

Starters & Light Bites

Soup of the day £5.70 (vegan option available)

Served with warm bread and butter

Garlic Mushrooms £5.95 (vegan option available)

Wild mushrooms sautéed in garlic butter & served on toasted ciabatta

Prawn and Crayfish Cocktail £6.25

North Atlantic prawns & crayfish served with mixed leaf, Marie Rose sauce & brown bread

Deep fried brie £6.95

Brie wedges in breadcrumbs served with cranberry sauce and mixed leaf

White bait £5.95

Deep fried white bait served with tartar sauce, salad and brown bread and butter

Hummus and pittas £5.50 (v)

Homemade hummus served with warm pitta breads

Pub favourites

Hunter's Chicken £12.95 (GF)

Grilled chicken breast topped with streaky bacon, barbeque sauce, melted cheese served with chips & peas

Breaded Scampi £11.95

Whole tail scampi served with chips, peas & tartare sauce

Roasted belly pork £11.25 (GF)

Slow roasted belly pork served with creamy mash potato, roast root veg & cider sauce.

Ham, Egg and Chips £10.25

Thick cut gammon served with two fried eggs & chips

Crispy Duck Stir-fry or Chicken Stir-fry £11.95

Stir fried vegetables with crispy duck or chicken & egg noodles in a hoisin and plum sauce glaze

Thai green curry £11.95 (GF)

Chicken breast & vegetables cooked in Thai spices coconut milk & cream served with coriander infused rice

Liver bacon and onions £ 11.45 (GF)

lamb's liver, fried onions & streaky bacon in a rich gravy served with mashed potatoes & dressed peas

Beef and ale pie £11.95

Diced beef cooked in ale & red wine enclosed in short crust pastry served with rich gravy peas
& a choice of chips or mashed potatoes

Crispy duck leg £12.95

Crispy duck leg served with orange braised red cabbage, roast new potatoes & red current jus.

**For allergy advice, please ask a member of staff*

AS OUR MENU IS COOKED FRESH TO ORDER, THERE MAY BE A DELAY AT

BUSY TIMES

The *Fromwell* Arms

Fish

Catch of the day £11.50

A Beer battered fillet of Cod served with chips, mushy peas & tartare sauce

Grilled Salmon fillet £12.95 (GF)

Salmon fillet cooked in garlic butter served with roast new potatoes or chips and peas

Smoked Salmon and prawn risotto £12.95 (GF)

Arborio rice cooked with smoked salmon, prawns, white wine, garlic & vegetable stock then finished with egg yolk and parmesan cheese

Burgers

All burgers are served in a brioche bun with French fries, coleslaw and salad

Beef Burger £11.25

8oz beef burger

Bacon Cheese Burger £11.95

8oz beef burger streaky bacon & cheddar cheese

The Works Burger £14.95

8oz Beef Burger with Cajun spiced chicken breast, bacon, cheddar cheese & fried onions

Farm House Burger £12.95

8oz beef burger with sautéed mushrooms & blue cheese

From our Grill

All of our grills come with a choice of chips or roast new potatoes & are served with sautéed mushrooms, grilled tomatoes & peas

10oz Gammon Steak £11.95 (GF)

D cut Gammon steak with a choice of egg or pineapple

8oz Rump Steak £16.95 (GF)

Rump steak cooked to your liking

Grilled chicken breast £11.95 (GF)

Butterfly chicken breast

Sauces £2.95

Pepper sauce (GF)

Blue cheese sauce (GF)

Wild mushroom sauce (GF)

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Vegetarian

Halloumi Burger £11.50

Sautéed mushrooms, grilled halloumi & Red Onion marmalade served in a brioche bun with fries & coleslaw

Thai vegetable curry £10.95 (vegan option available) (GF)

Vegetables cooked in Thai spices, coconut milk & cream served with coriander infused rice

Mediterranean pasta £11.95 (vegan option available)

Mediterranean vegetables cooked in a rich tomato sauce served with tagliatelle pasta, parmesan & dressed rocket.

Vegetable Stir-fry £11.95 (vegan option available)

Stir fried vegetables with egg noodles in a hoisin and plum sauce glaze

Three bean chilli £11.95 (vegan option available)

kidney beans, haricot beans, adzuki beans & lentils cooked in a rich tomatoes sauce spiced with fresh green & red chillies & served with tortilla wraps and sour cream.

Butternut & sage risotto £12.95 (vegan option available) (GF)

Arborio rice cooked with roasted butternut, sage, white wine, garlic & vegetable stock then finished with egg yolk and parmesan cheese

Children's Menu £6.95

Homemade Fish Fingers

Homemade Chicken Goujons

Ham & Egg (GF)

All of the above are served with a choice of French fries or mash & peas or baked beans

Mac and cheese (v)

Chicken stir-fry with egg noodles

Sides

Chips £2.95 (GF)

French fries £2.95 (GF)

Cheesy French fries £3.45 (GF)

Cheesy Chips £3.45 (GF)

Garlic Bread £3.25

Cheesy Garlic Bread £3.75

Side Salad £2.50 (GF)

Coleslaw £2.00 (GF)

Seasonal Vegetables £3.00 (GF)

Roast new potatoes £2.50 (GF)

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Also available for the smaller appetites

Lunchtimes Smaller Mains

(reflected in a smaller price)

available from 12pm - 2.30pm

Ham, Egg & Chips (smaller portion £7.95) (GF)

Thick cut gammon served with two fried eggs & chips

Catch of the day (smaller portion £8.50)

Beer battered fillet served with chips, mushy peas & tartare sauce

Liver bacon and onions (smaller portion £7.95) (GF)

Calfs liver, fried onions & streaky bacon in a rich gravy served with mashed potatoes & dressed peas

Chicken Stir-fry (smaller portion £8.50)

Stir fried vegetables & chicken with egg noodles in a hoisin & plum sauce glaze

Breaded Scampi (smaller portion £8.95)

Whole tail scampi served with chips, peas & tartare sauce

Sandwiches

available from 12pm - 2.30pm

On thick cut bloomer or rustic ciabatta served with salad and root vegetable crisps

Steak & onion marmalade £7.50

Steak & cheese £7.50

Chicken Salad £6.50

Homemade Fish Fingers £6.25

**Prawn, Crayfish & Marie Rose sauce
£6.95**

Ham Salad £5.50

Brie & Cranberry £5.75

(add Bacon for £1.00)

Cheese & chutney £5.75

Cheese & ham £5.75

Cheese & tomato £5.50

B.L.T £6.50

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Desserts

Sticky toffee pudding with butterscotch sauce and ice cream

Oozing Fruit Chocolate Waffle Topper

(warm waffle, a scoop of your choice of ice cream, topped with seasonal fruits)

Homemade trifle always a favourite

Ice Cream Nachos

(chocolate and vanilla ice cream atop sweet nachos, add some cream & drizzle on choc and caramel sauce)

Chocolate brownie with chocolate sauce and a choice of cream or ice cream

Eton mess with summer fruits

All £5.95

Ice Creams

Lots of choices please ask

£1.50 a scoop (all GF)

Cheese and Biscuits £6.95

Add a Glass of port with your cheese - £9

Liqueur Coffees available from £5

Caroline, Robin and all the team are here to help,

any questions queries etc please feel free to ask.

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