

Menu Items	Food allergens													
	Gluten*	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk/lactose	Nuts**	Celery	Mustard	Sesame seeds	Sulphur***	Lupin	Molluscs
<b>TABLE</b>														
Bread and radishes £3	X						X							
Claudio's Big Green Olives £4												X		
Tavern croquettes £8	X		X				X			X				
<b>Starters</b>														
Chilled pea soup, goat's cheese, sunflower seeds, honey £6							X							
Heritage tomato and watermelon salad, black olive, feta and pickled rind £7.50							X					X		
Iron age pork terrine, gooseberry chutney £8	X											X		
Crispy shoulder of Devonshire goat, smoked anchovy, capers and parsley £9	X		X							X		X		
<b>Half pint/pint o' prawns, mayonnaise £7.50/12.50</b>		X	X	X								X		
Dorset crab salad, peach, almonds, lemon verbena £9.50	X	X	X					X		X		X		
Half dozen Dungarvan rock oysters, shallot vinaigrette £13.50		X										X		
<b>Mains</b>														
Sweetcorn kedgeree, poached egg, crispy shallots, green chilli £13.50	X		X				X							
Long Arm 'IPA OK' battered fish and chips, mushy peas, tartare sauce	X		X	X						X		X		
Steamed Cornish mussels, sweet potato curry, coconut, coriander, French fries £17.50														
Roast fillet of Brixham hake, smoked fish and tomato, grilled courgettes, red dulce £18				X										
Pie of the day, mash, gravy	X		X				X					X		
Rib 'n' shin burger, triple cooked chips, harissa mayo	X		X				X			X		X		
Braised neck of Herdwick lamb, Romesco, butter beans, smoked peppers, marjoram and lemon £18	X		X				X					X		
Roast breast of Cumbrian duck breast, grilled grapes, pickled shitake, kohlrabi £19.50	X											X		
Rare breed steaks, shallot and bone marrow dressing, confit potatoes, watercress														
35 day aged, 250g Cumbrian hanger steak £22 / 45 day aged, 450g Shorthorn rib of beef £26												X		
<b>Sunday Roasts</b>														
45 day aged Cumbrian Shorthorn beef, creamed horseradish	X		X				X							
Slow roast Middle White pork belly, crackling, apple sauce	X		X				X							
Whole Suffolk chicken, thyme stuffing, bread sauce, pigs in blankets	X		X				X							
12 hour slow roast West Devon lamb shoulder, mint jelly	X		X				X							
<i>Duck fat roast potatoes/ Yorkshire puddings/ Roasted roots/ Greens and gravy</i>	X		X				X							

Sides														
'Iceberg BLT'	X		X								X		X	
Stuffed Portobello mushroom, pine nuts	X						X	X						
Carroll's heritage potatoes, garlic and parsley butter							X							
Triple cooked chips / French fries														
Mixed leaf and herb salad, rapeseed oil													X	
Green beans, shallots, savoury							X							
Desserts														
Kentish strawberries, baked cheesecake, lemon balm ice cream	X		X				X							
Sticky 'Jamaican ginger cake', lime marmalade, cardamom ice cream	X		X				X						X	
Milk chocolate, brown butter ice cream, peanut brittle	X		X				X	X						
Raspberry, soft meringue, white chocolate crumble, pistachio	X		X				X							
Homemade ice creams			X				X							
Selection of sorbets														
British cheese board, biscuits, fruit chutney	X						X						X	

X - contains Allergen

\* Cereals containing gluten - wheat, rye, barley, oats, spelt, kamut

\*\* Nuts - almonds, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia, Queensland nuts

\*\*\* Sulphur dioxide and sulphites at concentration more than 10mg/kg

	Gluten*	Crustaceans	Eggs	Fish	peanuts	Soybeans	Milk/lactose	Nuts**	Celery	Mustard	Sesame seeds	Sulphur***	Lupin
<b>Bar Food</b>													
Burt's crisps	X						X						
Peanuts					X								
Smoked almonds								X					
Pistachios					X			X					
Chilli rice crackers	X												
Sicilian green olives													
Triple cooked chips, harissa mayo			X							X		X	
Deville whitebait, tartare £6.50	X		X	X			X			X		X	
Iron age pork Scotch egg, mustard mayo	X	X	X	X			X						
sausage roll, HP	X											X	
Chilli Squid							X					X	
Half pint / pint o' prawns with mayonnaise		X	X	X						X		X	
Half douzen Jersey rock oysters, shallot vinaigrette		X										X	
Scotch egg, HP sauce	X		X									X	
Honey glazed chipolatas, English mustard £7	X		X	X			X			X		X	
Mac 'n' cheese, truffle mayo	X			X			X						
Shrimp and bacon, mustard aioli	X						X			X			
Black pudding croquettes, HP	X												
Sweetcorn kedgeree, poached egg, crispy shallots, green chilli £13.50													
Rib 'n' shin burger, triple cooked chips, harissa mayo	X		X				X					X	
Long Arm 'IPA OK' battered fish and chips, mushy peas, tartare sauce	X		X	X								X	
			X										
<b>WEDNESDAY CARRY</b>													
<b>A curry dish, pilau rice, naan bread plus free entry to the quiz for just £10</b>													

X - contains Allergen

\* Cereals containing gluten - wheat, rye, barley, oats, spelt, kamut

\*\* Nuts - almonds, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia, Queensland nuts

\*\*\* Sulphur dioxide and sulphites at concentration more than 10mg/kg