



**Sample Lunch Menu - available in both Restaurant & Bar.**

**Starters**

Soup of the day.	Starter £3.50	Main £4.95
Seafood chowder.	Starter £4.50	Main £7.50
Mussels with white wine, garlic & parsley.	Starter £4.95	Main £7.95
Chicken liver parfait with red onion marmalade and rocket salad.		£4.50
Parma ham & black pudding with a potato & caper salad & baby onions.		£4.95
Goats cheese brioche with a sun blushed tomato & pine nut salad.		£4.95
Crab & leek tart with beetroot vinaigrette.		£4.95
Oak smoked salmon on toast with a lime & chive dressing. (With scrambled egg add £1.00.)		£5.95
Seared beef with a watercress salad, & blue cheese & walnut dressing.		£5.95
Baby artichoke, rocket & parmesan salad with a red onion & thyme dressing.		£4.95

**Main courses**

Cumberland sausages on a mustard mash with creamed leeks & a red onion jus.	£8.95
Arnold Bennett omelette with a mixed leaf salad & hand made chips.	£8.95
Grilled chicken breast with a wild mushroom & leek risotto & red wine sauce.	£9.95
Beer battered Pollock, hand made chips, peas & tartare sauce.	£9.95
Sea bass fillet with celeriac & truffle mash, baby spinach & a herb mustard butter sauce.	£11.95
Braised shoulder of lamb with a white bean & Mediterranean vegetable stew & a cauliflower fritter.	£11.95
Monkfish cheeks with crab crushed potatoes, mange tout, & a tomato & red pepper emulsion.	£11.95
Duck breast, with a salardaise potato, parsnip puree & rosemary jus.	£12.95
Grilled rib eye steak, vine tomatoes, field mushroom & hand made chips/champ potato. With a béarnaise or peppercorn sauce.	£14.95
Wild mushroom & spinach risotto with parmesan.	£6.95
Blue cheese, rocket & walnut linguine.	£7.50

**Side orders**

Hand made chips.	£1.95
Rocket & parmesan salad.	£1.95
Tomato & red onion salad.	£1.95
French beans & mange tout with shallot butter.	£1.95

## Desserts

Dark chocolate fondant with a orange salad & mascarpone sorbet.	£4.95
Vanilla & toasted nut parfait with, a tropical fruit salad & a toffee crisp.	£4.95
Sticky toffee pudding, served with maple & pecan ice cream.	£4.95
Tropical fruit platter, with coconut sorbet & brandy snap.	£4.95
Selection of home made ice creams.	£4.95
Selection of English cheeses, with red onion marmalade, fruit & biscuits.	£6.95

## The following are available for lunch only.

### **Seafood platter.**

Smoked salmon, crab mayonnaise, prawn marie rose, guacamole & mixed leaves.	£7.95
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### **The Swan Ploughmans.**

Applewood cheddar, smoked gammon, egg, potato salad, pickles & mixed leaves.	£7.95
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## Ciabattas with coleslaw, salad & hand made chips.

Grilled steak with red onion marmalade.	£7.95
Grilled Cajun chicken with avocado.	£7.95
Beef burger with smoked cheddar/ blue cheese (With bacon add £1.00).	£7.95

## Ciabattas with coleslaw, salad & crisps.

BLT.	£5.95
Prawn marie rose & rocket.	£5.95
Smoked cheddar & tomato chutney.	£5.95
Parma ham & brie.	£5.95
Smoked salmon with cream cheese & cucumber.	£5.95