, little Peaches! Can't find what you love? We're happy to serve half portions from our main menu. Pick your favourite soft drink and enjoy Rubies in the Rubble ketchup, knowing it's free from any nasties!

Starters

Garlic Bread (v)	4.95
Houmous & Crunchy Vegetables (pb)	5.50
Halloumi Fries & Rubies in the Rubble Ketchup (v)	6.50

Mains

Our chips are served unsalted, and all dishes are served with vegetables

Sausages & Creamy Mash, Gravy	8.50
Fish & Chips, Peas or Beans	9.00
Aubrey's Cheeseburger, Cheddar Cheese, Fries & Crunchy Vegetables	8.75
Free-range Grilled Chicken, Fries & Peas	8.75
Mac & Cheese, Crunchy Vegetables (v)	8.00

Puddings

Sticky Toffee Pudding, Vanilla Ice Cream (v)	5.00
Chocolate Brownie & Caramel Cookie Dough Brownie Ice Cream (v)	5.00
Jude's Ice Cream or Sorbet Scoop (v)	3.75
<i>Madagascan Vanilla, Strawberry, Caramel Cookie Dough Brownie or Chocolate Ice Cream, Raspberry or Lemon Sorbet</i>	

Soft Drinks

Orange or Apple Juice	2.50
Cawston Juice Waters	2.00
<i>Apple & Pear or Apple & Summer Berries</i>	

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SUNDAY BEST WITH US

We take Sunday roasts seriously. Every week, you'll find at least three delicious options on the menu, each served with all the glorious trimmings you'd expect. It's a timeless favourite for good reason. Long may it reign.

STARTERS

Prawn Cocktail, Bloody Mary Mayonnaise & Toasted Sourdough	11.75
Today's Soup, Ciabatta – See Blackboard (<i>pb</i>)	8.50
Braised Beef Cheek & Mustard Croquettes, Truffle Mayonnaise	9.75
Roasted Cherry Tomatoes & Whipped Ricotta, Basil Pesto, Toasted Sourdough (<i>v</i>)	9.25

MAINS

14-hour Braised Beef & Ale Pie, Buttered Mash, Greens & Gravy	19.50
Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati (<i>pb</i>)	17.00
Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Butter Leaf Salad	25.00
Aubrey Allen's 8oz Rump Cap, Chips & Watercress + <i>Béarnaise</i> (<i>v</i>) or <i>Peppercorn</i>	26.75 3.00
Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (<i>pb</i>) + <i>Crispy Beef</i> 4.00 or <i>Halloumi Croutons</i> 3.75 (<i>v</i>)	15.75

SIDES

Chips or Fries (<i>pb</i>)	5.50
Seasonal Greens, Garlic Butter (<i>v</i>)	5.25
Mac & Cheese (<i>v</i>)	5.50
Onion Rings (<i>pb</i>)	5.25

PUDDINGS

Bramley Apple Crumble & Custard (<i>v</i>)	8.50
Caramelised Banana & Salted Caramel Cheesecake, Toasted Walnuts (<i>v</i>)	9.00
Chocolate Brownie, White Chocolate Sauce & Caramel Cookie Dough Brownie Ice Cream (<i>v</i>)	9.25
Strawberry Trifle, Pedro Ximénez Sponge, Crumble (<i>pb</i>)	8.75
Sticky Toffee Pudding & Vanilla Ice Cream (<i>v</i>)	9.25
Mini Chocolate Brownie & your choice of Coffee or Tea (<i>v</i>)	6.95
Jude's Ice Cream & Sorbet (<i>v</i>)	7.50
<i>Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet</i>	

NIBBLES

Spiced Gordal Olives (<i>pb</i>)	4.95
Warm Sourdough & Salted Butter (<i>v</i>)	6.50
Halloumi Fries, Honey & Chilli Dip (<i>v</i>)	8.25
BBQ Chicken Wings, Sesame Seeds & Spring Onion	7.75
Tempura Courgette Fries, Basil Aioli (<i>v</i>)	7.50
Cumin-spiced Houmous, Red Pepper & Basil Salsa, Flatbread (<i>pb</i>)	7.25
Whole Baked Camembert, Garlic & Thyme, Chutney, Warm Ciabatta (<i>v</i>)	16.75

ROASTS

All served with Roast Potatoes, Seasonal Vegetables, Roasted Roots, Yorkshire Pudding & Jugs of Gravy.

Aubrey Allen's Dry-aged Topside of Beef	24.00
Jimmy Butler's Free-range Pork & Crackling	22.75
Free-range Chicken Supreme	23.25
Vegetarian Wellington – Artichoke Heart, Spinach, Emmental & Pine Nuts (<i>v</i>)	19.50

MAKE THE MOST OF YOUR ROAST

To Share - Cauliflower Cheese (<i>v</i>)	7.75
Free-range Pork & Sage Stuffing	5.75

BRITISH CHEESE

Served ripe & ready with Chutney, Apple & Peter's Yard Crackers

Per Smidgen of Cheese	3.75
Baron Bigod (<i>v</i>)	
Tor Goat's (<i>v</i>)	
Yarlington (<i>v</i>)	
Isle of Mull Cheddar	
Cornish Blue (<i>v</i>)	

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NIBBLES

Spiced Gordal Olives (*pb*) 4.95

BBQ Chicken Wings, Sesame Seeds & Spring Onion 7.75

Cumin-spiced Houmous, Red Pepper & Basil Salsa, Gluten-free Toast (*pb*) 7.25

Whole Baked Camembert, Garlic & Thyme, Chutney & Gluten-free Toast (*v*) 16.75

STARTERS

Prawn Cocktail, Bloody Mary Mayonnaise & Gluten-free Toast 11.75

Today's Soup, Gluten-free Toast – See Blackboard (*pb*) 8.50

Roasted Cherry Tomatoes & Whipped Ricotta, Basil Pesto, Gluten-free Toast 9.25

ROASTS

Served with Roast Potatoes, Seasonal Vegetables, Roasted Roots & Jugs of Gravy.

Aubrey Allen's Dry-aged Topside of Beef 24.00

Jimmy Butler's Free-range Pork & Crackling 22.75

Free-range Chicken Supreme 23.25

MAINS

Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Green Salad 24.00

Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (*pb*) 15.75
+ Goat's Cheese (*v*) 3.75

Aubrey Allen's 8oz Rump, New Potatoes & Watercress 26.75
+ Béarnaise (*v*) or Peppercorn Sauce 3.00

SIDES

Seasonal Greens, Garlic Butter (*v*) 5.25

Buttered New Potatoes (*v*) 5.25

PUDS & CHEESE

Bramley Apple Crumble & Custard (*v*) 8.50

Jude's Ice Cream & Sorbet (*v*) 7.50

Choose Three: Madagascan Vanilla, Strawberry, Chocolate Ice Cream, Raspberry or Lemon Sorbet

British Cheese – Served ripe & ready with Chutney, Apple & Gluten-free Toast

Per Smidgen of Cheese 3.75

Baron Bigod (*v*), Tor Goat's (*v*), Yarlinton (*v*), Isle of Mull Cheddar, Cornish Blue (*v*)

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