

MAIN MENU



WHILE YOU WAIT...

MARINATED OLIVES *VE GF* £3

FRESH BREAD & BALSAMIC DIP *VE GFA* . £3

STARTERS

SOUP OF THE DAY *GFA* £7.50

Please speak to member of staff for this weeks special!

TEMPURA PRAWNS *GF* £11

Light & Crisp tempura battered prawns served with Sriracha mayo

SOUTHERN FRIED OYSTER

MUSHROOMS *VE* £8

Crisp Oyster Mushroom served with roast garlic Aioli

PUB CLASSICS

TRADITIONAL FISH & CHIPS *GF*..... £19

Fancy a light lunch? Smaller portion just £13

Freshly caught battered fish served with house made tartar sauce, chunky chips, burnt lemon & a choice of garden peas or mushy peas

STEAK OF THE DAY *GF* *POA*

Please ask for daily selection

Served with chunky chips, grilled cherry on vine tomatoes & mushroom

add Peppercorn or Bearnaise sauce for £2.50

add Tempura King Prawns for £4 to make 'Surf and Turf'

PIE OF THE DAY £15

ask staff for today's flavour!

Handmade pie served with creamy mash potatoes, red wine gravy & Tenderstem broccoli

SAUSAGE & MASH *VEA* £14.50

Trio of sausage, seasonal greens, creamy mash potato & red onion gravy

GAMMON EGG & CHIPS *GF* £14

Maple roasted gammon, served with a fried free range eggs & chunky chips

BURGERS

all burgers are served in a Pretzel Bun with skin on skinny fries.

Gluten Free available without the bun, speak to staff*

SPICY CHICKEN BURGER £15

Crispy Chicken Burger topped with cheddar cheese & fresh chillies served with skinny fries & chilli jam

SIGNATURE CHEESEBURGER *GFA* £15

Homemade steak & ham hock burger topped with apple-wood cheese served with Apple BBQ Sauce and skinny fries

BBQ BLACK BEAN BURGER *VE* £15

Homemade black bean burger topped with plant-based cheese served with skinny fries & sriracha aioli

*Upgrade your fries to sweet potato fries for £2
or add cheese to your fries for £1*

CRISPY DUCK BON BONS £12

Served on bed of spiced aromatic plum sauce

MONKFISH BITES *GF* £10

Pan fried citrus & chilli marinated Monkfish bites served with Mediterranean salsa

MINI BAKED CAMEMBERT *GFAV* £11

Mini baked Camembert topped with honey & rosemary baked grapes served with crusty bread

DOLPHIN DISHES

SEAFOOD CHOWDER *GFA* £17

Creamy Seafood chowder with a salmon, smoked haddock, prawns, mussels simmered with potatoes, onions, sweetcorn and celery in a rich creamy broth, served with crusty bread

HERB CRUSTED SALMON £19

Herb crusted Salmon fillet served with Mediterranean roasted vegetables, olives, baby new potatoes with a tomato & caper salsa

GUINNESS DUCK BREAST £21

Guinness infused duck breast served with maple wild mushrooms, fondant potato & maple jus

ZUCCHINI, TOMATO & BASIL RISOTTO

GFVE £13

Zucchini, cherry tomato & fresh basil risotto topped with pea shoots

FEATHER BLADE BOURGUIGNON *GF* .. £17

Slow cooked feather blade of beef with baby onion, bacon, mushroom & thyme red wine sauce served with buttery mashed potatoes

GRILLED GOAT CHEESE SALAD *GFVE* . £13

Grilled Goat cheese served with beetroot, roasted pumpkin seeds & crisp lettuce with a balsamic reduction

SIDES

SKIN ON CHIPS *GFVE* £4

add cheese for £1 (vegan cheese available)

SKINNY FRIES *GFVE* £4

add cheese for £1 (vegan cheese available)

RAINBOW HOUSE SLAW *GFVE* £2.50

MAC & CHEESE *V* £6

SEASONAL GREENS *V* £4

DESSERTS

*Our desserts are prepared fresh daily by our talented chefs,
Please ask a member of staff for our daily blackboard.*

(GF) Gluten Free **(GFA)** Gluten Free Available **(VEA)** Vegan Available **(VE)** Vegan **(V)** Vegetarian

Allergy notice: Please notify our staff if you have any allergies or intolerances. Please be advised that food prepared here may contain milk, eggs, wheat, soy-bean, gluten, peanuts, tree nuts, fish & shellfish. Some dishes may also contain pips & small bones.