



Mains

☯ ~ FISH of the DAY, Filleted and served as YOUR CHOICE of.....

☯ 1 Panfried on a bed of Sautéed Spring Onions, Chilli, Garlic, Coriander, Baby Spinach and Lime Juice, served with Bombay Potatoes, Cauliflower Puree, topped with an Onion Bahji and finished with a Curry Infused Tomato Oil £17.25 (GF Please ask)

OR

☯ 2 Deepfried in 'Bay's' Beer Batter served with Chips, Peas and Salad Garnish with Orange Segments, Beetroot and Pomegranate Seeds with Tartare Sauce £16.75

OR

☯ 3 Panfried with Beetroot Puree & Rosa Pesto, with Sautéed Greens, Braised Red Cabbage and Potato Rosti, Confit Chery Tomatoes

Garnished with Toasted Nuts and a Drizzle of Balsamic Reduction £17.75 GF

OR.....Change the Fish for Griddled Halloumi £16.95 GF

☯ ~ Fish Pie

With Salmon, Smoked Haddock, Cod and King Prawns in a Zesty Creamy Veloute, served with Potato Skins and Petit Pois La Francaise £16.95

☯ ~ Succulent Steak

A 10oz Prime 'Red Tractor' Rump Steak served Sliced on a Medley of Mushrooms, Onions & Cherry Tomatoes in a Balsamic Reduction with Chips, Peas & Onion Rings
£19.45 (GF please ask)

☯ ~ Panroasted Duck Breast

In a Balsamic Glaze, Served with Black Cherry Puree, on a Sweet Potato Cake, Sautéed Seasonal Greens and Finished with Cherry and Balsamic Jus £18.45

☯ ~ Slowed Braised Belly Pork

Rolled with Zesty Sorrell, Served with Sweet Potato Gratin, Sautéed Mushrooms, Pinenuts, Kale, Baby Spinach, White Wine and Nutmeg, Breaded Black Pudding and Cider Cream Sauce £17.25 (GF Please Ask)

☯ ~ Beef Bourguignon

In a Rich Red Wine Sauce with Mushrooms, Smoked Bacon and Shallots, served with Garlic and Thyme Mash and Stir Fried Seasonal Greens £16.95 GF

☯ ~ Vegetarian Haggis

With Borlotti Beans, Mushrooms, Carrots, Lentils and Oats, seasoned with Allspice, Nutmeg, Cinnamon and Herbs wrapped in Savoy Cabbage, served with Swede Puree, Potato Rosti and Ribbons of Sautéed Leeks, Carrots and Seasonal Greens finished with a Port Jus £16.95 GF ✓

☯ ~ Moroccan Spiced Vegetable Tagine

With Sweet Potato, Aubergine, Courgette, Peppers, Apricots and Chickpeas served in a Dragon Fruit Skin with Coconut Rice, Fruity House Salad and Tomato Oil £16.75 GF ✓