

THE FOX & HOUNDS AT SPROSTON

NIBBLES & SHARERS

- Marinated Mixed Olives & Fresh Garden Herbs **£3.95 G V VE**
Halloumi Fries topped with Garlic Mayonnaise **£4.95 G V**
Baked Camembert with Baby Tomato & Basil Jam & Dipping Breads
(Sharer) **£13.95 G V**
Rustic Breads with Dipping Oil, Red Pepper Hummus & Sun Blushed
Tomatoes (Sharer) **£6.50 G V**

SALADS

- Crispy Sweet Chili Beef Salad with Watercress, Carrot, Mangetout,
Mooli, Red Onion & Thai Dressing **£13.95 G (Contains Chili)**
Vegan Caesar Salad with Smoked Almonds, Baby Gem Leaves,
Focaccia Crumbs & Creamy Dressing **£9.95 G V N VE**
with Salmon, Halloumi or Lemon & Oregano Chicken £13.95 G N
Superfood Salad with Kale, Toasted Pumpkin Seeds, Orange
Segments, Pomegranate Seeds, Fregula, Edamame Beans & Tomato &
Oregano Dressing **£9.95 G V VE**
with Salmon, Halloumi or Lemon & Oregano Chicken £13.95 G

STARTERS

- Soup of the Day with Rustic Bread & Abernethy Butter **£5.95 G**
Prawn & Avocado Cocktail with Marie Rose Sauce & Brown Bloomer
£6.95 G
Sautéed Oyster Mushrooms with Pumpkin Seed Bread & Vegan
Hollandaise Sauce **£6.95 G V VE**
Slow Cooked Duck Spring Rolls with Plum & Ginger Sauce, Carrot, Mooli
& Radish Salad **£7.50**
Spiced Lamb Kofta with Tzatziki, Sweet Chili & Coriander Salad **£7.95 G**
Asparagus with Soft Poached Free Range Egg, Gran Moravia Parmesan &
Hollandaise Sauce **£5.95 G V**

TRADITIONAL PIES

(Please allow 25 minutes cooking time)

- Slow Cooked Beef & Guinness Puff Pastry Pie with Chips, Seasonal
Vegetables & Jug of Rich Gravy **£15.95**
Traditional Fish Pie with King Prawns, Mussels, Salmon, Cod, Soft
Boiled Hens Eggs, Saffron Mashed Potato, Applewood Cheddar Cheese
& Garden Peas **£15.95 G**
Mature Cheshire Cheese & Onion Pie with Chips & Red Beetroot Salad
£14.95 V

CHILDREN'S MENU **£7.95**

(12 Years & Under)

STARTERS

- Cup of Soup **G**
Garlic Focaccia with or without Cheese **G V VE**
Corn on the Cob **G V VE**
Carrot Cubes with Hummus Dip **G V VE**

MAINS

- Pork Sausages, Creamy Mashed Potatoes, Gravy & Peas
Beef Burger topped with Cheddar Cheese, Chips & Peas **G**
Macaroni Cheese & Garlic Focaccia **V**
Steak & Chips with Vegetables or Salad **G**
Cod Goujons, Chips & Peas

DESSERT

- Choice of Ice Cream or Sorbet & Homemade Shortbread Biscuits **V**
Sticky Toffee Pudding & Warm Butterscotch Sauce **V**
Chocolate Brownie & Warm Chocolate Sauce **V**

OUR GRILLS & FAVOURITES

10oz 28 Day Dry Aged Ribeye of Beef **£24.95 G**

8oz 28 Day Dry Aged Fillet of Beef **£25.95 G**

10oz Tomahawk Pork Chop **£15.95 G**

Sauces - Peppercorn, Béarnaise or Red Wine Gravy
£2.95 G V

Steaks are served with Slow Roasted Plum Tomato, Field
Mushrooms, Beer Battered Onion Rings & Chips

Fox & Hounds Chargrilled Beef Burger with Streaky Bacon, Mature
Cheddar or Stilton Cheese, Sliced Tomato, Baby Gem Lettuce, Red
Onion, Chips, Mayonnaise & Ketchup Dips **£13.95 G**

Chargrilled "Beyond Meat" Vegan Burger with Baby Tomato Relish,
Baby Gem Lettuce, Red Onion, Sweet Potato Chips, Vegan Garlic
Mayonnaise & Ketchup Dips **£13.95 G V VE**

Beer Battered Cod Fillet with Chips, Marrowfat Mushy Peas,
Homemade Chunky Tartare Sauce, Bread & Butter
Light £9.95 Large £13.95

Frosty's Pork Sausages with Creamy Mashed Potatoes, French Peas
& Red Wine Gravy **£12.95**

Grilled Sea Bass Fillet with Sweet Potato & Chickpea Curry, Onion
Bhajis & Mint Yogurt **£17.95 G**

8 Hour Braised Feather Blade of Beef with Horseradish Mashed
Potato, Cavalo Nero, Pancetta & Baby Onion Gravy **£16.50 G**

Oven Baked Cod Fillet with Saffron Fondant Potato, Samphire,
Roasted Baby Tomatoes & White Wine Cream Sauce **£15.75 G**

Chargrilled Aubergine with Quinoa, Shredded Spring Onions,
Sweetcorn, Radish, Red Onion & Soya & Ginger Dressing
£12.75 V VE

SIDE ORDERS

Chips **£3.95 G V VE**

Sweet Potato Chips **£3.95 G V VE**

Peppercorn Sauce **£2.95 G V**

Béarnaise Sauce **£2.95 G V**

Red Wine Gravy **£2.95 G V**

Chips topped with Truffle Oil, Gran
Moravia Parmesan & Parsley **£4.50 G V**

Horseradish Mashed Potato
£3.95 G V

Garden Salad **£3.95 G V VE**

Onion Rings **£3.95 V**

Creamy Mashed Potatoes **£3.95**
G V

Seasonal Vegetables **£3.95**
G V VE

COFFEE & HOT DRINKS

Caffé Americano - A shot of rich, full flavoured espresso with hot water
& steamed milk **£2.75**

Caffé Latte - Rich, full bodied espresso in steamed milk with a light layer
of milk foam **£2.95**

with a choice of Vanilla, Caramel or Gingerbread syrup **£3.45**

Cappuccino - Rich, full bodied espresso in steamed milk with a deep
layer of milk foam **£2.95**

Espresso - Very strong black coffee made by forcing steam through
ground coffee beans **£2.50** Double Espresso **£3.50**

Liqueur Coffee - Americano, with a shot of your choice of liqueur with
Floated Cream & Sugar **£5.95**

Hot Chocolate - Hot chocolate with steamed milk topped with Chantilly
Cream **£3.25 (Add Marshmallows 50p)**

Teas - Decaf, English Breakfast, Earl Grey, Green Tea, Camomile, Lemon
& Ginger, Peppermint or Cranberry & Raspberry Fruit Tea **£2.95**

DESSERTS **£6.95**

Cheesecake of the Day with Clotted Cream Ice Cream **G V**

Sticky Toffee Pudding with Warm Butterscotch Sauce & Sticky Toffee
Pudding Ice Cream **V**

Blueberry & Apple Crumble with Green Apple Sorbet & Crème Anglaise **V**

Lemon Panna Cotta with Raspberry Granita & Fruit Coulis

CHESHIRE FARM ICE CREAM & SORBET SELECTION

2 Scoops **£3.95** 3 Scoops **£4.95**

All served with *Homemade Shortbread Biscuits* **V**

MILKSHAKES **£3.95 G V**

Ice Cream of your choice topped with Chantilly Cream &
Sprinkles

Vanilla Pod **G V**

Strawberries & Cream **G V**

Clotted Cream **G V**

Double Chocolate **G V**

Stem Ginger **G V**

Sticky Toffee Pudding **G V**

Blackcurrant Sorbet **G V VE**

Green Apple Sorbet **G V VE**

Mango Sorbet **G V VE**

Raspberry Sorbet **G V VE**

SUNDAES **£6.95**

Mixed Berry Sundae with Fresh Fruit, Vanilla Pod Ice Cream,
Fruit Purée & Chantilly Cream **G V N**

Chocolate Brownie Sundae with Brownie Pieces, Double
Chocolate Ice Cream, Chocolate Sauce & Chantilly Cream **V N**

The Fox & Hounds Cheeseboard

3 Cheeses **£7.95** or 5 Cheeses **£9.95 G V**

Mrs Kirkham's Lancashire, Mr Bourne's Mature Cheshire,
Garstang Blue, Tiresford Golden Brie or Richard III Wendsleydale

All served with *Artisan Crackers, Celery, Grapes, Plum Chutney &*
a shot of fresh Cheshire Apple Juice

SANDWICHES

12-5PM MONDAY - SATURDAY

All Served with a choice of Chips, Soup or House Salad

Chargrilled Minute Steak, Caramelised Onion & Rocket Leaves on
Sourdough Bun with Wholegrain Mustard Mayonnaise Dip **£9.95 G**

Beer Battered Fish Finger Sandwich on White Bloomer with Baby
Gem Leaves & Homemade Chunky Tartare Sauce Dip **£8.95**

Classic Prawn Marie Rose Open Sandwich on Brown Bloomer
topped with Pickled Cucumber & Capers **£6.95 G**

Grilled Halloumi, Red Pepper Hummus & Baby Spinach Leaves on
Sourdough Bun **£8.75 G V**

Slow Cooked Pulled Pork & Applewood Cheddar Cheese Brioche
Sandwich **£8.95 G**

Roasted Butternut Squash & Field Mushrooms Stack with Basil
Pesto on Sourdough Bun **£8.50 G V VE**

All Sandwiches are available on Brown or White Gluten Free Bread

G - Gluten Free Options Available **V** - Vegetarian Available **N** - Contains Nuts or Nut Oils **VE** - Vegan Options Available

All our dishes are freshly prepared & most can be adapted to cater for your needs. Although dishes without the symbol N are made without nuts, there's a possibility that traces of nuts may still be found in them. **Please speak to a Member of Staff regarding any Allergies or Special Dietary Requirements.**