

SUNDAY

TO NIBBLE & SHARE

NOCELLARA OLIVES (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
357	85	8.3	0.0	0.8	0.0	0.8	2.93

HAND-MADE GARLIC DOUGH BALLS with Parmesan and pea & mint pesto

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,516	361	14.0	7.7	47.6	5.9	10.3	0.62

ARTISAN RUSTIC BREADS with olive oil & balsamic vinegar, Nocellara olives and flavoured butter (v)

Nutrition excludes bread due to the breads frequently changing - for more information please see 'sides' section

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
969	231	23.9	2.8	2.5	0.4	0.6	2.93

GARLIC PIZZETTE with rocket and Parmesan

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,452	822	36.6	16.5	101.7	12.2	19.6	1.17

STICKY PLATTER Home-made lamb koftas with chilli jam, spiced Thai-style chicken skewers, crispy duck wings with plum, hoisin & sweet chilli glaze, tzatziki and chorizo topped flatbread

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
6,853	1,632	67.1	23.1	151.5	45.2	104.4	6.47

FISHERMAN'S PLATTER Sloe gin smoked salmon with salmon caviar, crayfish cocktail in bloody mary ketchup, salt & szechuan pepper squid, smoked mackerel, Devon crab mayonnaise with toasted rustic bread and aioli.

Nutrition excludes bread due to the breads frequently changing - for more information please see 'sides' section

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,603	858	68.5	10.5	15.3	3.7	43.7	5.43

BOX-BAKED CAMEMBERT topped with omega seed sprinkle, acerola cherry & thyme flavour dip with ciabatta bread (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,506	1,311	70.0	45.7	103.4	27.9	64.8	4.34

MEDITERRANEAN MEZZE Sweet potato falafel, harissa hummus topped with pomegranate seeds, tzatziki, roasted sweet peppers, pea & mint pesto and seasoned flatbread (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,174	1,232	58.6	9.4	143.6	30.1	26.8	3.38

STARTERS

PORTOBELLO MUSHROOMS in a Cropwell Bishop sauce on rustic toast (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,029	483	27.6	16.7	41.2	8.3	15.5	1.91

BREADED BRIE with smoky tomato & apple chutney (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,020	481	32.0	18.5	30.9	11.1	19.8	1.76

SOUP OF THE DAY with artisan rustic bread & butter. * All Soup nutrition excludes bread due to the breads frequently changing - for more information please see 'sides' section

Smoked haddock & white bean soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,466	349	20.5	3.5	21.1	4.2	19.1	2.06

Spicy sweet potato soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,883	448	26.4	12.0	44.9	15.1	3.7	0.91

Asparagus & crème fraîche

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,571	374	30.3	14.2	16.6	7.1	6.7	1.52

Broccoli & Stilton soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,302	548	48.3	21.3	7.7	5.7	17.4	1.55

Carrot & coriander soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
932	222	10.1	1.7	26.3	17.2	3.0	0.84

Cauliflower and curry soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,435	342	26.2	10.9	13.4	8.1	9.3	1.52

Honey roast parsnip soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,644	391	18.3	6.2	45.2	30.8	5.7	0.78

Oyster mushroom soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,373	565	53.7	31.7	11.4	4.7	6.5	1.81

French onion soup

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,280	781	54.0	29.8	51.8	23.7	17.0	1.80

BURY BLACK PUDDING POTATO CAKE with poached egg, spinach and whisky hollandaise

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,809	669	45.1	17.4	48.9	3.6	13.4	3.30

HOME-MADE SPICED LAMB KOFTAS with tzatziki coleslaw and chilli jam

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,421	338	18.7	8.6	21.6	16.5	20.6	0.95

CRAYFISH & CRAB POT in Devon crab mayonnaise with ciabatta bread

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,546	368	14.7	5.9	34.3	1.5	23.4	1.70

CHICKEN LIVER, SHERRY & BALSAMIC PARFAIT with crostini

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,726	411	26.8	10.8	25.2	7.5	16.2	0.84

SALT & SZECHUAN PEPPER SQUID with aioli

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,636	389	28.0	5.9	19.0	2.1	14.6	4.47

SCALLOPS OF THE DAY Ask for today's seasonal special

Scallops baked garlic butter

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,674	399	22.1	13.1	22.4	0.9	27.9	0.60

Scallops baked mornay

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,822	434	21.1	11.7	26.5	3.0	35.0	1.61

Scallops saffron pot & sauce

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,474	351	18.6	6.9	17.6	2.8	27.0	1.35

Scallops & belly pork

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,432	341	18.8	4.8	7.7	1.5	35.4	0.70

ROASTS

All of our meat roasts are served with goose-fat-roasted potatoes, seasonal greens, honey-roasted carrots, Yorkshire puddings & gravy. Served all day.

ROAST STRIPLOIN OF BEEF with coarse-grain mustard seasoning and roasted red onion & garlic

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,057	1,204	58.1	25.4	113.6	34.7	55.3	2.83

ROAST PORK LOIN with Bramley apple butter, crackling and lemon & thyme stuffing wrapped in bacon

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
7,946	1,892	121.4	7.4	127.0	47.3	70.0	3.34

ROAST CHICKEN with bread sauce and lemon & thyme stuffing wrapped in bacon

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
6,311	1,503	41.7	27.4	117.2	36.5	10.8	3.96

TRIO OF ROASTS Beef, pork and chicken with Bramley apple butter, crackling and lemon & thyme stuffing wrapped in bacon

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
9,216	2,194	127.7	48.8	134.3	52.8	124.8	4.30

ROAST LAMB RUMP with roasted squash and lemon & thyme stuffing wrapped in bacon

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
6,144	1,463	68.8	27.9	128.7	42.4	80.3	4.70

FIG & DOLCELATTE NUT ROAST with roasted potatoes, seasonal greens & carrots, Yorkshire puddings, honey-roasted apple and onion gravy (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,855	1,394	71.6	26.2	155.2	59.5	26.2	3.09

MAIN COURSES

WAGYU BURGER with smoked Irish Cheddar, crispy onions, tomato relish and sweet potato fries and aioli

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
8,058	1,919	99.6	24.7	189.7	44.2	63.2	5.94

Add: Bacon / Chorizo / Cropwell Bishop Stilton / Flat mushroom | Grilled halloumi | ½ Lobster tail

HOME-MADE BRITISH BEEF BURGER with smoked Irish Cheddar, mustard mayonnaise, relish and fries

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,157	1,228	65.2	22.3	112.6	12.7	48.5	4.03

Add: Bacon / Chorizo / Cropwell Bishop Stilton / Flat mushroom | Grilled halloumi | ½ Lobster tail

BUTTERMILK SOUTHERN FRIED CHICKEN stuffed with 'nduja sausage, with sweet potato fries, apple salad and preserved lemon aioli

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
4,030	959	61.2	11.7	67.4	16.0	33.3	3.26

BEER-BATTERED LINE-CAUGHT COD with twice-cooked chunky chips, minted pea purée and tartare sauce

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
4,693	1,117	57.6	11.2	92.2	8.0	54.3	6.13

BATTERED HALLOUMI with twice-cooked chunky chips, minted pea purée and tartare sauce (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
4,682	1,115	71.2	26.5	81.5	5.0	34.6	8.46

STEAK, ALE & PORTOBELLO MUSHROOM PIE with mashed potato, heritage carrots and seasonal greens

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
5,116	1,218	71.5	36.2	104.7	18.5	34.4	3.35

PAN-FRIED SEA BASS FILLETS with mashed potato, garden peas, samphire and a brown shrimp & Devon crab sauce

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,013	717	34.0	9.2	44.3	4.7	56.9	2.95

CHICKEN, BACON & AVOCADO SALAD with baby kale, spinach and tenderstem broccoli with an English cider & honey mustard dressing

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,116	504	29.1	6.9	13.3	9.2	44.2	1.42

SPIRALIZED CARROT SALAD with whipped ricotta, roasted beetroot, brown rice and quinoa in a lemon & herb vinaigrette (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,280	781	49.7	11.0	63.6	21.5	15.8	0.57

Add Chargrilled chicken breast:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
805	192	3.2	1.0	1.3	0.1	40.3	0.16

Add Roasted salmon supreme:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,756	418	26.7	4.6	0.0	0.0	44.5	0.46

Add Goat's curd (v):

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
420	100	8.0	5.2	1.8	0.0	5.3	0.50

Add Grilled halloumi (v):

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,004	239	18.9	10.9	1.3	0.0	16.0	1.99

ROASTED WINTER VEGETABLE TART stuffed with butternut squash, beetroot and Cropwell Bishop custard with a Stilton & walnut crumb (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,116	742	54.2	16.8	48.0	21.7	12.9	1.47

8oz 28-DAY-AGED RUMP STEAK with twice-cooked chunky chips, crispy onions and baby kale

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,626	863	42.4	13.6	67.4	7.2	53.4	1.08

9oz 28-DAY-AGED RIB-EYE STEAK with twice-cooked chunky chips, crispy onions and baby kale

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
6,040	1,438	88.6	29.8	91.5	7.4	66.9	1.74

7oz FILLET STEAK with an ale-glazed shallot tart topped with Cropwell Bishop custard, Stilton & walnut crumb and twice-cooked chunky chips

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
4,506	1,073	57.4	24.0	79.2	12.6	57.0	1.70

Add: Peppercorn sauce / Béarnaise sauce / Red wine jus | Tiger prawns | ½ Lobster tail

SIDES

Cauliflower cheese (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,634	389	30.1	16.7	14.7	8.3	13.2	1.73

Sweet potato fries with Parmesan & rosemary

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,509	359	21.7	4.1	36.8	9.8	3.9	1.00

Fries & aioli (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,784	663	41.8	9.3	64.8	1.9	6.5	2.25

Twice-cooked chunky chips (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,357	323	12.1	2.8	49.2	0.8	4.0	0.53

Dauphinoise potatoes (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,625	387	29.8	18.4	24.2	6.4	5.1	0.14

Mashed potato (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,189	283	11.4	8.1	36.0	5.4	5.7	1.43

Asparagus tips with Parmesan

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
617	147	10.1	6.1	3.0	2.9	9.4	0.24

Seasonal greens (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
483	115	6.0	3.4	7.8	5.0	4.6	0.00

Dressed house salad (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
193	46	0.5	0.1	7.7	7.1	1.8	0.05

DESSERTS

THE HOUSE SHARER Chocolate brownie, baked New York style cheesecake, lemon tart, strawberries and a Bourbon vanilla ice cream cookie sandwich (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
6,707	1,597	97.3	55.8	160.0	106.4	17.9	1.23

BAKED NEW YORK STYLE CHEESECAKE with British blackcurrant curd (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,133	746	41.2	24.1	83.1	38.1	9.6	0.47

WARM BELGIAN CHOCOLATE BROWNIE with Bourbon vanilla ice cream (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,053	727	31.9	15.6	101.1	74.0	7.2	0.38

GLAZED LEMON TART with whipped cream (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,974	708	51.1	31.0	53.6	43.8	8.2	0.39

MELTING GOLDEN CHOCOLATE BOMB with caramel ice cream, chocolate popping candy and hot Devon cream toffee sauce (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
3,377	804	37.5	15.5	109.6	89.3	5.3	0.19

SOUR CHERRY & NUT FLORENTINE with British blackcurrant curd and Bourbon vanilla ice cream (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,869	683	27.5	14.0	100.1	84.2	8.1	0.40

STRAWBERRIES & FROZEN NATURAL YOGHURT with honey ripple and rhubarb & rose flavour curd (v) (200 calories or less)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
703	167	2.5	1.5	31.6	30.4	3.9	0.19

BRAMLEY APPLE & BLACKBERRY SHORTBREAD CRUMBLE with custard (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,827	673	19.9	9.3	114.6	75.0	8.2	0.55

ICE CREAM & HOME-BAKED TRIPLE CHOCOLATE COOKIE

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,537	366	18.8	10.3	44.6	30.6	3.8	0.44

Choose three scoops from Bourbon vanilla, caramel, double chocolate and strawberry (v)

Bourbon vanilla:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
509	121	7.0	4.0	13.0	13.0	2.0	0.08

Caramel:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
500	119	5.9	4.0	15.0	14.4	1.5	0.10

Double chocolate:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
610	145	8.5	5.3	13.9	12.8	2.5	0.11

Strawberry:

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
449	107	4.9	2.9	13.9	13.4	1.8	0.11

STICKY TOFFEE PUDDING with Bourbon vanilla ice cream (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
2,591	617	28.7	11.2	81.3	62.0	7.4	1.03

MINI DESSERT & A HOT DRINK Choose from chocolate brownie, baked New York style cheesecake, lemon tart or apple & blackberry crumble (v)

Chocolate brownie

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,247	297	12.4	5.8	42.5	29.2	2.6	0.0

Baked New York style cheesecake

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,571	374	20.5	12.0	41.7	19.1	5.0	0.23

Lemon tart

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,520	362	25.5	15.5	28.5	24.3	4.1	0.0

Apple & blackberry crumble (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
1,415	337	9.9	4.7	57.4	37.5	4.2	0.27

BRITISH CHEESE BOARD Shepherd's Purse Yorkshire Blue, Lubborn Somerset Camembert, Belton Farm Red Leicester, Isle of Man vintage Cheddar with a selection of Fudge's nut & mixed seed biscuits, grapes, celery and baby figs in a spiced rum syrup (v)

ENERGY (KJ)	ENERGY (KCAL)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
4,056	966	65.2	38.6	46.1	21.7	48.0	3.65

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information for food and drink is available, upon request. Dishes containing fish and hand-pulled chicken may contain small bones. Some of our dishes contain alcohol, please ask a member of staff for further information. (v) = made with vegetarian ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 8 or more.