

# THE FOX & HOUNDS AT SPROSTON

## NIBBLES & SHARERS

- Marinated Mixed Olives & Fresh Garden Herbs **£3.95 G V VE**  
Halloumi Fries with Garlic Mayonnaise **£4.95 G V**  
Rustic Breads with Dipping Oil, Red Pepper Hummus & Sun Blushed Tomatoes (Sharer) **£6.50 G V**  
Garlic Focaccia Bread with or without Cheese **£4.50 G V VE**

## SALADS

- Crispy Sweet Chilli Beef Salad with Watercress, Carrot, Mange Tout, Pak Choi, Mooli, Red Onion & Sesame Seed & Sweet Chilli Dressing **£13.95 G (Contains Chilli)**  
Superfood Salad with Pak Choi, Toasted Pumpkin Seeds, Orange Segments, Pomegranate Seeds, Fregula, Edamame Beans & Tomato & Herb Dressing **£9.95 G V VE**  
**with Salmon, Halloumi or Chicken £13.95 G**  
Pan Seared Asian Seabass with Pak Choi, Frisée Lettuce, Spring Onions, Tomatoes, Carrot, Crispy Noodles & Sesame Seed & Sweet Chilli Dressing **£17.95 G**

## STARTERS

- Soup of the Day with Rustic Bread & Butter **£5.95 G**  
Classic Prawn Cocktail with Marie Rose Sauce & Brown Bloomer **£6.95 G**  
Duck Spring Rolls with Sweet Chilli Sauce, Carrot, Mooli & Radish Salad **£7.50**  
Smoked Salmon Fishcake with Garlic Aioli Dip **£7.95 G**  
Sticky BBQ Baby Back Ribs **£7.95**

## 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, Creamy 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 Sticks 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 Bread **V**  
Steak & Chips with Peas **G**  
Cod Goujons, Chips & Peas **G**

### DESSERT

- Choice of Ice Cream or Sorbet **G V VE**  
Chocolate Brownie & Warm Chocolate Sauce **V**  
Children's Giant Chocolate Button Mini Sundae **G 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**

French Trimmed Lamb Cutlets **£19.95 G**

**Sauces - Peppercorn, Béarnaise or Blue Cheese Sauce  
£2.95 G V**

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

Pea Risotto topped with Pan Seared Chicken & Parmesan Shavings  
**£14.95 G**

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

Chargrilled "Beyond Meat" Vegan Burger with Baby Tomato Relish,  
Baby Gem Lettuce, Red Onion & Stealth Chips **£13.95 G V VE**

Beer Battered Cod Fillet with Chips, Mushy Peas, Tartare Sauce,  
Bread & Butter **Light £9.95 Large £13.95 G**

Chicken Jalfrezi with Pilau Rice, Garlic Naan & Mint Raita **£13.95 G**

Mushroom & Stilton Wellington with Seasonal Vegetables and Chips  
**£12.95 V**

Baked Hake Fillet with Parmentier Potatoes, Seasonal Vegetables &  
Rich Napoli Sauce **£15.95 G**

## SIDE ORDERS

Chips **£3.95 G V VE**

Stealth Chips **£3.95 G V VE**

Sweet Potato Chips **£4.95 G V VE**

Peppercorn Sauce **£2.95 G V**

Béarnaise Sauce **£2.95 G V**

Blue Cheese Sauce **£2.95 G V**

Garden Salad **£3.95 G V VE**

Beer Battered Onion Rings **£3.95 V**

Creamy Mashed Potato **£3.95 G V**

Seasonal Vegetables **£3.95 G V VE**

Garden Peas **£1.95 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**

*All Hot Drinks Available with Oat, Almond or Soya Milk.*

## DESSERTS **£6.95**

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

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

Warm Chocolate Brownie with Chocolate Sauce & Vanilla Pod Ice Cream  
**V**

Classic Eton Mess with Fresh Strawberries, Crushed Meringue,  
Strawberry Coulis, & Chantilly Cream **G V**

Giant Chocolate Button Sundae with Giant Chocolate Buttons, Double  
Chocolate Ice Cream, Chocolate Sauce & Chantilly Cream **G V**

## CHESHIRE FARM ICE CREAM & SORBET SELECTION

2 Scoops **£3.95** 3 Scoops **£4.95**

## MILKSHAKES **£3.95 G V**

Ice Cream of your choice topped with Chantilly Cream & Sprinkles

Vanilla Pod **G V**

Mint Chocolate Chip **G V**

Strawberries & Cream **G V**

Green Apple Sorbet **G V VE**

Mango Sorbet **G V VE**

Clotted Cream **G V**

Double Chocolate **G V**

Stem Ginger **G V**

## The Fox & Hounds Cheeseboard

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

Mr Bourne's Mature Cheshire, Golden Brie, Wendsleydale,  
Stilton, Red Leicester

*All served with Artisan Crackers, Celery, Grapes & Chutney*

## 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 **£9.95 G**

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

Classic Prawn Marie Rose Open Sandwich on Brown Bloomer **£8.95**

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

Hand Carved Cheshire Ham Open Sandwich on White Bloomer with  
a Piccalilli Dip **£8.95 G**

Roasted Butternut Squash & Field Mushrooms Stack with Basil  
Pesto on Soughdour 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.**