BREAKFAST AT THE RICHARD ONSLOW

A decent start to the day. 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 British 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*) — 4.25
Tiptree Jam, Marmalade, Marmite or Organic Peanut Butter

Toasted Granola – *Banana, Greek Yoghurt & Honey* (*v*) *or Coconut Yoghurt, Berry Compote & Pecans* (*pb*) — 6.00

THE CLASSICS

Buttermilk Pancakes
Maple Syrup & Crispy Bacon or Blueberries & Crème Fraîche (*v*) — 10.25 / 9.75

Eggs Benedict – Roast Ham, Poached Eggs, English Muffin & Hollandaise — 11.50

Blythburgh Sausage or Bacon Bap — 6.95

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

Wild Mushrooms & Poached Eggs, Sourdough (*v*) — 9.75

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

UNION HAND-ROASTED COFFEE

Double Espresso	3.50
Flat White	4.00
Cappuccino, Latte	4.15
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 *Earl Grey, Green Tea, Peppermint, Camomile, Lemon & Ginger*	3.50

JUICES

Fresh Orange Juice	3.50
Eager Apple or Cranberry Juice	3.50
Big Tom Virgin Bloody Mary	6.00

(*v*) **Vegetarian** | (*pb*) **Plant-based** | **Made Without Gluten 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.

BREAKFAST MADE WITHOUT GLUTEN AT THE RICHARD ONSLOW

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
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-free Toast (*v*)	13.25
Smashed Avocado, Poached Eggs, Spring Onion & Chilli, Gluten-free Toast (*v*)	10.75
Chapel & Swan Smoked Salmon & Scrambled Eggs, Gluten-free Toast	10.75
Wild Mushrooms & Poached Eggs, Gluten-free Toast (*v*)	9.75

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

UNION
HAND-ROASTED COFFEE

Double Espresso	3.50
Flat White	4.00
Cappuccino, Latte	4.15
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 *Earl Grey, Green Tea, Peppermint, Camomile, Lemon & Ginger*	3.50

JUICES

Fresh Orange Juice	3.50
Eager Apple or Cranberry Juice	3.50
Big Tom Virgin Bloody Mary	6.00

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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 8.00
Maple Syrup & Crispy Bacon
Blueberries & Crème Fraîche (v)

Blythburgh Bacon Bap 6.95

Blythburgh Sausage Bap 6.95

Free-range Scrambled Egg on Sourdough Toast *(v)* 5.50

Heinz Baked Beans on Sourdough Toast *(v)* 5.00

Buttered Sourdough Toast 4.25
Jam or Marmalade (v)

Soft Drinks

Milk 2.00

Orange or Apple Juice 2.50

Cawston Juice Waters 2.00
Apple & Pear or Apple & Summer Berries

Frobishers Juice
Bumbleberry, Pineapple or Cherry 3.25
Apple & Mango or Orange & Passionfruit 3.50

(v) **Vegetarian** | *(pb)* **Plant-based**

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.

The food in a proper pub should be simple and tasty. That doesn't mean it has to be cheap and nasty. Our chefs use high quality fresh ingredients, and all our pork, chicken and eggs are free-range.

SNACKS & PLATES

Halloumi Fries & Bloody Mary Ketchup 7.75 (v) | Free-range Pork & Apple Sausage Roll, HP Sauce 7.50

Crispy Camembert Bites, Honey & Chilli Dip 7.50 (v) | Blythburgh Pork Scotch Egg, Piccalilli Mayonnaise 7.75

Korean Sesame & Chilli Chicken Wings 6 for 7.00 or 12 for 12.00

Houmous, Harissa Oil, Crispy Chickpeas & Pomegranate, Flatbread 6.50 (pb)

King Prawns, Garlic & Paprika Butter, Toasted Ciabatta 9.75

BAPS & BOWLS

Fish Finger Bap, Baby Gem Lettuce, Tartare Sauce 11.00

Aubrey's Steak Sandwich, Caramelised Onions, Mustard Mayonnaise, Rocket & Fries 18.50

Chorizo Loaded Flatbread, Harissa Yoghurt, Fried Eggs, Tomato & Pepper Salsa 14.00

Maple-cured Hot Dog, Brioche Bun, American Mustard, Tomato Relish & Crispy Onions 11.50

Edamame, Black Rice & Pickled Mooli Salad, Sesame Miso Dressing, Peanuts & Chilli 15.00 (pb)

Pumpkin Ravioli, Butternut Squash, Sage Butter & Parmesan 15.50 (v)

Free-range Chicken Caesar Salad, Crispy Bacon, Anchovies & Parmesan 19.00

BURGERS

All on a Seeded Bun with Chips, Fat or Skinny

Aubrey's Smash Burger, Cheese, Crispy Onions & Pickles 18.50

Buttermilk Chicken Burger, Buffalo Sauce & Blue Cheese 18.25

Dirty Smash Burger, Smoked Bacon, Blue Cheese & Bearnaise 19.75

Hot Honey Chicken Burger, Pickles & Baby Gem 18.25

Vegan Burger, Smoked Applewood, Crispy Onions & Truffle Mayonnaise 16.50 (pb)

CLASSICS

14-hour Braised Beef & Ale Pie, Mash, Greens & Gravy 19.25

Free-range Chicken Milanese, Fries, Garlic Butter & Green Salad 22.00

Aubrey Allen's 28 Day Dry-aged 8oz Rump Cap & Chips 26.50
Add Béarnaise v or Peppercorn 3.00

Beer-battered Fish & Chips, Mushy Peas & Tartare Sauce 19.25

Jimmy Butler's Gammon Ribeye, Poached Egg, Chips & Pineapple Ketchup 16.50

SIDES

Chips - Fat or Skinny 5.50 (pb) *Add Cheese 0.95*

Beer-battered Onion Rings 5.25 (v) | Mac & Cheese 5.50 (v)

Cheesy Garlic Bread 5.50 (v) | Green Salad, Toasted Seeds, Chardonnay Vinaigrette 5.25 (v)

Puds

Sticky Toffee Pudding & Caramel Cookie Dough Brownie Ice Cream 9.00 (v)

Chocolate Brownie, Chocolate Sauce & Vanilla Ice Cream 9.00 (v)

Cheese Plate - Camembert, Isle of Mull Cheddar & Cornish Blue, Peter's Yard Crackers & Apple 9.75

Jude's Ice Cream - Choose Three: *Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet.* 7.50 (v)

V Vegetarian | pb Plant-based | 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.
An optional 10% service charge will be added to all bills enjoying table service.

Please order at the bar or use our Peach Pubs App. To find out more scan this QR code:

WINE

	Glass 175ml	Glass 250ml	Bottle 750ml

WHITE

Chardonnay Trebbiano, Fonte della Vigna, Rubicone IGT, Emilia-Romagna, Italy	7.00/9.00/26.00
Chenin Blanc, Stormy Cape, Western Cape, South Africa	7.75/10.25/30.00
Pinot Grigio, Sartori, Venezie Vigna Mescita, Veneto, Italy	8.00/10.50/31.00
Sauvignon Blanc, Vignobles Dubard, Cœur du Mont, South West, France	32.00
Picpoul de Pinet, Reserve de la Roquemolière, Languedoc-Roussillon, France	9.00/12.25/36.00
Sauvignon Blanc, Rapaura Springs, Marlborough, New Zealand	10.00/13.50/39.00
Albariño, Martin Codax, Rías Baixas, Spain	42.00
Gavi di Gavi, Nicola Bergaglio, La Minaia, Piemonte, Italy	47.50

RED

Tempranillo, Alma de Vid Tinto, Valdepeñas, Spain	7.00/9.00/26.00
Montepulciano d'Abruzzo, Borgo Sena, Abruzzo, Italy	7.50/10.00/29.50
Shiraz, Four Growers, Southern Australia	7.50/10.25/30.00
Merlot, Chemin de Marquières, Languedoc-Roussillon, France	8.00/11.50/32.50
Malbec, Tilia, Mendoza, Argentina	8.25/11.75/34.50
Pinot Noir, Les Mougeottes, Languedoc-Roussillon, France	35.00
Primitivo, Baccanera, Negroamaro IGT Salento, Puglia, Italy	36.00
Valpolicella Ripasso DOCG, Arco dei Giovi, Veneto, Italy	48.00

ROSÉ

Rosé, Anciens Temps, France	7.00/10.00/27.50
Pinot Grigio Rosé, Sartori, Vigna Mescita, Veneto, Italy	7.50/10.25/30.00
Côtes de Provence Rosé, La Vidaubanaise, Provence, France	10.00/13.50/39.50

SPARKLING

Prosecco, DOC, Via Vai, Veneto, Italy	8.00 (125ml)/35.00
Prosecco Rosé DOC, Via Vai, Millesimato, Veneto, Italy	8.25 (125ml)/36.00
Premier Cru Brut, Cattier, Champagne, France	11.00 (125ml)/60.00
Premier Cru Brut Rosé, Cattier, Champagne, France	75.00

COCKTAILS

Mimosa 8.00
Prosecco & Orange Juice

Aperol Spritz 9.95
Aperol, Prosecco, Soda

Hugo Spritz 9.95
St-Germain Elderflower Liqueur, Prosecco, Soda

Mojito 10.50
Havana Club 3 Rum, Lime, Mint

Margarita 11.50
Casamigos Blanco Tequila, Cointreau, Lime
or go Spicy for 12.50

Cosmopolitan 10.75
Ketel One Citron, Cointreau, Cranberry

Old Fashioned 11.50
Woodford Reserve, Angostura Bitter, Orange

Negroni 10.50
Tanqueray London Dry Gin, El Bandarra Vermouth, Campari, Orange

Passion Fruit Martini 10.95
Dutch Barn Vanilla Vodka, Pineapple, Passoa Passion Fruit, Prosecco

Dark 'N' Stormy 10.95
Kraken Black Spiced Rum, Ginger Beer, Lime

Espresso Martini 10.95
Ketel One Vodka, Kahlua, Coffee

Bloody Mary 9.95
Ketel One Vodka, Big Tom, Lemon Juice

Allergens: wine contains sulphites

MADE WITHOUT GLUTEN

SNACKS & PLATES

Korean Sesame & Chilli Chicken Wings 6 for 7.00 or 12 for 12.00

Houmous, Harissa Oil, Crispy Chickpeas & Pomegranate, Gluten-free Toast 6.50 (pb)

King Prawns, Garlic & Paprika Butter, Gluten-free Toast 9.75

BAPS & BOWLS

Aubrey's Steak Gluten-free Sandwich, Caramelised Onions, Mustard Mayonnaise, Rocket & New Potatoes 18.50

Chorizo, Harissa Yoghurt, Fried Eggs, Tomato & Pepper Salsa, Gluten-free Toast 14.00

Edamame, Black Rice & Pickled Mooli Salad, Sesame Miso Dressing, Peanuts & Chilli 15.00 (pb)

Free-range Chicken Caesar Salad, Crispy Bacon, Anchovies & Parmesan 19.00

CLASSICS

Aubrey Allen's 28 Day Dry-aged 8oz Rump Cap & New Potatoes 26.50
Add Béarnaise v or Peppercorn 3.00

Jimmy Butler's Gammon Ribeye, Poached Egg, New Potatoes & Pineapple Ketchup 16.50

SIDES

Green Salad, Toasted Seeds, Chardonnay Vinaigrette 5.25 (v)

Puds

Cheese Plate - Camembert, Isle of Mull Cheddar & Cornish Blue, Gluten-free Toast & Apple 9.75

Jude's Ice Cream - Choose Three: *Madagascan Vanilla, Strawberry or Chocolate Ice Cream, Raspberry or Lemon Sorbet* 7.50 (v)

CHILDREN'S

SNACKS & PLATES

Halloumi Fries & Ketchup 5.75 (v)

Sausage Roll, HP Sauce 5.25

Houmous & Flatbread 4.95 (pb)

MAINS

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

Free-range Chicken Milanese, Chips & Peas 8.25

Aubrey's Cheeseburger, Chips & Peas 8.00

Sausage, Mash & Peas 7.75

Mini Fish & Chips, Peas 8.00

Mac & Cheese 6.00 (v)

Puds

Chocolate Brownie, Chocolate Sauce & Vanilla Ice Cream 5.00 (v)

Sticky Toffee Pudding & Caramel Cookie Dough Brownie Ice Cream 5.00 (v)

Single Scoop Ice Cream
Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie 3.75 (v)