## EAT WELL

## NIBBLES

## Bread \& Oil £4

Local bread served with oil and balsamic vinegar V
Olives £4
House marinade with garlic, parsley, oil and vinegar V/GF
Pickled Anchovies $£ 5.5$
Lightly pickled anchovies served with home-pickled shallots GF

## Sweet Potato Hummus and Flatbreads £4.5

Homemade flatbreads with a smooth sweet potato hummus V

## PLATES

We recommend 4-5 menu items between two people

## Ham Hock Salad £8.5

Ham hock, minted peas and watercress, tossed in a wholegrain mustard vinaigrette GF

## Grilled Mackerel Fillet £10.5

Filleted mackerel grilled and torched, served with a pickled forced rhubarb jam, leafy salad and croutons

## Filo Parcels $£ 8.5$ for 2 // $£ 16$ for $\mathbf{4} / /$ £24 for $\mathbf{6}$

Goats cheese mixed with lemon jam, sumac, pepper, mint and spinach, wrapped in a filo parcel, served with baba ganoush VE

## Cumin Spiced Lamb Cutlets £13.5 for 2 // £26 for 4

Lollipop cutlets, dusted with spices and grilled, served with diced fried aubergine and baba ganoush GF

## Pan Seared Trout Piperade £10.5

Sustainable trout, on a bed of thick stewed mixed peppers, tomato and onions, garnished with polenta croutons GF

## Nicoise Salad £6 // Add mackerel £4

Olives, boiled and grilled potato, fine beans, sun blushed tomato, red onion and soft boiled egg, served with a herb and lemon dressing. VE/GF

## Spiced Cauliflower Steak £8.5

Cauliflower steak coated with spiced red pepper sauce, served with a parsley, red onion and pistachio salad, dusted with sumac V/GF

## Braised Beef Cheek £13.5

Sourdough crusted beef cheek on a bed of charred savoy cabbage, drizzled with a beef glaze

## Spring Vegetable Risotto £9

Risotto stirred through with fresh spring vegetables and dressed with parmesan VE/GF (Can be made Vegan)

## Fondant Potato £8.5 for 2 // £16 for 4

Fondant potato with charred baby leek and king oyster mushrooms, dressed with a mushroom and butter glaze VE/GF

## Patatas Bravas £7.5 // Add chorizo £2.5

Boiled and roasted potato, dressed with a rich smoky tomato sauce and a roast garlic and saffron aioli VE/GF

## Chickpea Salad £7.5

Warmed chickpeas, roasted peppers and spinach salad, with harissa dressing, served with flatbreads. V

## V - Vegan // VE - Vegetarian // GF - Gluten Free

Please note, both meat and gluten are used in the kitchen and we will do everything we can to reduce cross contamination but severe allergies and dietary requirements may not be met

All our food is made fresh and with an aim to reduce food waste which means our menu is subject to change depending on what we can source locally. Due to demand, some dishes may be unavailable at the time of your visit.

Please ask our team about any allergens in our food

