

Adults need around 2000 kcal a day

# ALL TIME FAVOURITES

## HUNTER'S CHICKEN £9.70

A roasted chicken breast topped with bacon, BBQ sauce and melted mature Cheddar cheese. Served with chips, beer-battered onion rings and a salad garnish. (1076 kcal)



### FANCY A LIGHTER OPTION?

Enjoy your Hunter's Chicken with a full side salad, instead of chips and onion rings. (531 kcal)

## WHOLETAILS OF BREADED SCAMPI# £9.35

Twelve wholetails of Whitby scampi#. Served with chips, tartare sauce and a choice of mushy peas (1105 kcal) or garden peas. (1036 kcal)

## HAND-BATTERED ATLANTIC COD & CHIPS ▶ £11.20

A large Atlantic cod fillet battered in-house with our famous Marston's Pedigree beer batter. Served with chips, tartare sauce, bread & butter and a choice of mushy peas (1679 kcal) or garden peas. (1610 kcal)

## STEAK & ALE PIE £9.95

Our classic steak and ale pie, filled with tender chunks of beef and a rich ale gravy in a shortcrust pastry case. Served with chips, garden peas and gravy. (1339 kcal)

## PASTA ALFREDO (V) £9.95

Tubes of pasta in a light cheese & spinach sauce with seared red peppers. Served with garlic bread and a salad garnish. (759 kcal)

ADD A GRILLED CHICKEN BREAST FOR £2.00 (968 kcal)



SAUSAGE & MASH

## SAUSAGE & MASH £9.20

Three Cumberland pork sausages garnished with sautéed red onions. Served on a bed of mashed potatoes with garden peas and gravy. (1066 kcal)

## BEEF LASAGNE £9.45

Beef ragú layered with pasta and a Cheddar cheese sauce. Topped with Mozzarella and mature Cheddar cheese. Served with garlic bread and a salad garnish. (793 kcal)



Swap your garlic bread for chips for £1.00 extra (1039 kcal) or for a lighter option, swap your garlic bread for a full side salad. (589 kcal)

### FANCY MORE CHIPS?

DOUBLE YOUR CHIPS (VE)\* (460 kcal extra) FOR £1.00

SWAP YOUR CHIPS FOR SWEET POTATO FRIES (VE)\* (114 kcal extra) FOR £1.00



HAND-BATTERED ATLANTIC COD & CHIPS

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TOFFEE WAFFLE

# GO ON TREAT YOURSELF

## CHOCOLATE ORANGE SPONGE (V) £5.10

A vanilla sponge with a gooey orange centre smothered in chocolate flavour sauce. Served warm with custard. (646 kcal)

## TOFFEE WAFFLE (V) £4.65

A Belgian waffle topped with vanilla flavour ice cream, toffee sauce and caramelised biscuit crumbs. (731 kcal)

## JAM SPONGE PUDDING (V) £4.65

An individual vanilla sponge pudding, smothered in strawberry jam. Served warm with custard. (528 kcal)

## STICKY TOFFEE PUDDING (V) £5.10

A sweet toffee sponge dotted with date pieces, topped with rich toffee flavoured sauce. Served with vanilla flavour ice cream (555 kcal) or custard. (576 kcal)

## ROCKY ROAD SUNDAE £4.65

Chocolate and vanilla flavour ice creams layered with chocolate brownie chunks, marshmallows, chocolate flavour sauce and squirty cream, finished with a chocolate flake. (635 kcal)

## SICILIAN LEMON MUFFIN CHEESECAKE £5.10

A tangy lemon cheesecake studded with chunks of lemon muffin on a crunchy biscuit base. Served with vanilla flavour ice cream and raspberry sauce. (583 kcal)

## APPLE CRUMBLE (V) £4.65

Sweet baked apple topped with crunchy golden crumble. Served warm with custard. (525 kcal)

(VE) VEGAN OPTION AVAILABLE WITH VEGAN VANILLA FLAVOUR ICE CREAM. (504 kcal)

## CHOCOLATE FUDGE CAKE (V) £5.10

Gooey and chocolatey. Served warm or cold with vanilla flavour ice cream. (684 kcal)

## HOW DID WE DO?

Tell us how we did today and you could win £250 of LOVE2SHOP vouchers, visit [www.helpraisethebar.co.uk](http://www.helpraisethebar.co.uk). Full terms & conditions are available on the website. No purchase necessary. Participants must be 18 or over.

Dishes subject to availability and alternatives may be offered where listed choice is not available. 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 on our website. Photography is for illustrative purposes only. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. (V)/(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 fryers. Please ask a member of staff for more information. We regret that we cannot guarantee that our fish/chicken/beef/pork/shellfish dishes do not contain bones or shell. ▶ We only select fish from sustainable sources. † Our scampi is made from more than one tail of Langoustine caught in UK waters.

Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be 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. Full calorie information for all carvery items is available at the deck.

CFLN22SUNSPPCARVP6

# IT'S WHAT SUNDAYS ARE MADE FOR





If you have an allergy or intolerance, please speak to a member of our team before you order your food and drinks. Full allergen information is available on our website. Adults need around 2000 kcal a day.

# START AS YOU MEAN TO GO ON!



BRIE DIPPERS

## STARTERS

**SOUP OF THE DAY (V) £4.30**

Served with bread & butter. Ask us for today's flavour.

Tomato (322 kcal) Mushroom (310 kcal)

**(VE) VEGAN OPTION AVAILABLE:**

Tomato (280 kcal) Mushroom (268 kcal)

**CRISPY BUTTERMILK CHICKEN GOUJONS £4.95**

Crispy chicken fillets in a buttermilk coating with a BBQ dip. Served with a salad garnish. (723 kcal)

**BRIE DIPPERS (V)\* £4.95**

Melted creamy Brie in a crispy breadcrumb coating. Served with caramelised red onion chutney and a salad garnish. **CAUTION, HOT CHEESE MAY OOOZE!** (605 kcal)

**PRAWN COCKTAIL £4.95**

Succulent prawns in a Marie Rose sauce. Served on a bed of shredded iceberg lettuce, with cucumber and a lemon wedge. Served with multigrain bloomer bread & butter. (520 kcal)

**GOLDEN BREADED MUSHROOMS (V)\* £4.95**

Crispy coated button mushrooms. Served with garlic mayonnaise and a salad garnish. (581 kcal)



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## SUPER SALADS

OUR SALADS ARE SERVED ON A BED OF MIXED LEAVES WITH SLICES OF CUCUMBER, TOMATO, RED ONION AND RED PEPPER. DRIZZLED WITH EXTRA VIRGIN OLIVE OIL.

**CHICKEN AND BACON £10.10**

Strips of chicken breast and bacon. (458 kcal)

**BBQ CAULIFLOWER WINGS (VE)\* £10.10**

Florets of cauliflower in a rich smoky BBQ coating with a hint of spice. (278 kcal)



CHICKEN & BACON SALAD

## CAN'T BEAT A SUNDAY CARVERY

ENJOY OUR SUCCULENT SLOW-COOKED MEATS OR OUR VEGETARIAN OR MEAT-FREE OPTIONS, ALL SERVED WITH A HOME-MADE YORKSHIRE PUDDING. THEN, ENJOY UNLIMITED DELICIOUS SEASONAL FRESH VEGETABLES, CRISPY ROAST POTATOES, STUFFING, HERB SEASONED GRAVY & SAUCES.

### SMALL PLATE

SUNDAY & BANK HOLS  
**£8.45**

VEGETARIAN\*  
**£8.45**

### REGULAR PLATE

SUNDAY & BANK HOLS  
**£9.95**

VEGETARIAN\*  
**£9.95**

\* Please ask a team member for today's vegetarian choice.

Cauliflower Cheese Tart (V) (1232 kcal)  
Broccoli Cheddar and Mushroom Wellington (V) (1355 kcal)  
Meat-free sausages (V) (1027 kcal)  
You can also opt for meat-free.

Prices are consistent with those shown above.

Calorie information: Beef per slice (110 kcal), turkey per slice (54 kcal), honey roasted gammon per slice (96 kcal), roast potatoes per serving (55 kcal each), Yorkshire pudding per pudding (198 kcal), giant Yorkshire pudding per pudding (259 kcal), stuffing per ball (93 kcal), 3 pigs in blankets (165 kcal), 6 pigs in blankets (330 kcal), gravy per ladle (57 kcal).

Full calorie information for all carvery items is available at the deck.

**UPGRADE TO A LARGE FOR £2**

An extra slice of meat & a giant Yorkshire pudding served with extra crispy roast potatoes, seasonal fresh vegetables & stuffing. Excludes vegetarian & meat-free options.

**ADD**

**3 PIGS IN BLANKETS FOR £1.75 (165 kcal)**

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# KING OF THE GRILL

**8oz AGED SIRLOIN STEAK £13.40**

Expertly matured cooked to your liking served with half a grilled tomato, a grilled flat mushroom, garden peas, beer-battered onion rings and chips. (1266 kcal)

**GAMMON STEAK £9.75**

An 8oz gammon steak topped with a fried free-range egg and a pineapple slice. Served with half a grilled tomato, garden peas and chips. (1101 kcal)



**STEAK SAUCE £2.00 EACH**

Peppercorn (51 kcal)  
Beef Dripping & Merlot (42 kcal)  
Bourbon BBQ (V) (170 kcal)



8oz AGED SIRLOIN STEAK



**SKINNY STEAKS**

Ditch the chips, onion rings, tomato, mushroom and garden peas for a side salad.

8oz Aged Sirloin Steak. (557 kcal)

**FANCY MORE CHIPS?**

**DOUBLE YOUR CHIPS (VE)\* (460 kcal extra) FOR £1.00**

**SWAP YOUR CHIPS FOR SWEET POTATO FRIES (VE)\* (114 kcal extra) FOR £1.00**



## BURGER PERFECTION

FANCY A BURGER BUT AVOIDING CARBS? ENJOY YOUR FAVOURITE BURGER SERVED SKINNY WITHOUT THE BUN AND FRIES AND WITH A SIDE SALAD INSTEAD.

**THE COWBOY £9.65**

Two prime beef burgers topped with bacon, American style cheese slices, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1354 kcal)

**SKINNY VERSION (694 kcal)**

**THE ULTIMATE SOUTHERN FRIED CHICKEN BURGER £11.15**

A Southern fried chicken fillet topped with bacon, hash browns, American style cheese slices, BBQ sauce, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries and chicken gravy for dipping. (1638 kcal)

**SKINNY VERSION (978 kcal)**

**THE VEGGIE BURGER (V)\* £9.45**

A cauliflower, kale and Cheddar cheese burger with beef tomato, lettuce and red onion chutney in a seeded bun. Served with fries. **CAUTION, HOT CHEESE MAY OOOZE!** (964 kcal)

**SKINNY VERSION (304 kcal)**

**BURGER TOPPINGS 75P**

**AMERICAN STYLE CHEESE (V) (42 kcal)**  
**MATURE CHEDDAR CHEESE (V) (116 kcal)**  
**JALAPEÑOS (VE) (4 kcal)**  
**BACON (72 kcal)**



BEER-BATTERED ONION RINGS