

STARTERS

SWEET PEA SOUP, TRUFFLE, GOATS CHEESE £7.5

MILK

MIDDLE EASTERN SPICED HUMMUS, AMBA SAUCE, POMEGRANATE, FLAT BREADS £8

MILK GLUTEN SESAME

NACHOS, CHEDDAR, GUACAMOLE, SALSA, SOURED CREAM, JALAPEÑO /ADD PULLED CHICKEN £10.5/14

MILK GLUTEN

DEEP SEA MUSSELS MARINIÈRE, FRIES OR HOMEMADE BREAD £9/17

MOLLUSKS MILK GLUTEN SULPHITE

FRIED SPRATS ON TOAST, SHALLOT & TOMATO SAUCE £8

FISH MILK GLUTEN

SHRIMP PAD THAI £9.5/17

FISH CRUSTACEAN GLUTEN EGG SOYABEAN SESAME PEANUTS

BUFFALO CHICKEN WINGS, BLUE CHEESE £9.5

MILK GLUTEN EGG

MAINS

VEAL, SALT BEEF & BILTONG LASAGNA, GARLIC BREAD £15

MILK EGG GLUTEN

RL CHEESEBURGER, CRISPY ONIONS & STEALTH FRIES /ADD BACON £14.95/16.95

EGG MILK GLUTEN

PULLED CHICKEN & GUACAMOLE BURGER, SPICY SLAW & STEALTH FRIES £16.5

EGG MILK GLUTEN SESAME

CHIRASHI BOWL, SUSHI RICE, MANGO, SOYA BEANS, CRISPY NOODLES, SESAME & CHILLI £15

SESAME SOYABEAN

HALLOUMI KATSU, EGG FRIED BROWN RICE, PAK CHOI, PICKLED CUCUMBER £17.5

PEANUTS MILK SESAME SOYABEAN GLUTEN EGG

PAN ROASTED CORNISH COD, PEAS, BROAD BEANS, JERSEY ROYALS, MINT £19.5

MILK FISH

LOCH DUARTE SALMON, THAI CURRY, SNOW PEAS, MINATURE CORN £19.5

FISH MILK

FILLET STEAK OR BAVETTE STEAK (PINK) GREEN PEPPERCORN SAUCE, FAT CHIPS £35/22

MILK SULPHITE

SIDES & FRIES

STEALTH FRIES £4 PARMESAN & TRUFFLE FRIES £6 SWEET POTATO CHIPS £5.5

BUTTERED JERSEY ROYALS £5 CABBAGE, PEAS & CORN £4.5 BROCCOLI, ANCHOVY £5.5

FAT CHIPS AIOLI/ CHEESE £4.5/5.5 BEER BATTERED ONION RINGS £6

PUDS

PROFITEROLES DARK CHOCOLATE SAUCE, WHITE CHOCOLATE MOUSSE, PISTACHIOS £7.5

MILK GLUTEN EGG NUT PEANUT

MANGO & PINEAPPLE 'FROYO' MANGO & PINEAPPLE SALAD £7

MILK

STICKY TOFFEE PUDDING WITH VANILLA ICE CREAM £7.5

MILK GLUTEN EGG

CHOCOLATE FONDANT, BLOOD ORANGE, COFFEE £8.5

MILK GLUTEN EGG

CHEESE PLATE £10.5

MILK GLUTEN

PLEASE TURN OVER FOR MORE TASTY STUFF

RED LION TRACK & TRACE NO: 07857 288 622

PLEASE TEXT YOUR NAME AND EMAIL TO THIS NUMBER