

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE SPEAK TO A MEMBER OF OUR TEAM BEFORE YOU ORDER YOUR FOOD & DRINKS. FOR FULL ALLERGEN INFORMATION PLEASE VISIT OUR WEBSITE.



**THIS MENU IS JUST FOR YOU!  
WHEN YOU HAVE FINISHED  
IT WILL BE RECYCLED.**

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THE BAR**

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Ask your server for the pub code. For full terms and conditions please visit [www.helpraisethebar.co.uk](http://www.helpraisethebar.co.uk).  
No purchase necessary. Participants must be 18 or over.

# Sunday Menu

## Starters

### SOUP OF THE DAY [V] £3.29

Please ask for today's Sunday choice. Served with a slice of bloomer bread for dipping.

[VE] Vegan option available.

### PRAWN COCKTAIL £4.29

Prawns served on a bed of iceberg lettuce topped with Marie Rose sauce. Served with brown bread.

### GOLDEN BREADED MUSHROOMS [V]\* £4.29

Served with your choice of BBQ or garlic mayo dip.

### CRISPY BUTTERMILK CHICKEN £4.29

4 Buttermilk chicken goujons with your choice of BBQ or garlic mayo dip.

### BRIE DIPPERS [V]\* FOR ONE £4.29 TO SHARE £7.59

The perfect Sunday sharer served with caramelised red onion chutney.

**Caution! Hot cheese may ooze!**

## Carvery

Treat yourself to one of our famous Sunday carveries. Enjoy our succulent slow-cooked meats or our vegetarian or meat-free options, all served with a home-made fluffy Yorkshire pudding. Then, enjoy unlimited delicious seasonal fresh vegetables, crispy roast potatoes, tasty stuffing, herb seasoned gravy & sauces.

**Small  
PLATE**

£7.79

**Regular  
PLATE**

£9.29

ADD 3 PIGS IN BLANKETS FOR £1.39

**UPGRADE  
TO A Large  
PLATE  
FOR £2<sup>^</sup>**

An extra slice of meat & a giant Yorkshire pudding served on a larger plate, with extra crispy roast potatoes, fresh vegetables & stuffing.

**\*Excludes vegetarian & meat-free options.**

**Make your Sunday extra special, enjoy a glass of wine with your carvery, our recommendations are:**

Red: Alta Vista Malbec [VE]

White: Nika Tiki Sauvignon Blanc

Rosé: Sutter Home White Zinfandel Rosé [VE]



## Grills

### 10oz GAMMON STEAK £9.29

Served with grilled pineapple, a fried free-range egg, chips, garden peas & half a grilled tomato.

### 8oz 28-DAY AGED SIRLOIN STEAK £12.79

Garnished with beer-battered onion rings, a grilled flat mushroom and half a grilled tomato. Served with chips and garden peas.

ADD PEPPERCORN SAUCE £1.59

ADD DIANE SAUCE [V] £1.59

# Pub Classics

## BEER-BATTERED COD & CHIPS 🐟 £10.79

Large Atlantic cod fillet battered in-house with our famous Marston's beer batter. Served with chips, your choice of garden or mushy peas, tartare sauce & a slice of bloomer bread.

## HUNTER'S CHICKEN £10.29

Grilled chicken breast topped with bacon, melted mature Cheddar cheese & sticky BBQ sauce. Served with chips, beer-battered onion rings & a side salad.

## STEAK & ALE PIE £9.39

British beef slow-cooked in a rich Marston's ale & onion gravy, encased in a combination of shortcrust & puff pastry. Served with chips, carrots, garden peas & gravy.

## PASTA ALFREDO [V] £8.99

Tubes of pasta in a light cheese & spinach sauce with seared red peppers. Served with a side salad & garlic ciabatta.

Add a grilled chicken breast for £2.00

## BREADED SCAMPI ‡ £8.99

Served with chips, your choice of garden or mushy peas, tartare sauce & a slice of bloomer bread.

## SAUSAGE & MASH £8.49

Succulent Cumberland pork sausages on a bed of mashed potatoes. Served with carrots, garden peas, topped with sautéed onions & red onion gravy.

[V] Vegetarian option available.

## BEEF LASAGNE £8.79

Our own secret recipe served with garlic ciabatta & a side salad.

## Super Salads

All of our salads are under 350 calories < 350 CALS

Complete with mixed leaves, red onion, tomato, cucumber & red pepper with a drizzle of olive oil & balsamic vinegar. The rest is up to you!

## BUFFALO CAULIFLOWER WINGS 🍷 [VE]\* £8.79

With kickin' Buffalo sauce.

## GRILLED CHICKEN & BACON £8.79

# Burgers

Our burgers are served in a seeded bun with crisp lettuce, chips, beer-battered onion rings & Heinz Classic Burger Sauce unless otherwise stated.

## BBQ JACKFRUIT BURGER [VE]\* £8.99

Our plant-based burger topped with BBQ Jackfruit. Served with chips, beer-battered onion rings & BBQ sauce.

## THE COWBOY BURGER £8.69

Beef burgers with an American style cheese slice & bacon.

# Desserts

## BRAMLEY APPLE PIE [V] £4.49

A classic individual apple pie. Served warm with custard. [VE] Vegan option available with vegan vanilla flavour ice cream.

## SICILIAN LEMON MUFFIN CHEESECAKE £4.49

A tangy lemon cheesecake studded with chunks of lemon muffin on a crunchy biscuit base. Served with vanilla flavour ice cream & strawberry flavour sauce.

## CHOCOLATE FUDGE CAKE [V] £3.99

Rich & gooey served warm or cold, with vanilla flavour ice cream.

## CHOCOLATE INDULGENCE SUNDAE [V] £4.39

Chocolate & vanilla flavour ice creams with chocolate flavour sauce, all layered beneath squirty cream, more chocolate flavour sauce & crumbled chocolate. Finished with a Cadbury® Flake!

## JAM ROLY POLY [V] £3.99

A true classic served with custard.

## STICKY TOFFEE PUDDING [V] £3.99

A sweet toffee sponge dotted with date pieces, topped with rich toffee flavoured sauce. Served with custard.

### Terms & Conditions:

Dishes subject to availability and alternatives may be offered where listed choice is not available. Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. Full allergen information is available at the bar or visit our website. [V] Suitable for vegetarians or vegetarian option available. [VE] Suitable for vegetarians & vegans or vegetarian/vegan option available. [V]\*/[VE]\* We cannot guarantee that our vegetarian & vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information. 🐟 We select our fish from sustainable sources. ‡ Our scampi is made from more than one tail of langoustine caught in UK waters. We regret that we cannot guarantee that our fish/chicken/beef/pork/turkey dishes do not contain bones. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. < 350 CALS Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning, sauces or upgrades that may have been added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub. Cadbury® is a registered trademark of Mondelez International.