THE Fox & Hounds AT SPROSTON

NIBBLES

Nocella Olives Marinated in Lemon & Garlic **£4.95 G V VE**

Freshly Baked Artisan Breads, Beetroot Sourdough, Chia Seed & Corn Cobble, Sourdough Bloomer with Truffle Flavoured Butter, Oil & Balsamic Vinegar **£6.95 V VE**

Southern Seasoned Halloumi Fries with Sweet Chilli **£7.50 G V**

Loaded Hummus topped with Seasoned Roasted Nuts, Pomegranate Seeds, Harrisa Dressing & Crispy Breads **£8.95 G V VE N (Contains Sesame)**

Freshly Baked Plain Garlic Ciabatta **£6.95** with Cheese **£7.95 G V VE**

STARTERS

Homemade Soup of the Day with Chia Seed & Corn Cobble **£6.50 G V VE**

Prawn Cocktail with Marie Rose Sauce, Avocado, Cucumber, Gem Lettuce & Brown Bloomer **£9.95 G**

Beetroot Bruschetta with Burnt Baby Leeks & Confit Cherry Tomato Chutney **£7.95 G V VE**

Crispy Parmesan Coated Cod Bites with Dill & Lemon Mayonnaise **£8.95 G**

Salt & Pepper Crispy Calamari with Sweet Chilli **£7.95 G**

Confit Duck Leg Wontons with Yuzu Ponzu & Honey Drizzled & Kewpie Mayonnaise **£8.95**

Bao Buns with Crispy Chilli Beef, Asian Slaw & Sesame Seed Brittle **£9.95**

MAINS

Steak & Guinness Pie with Creamy Mashed Potato, Seasonal Vegetables & Gravy **£19.95**
(Please allow 25 Minutes cooking time)

Cider & Apple Glazed Pork Ribeye with Colcannon Mashed Potato, Seasonal Vegetables & Burnt Apple Gel **£19.95 G**

Pan Roasted Chicken Supreme with Leek & Fontal Potato Cake, Seasonal Vegetables, Carrot Purée & Tarragon Sauce **£17.95 G**

Surf & Turf with 7oz Bistro Rump, Langoustines, Grilled Mushroom, Tomato, Onion Rings, Chips & Truffle Butter **£28.95 G**

8oz Fillet Steak with Chips, Tomato, Mushroom & Onions Rings **£32.95 G**

'Fox & Hounds' Double Beef Burger with BBQ Pulled Beef, Double Cheese, Bacon Jam, Lettuce, Tomato, Sliced Pickle, Chips & Slaw **£19.95 G**

Seafood Boil with King Prawns, Salmon Fillet Pieces, Baby Clams, Baby Mussels, Langoustine, Samphire Grass, Lemon Parsley & White Wine Butter Sauce with Crusty Bread **£22.95 G**

Pan Roasted Salmon with Garlic, Coriander & Poppadom Crust, Curried Cauliflower Purée, Pan Roasted New Potatoes, Spinach & Masala Sauce **£19.95 G**

Beer Batter Cod with Chips, Mushy Peas, Tartare Sauce & Lemon *Small* **£13.95** *Large* **£17.95 G**

Porcini Mushroom Risotto with Basil & Goats Cheese Dumplings, Compressed Cherry Tomatoes, Garlic & Herb Pangrattato **£17.95 G V VE**

Superfood Salad with Quinoa, Pumpkin Seeds, Pomegranate, Edamame Beans, Sweet Potato, Avocado, Mixed Leaves, Chickpeas, Spinach & Honey & Kefir Dressing **£16.95 G V VE**
(add Chicken, Poached Salmon or Goats Cheese £3)

Penne Pasta Chicken Carbonara with Mushrooms, Pancetta, Parmesan Cheese & Garlic Bread Sticks **£17.95 G**

Lemon Scented Linguine with Courgette, Gordal Olives, Feta & Heritage Cherry Tomatoes **£16.95 G V VE**
(add King Prawns, Flaked Salmon or Chicken £3)

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. Gluten Free dishes may contain traces of Gluten. Please make us aware of any allergies or special dietary requirements. Menu served Monday to Saturday

G – Gluten Free Options Available V – Vegetarian Available VE – Vegan Option Available N – Contains Nuts or Nut Oils

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SIDE ORDERS

Chips **£4.50 G V VE**
Skin on Fries **£4.50 G V VE**
Creamy Mashed Potatoes **£4.50 G V**
Onion Rings **£4.50 G V VE**
Seasonal Vegetables **£4.50 G V VE**
Buttered Peas **£3.95 G V VE**
Peppercorn Sauce **£4.50 G**
Garden Salad **£3.95 G V VE**
Coleslaw **£4.50 G V**

CHILDREN'S 3 COURSE MENU £9.95

(12 YEARS AND UNDER)

STARTERS

Homemade Soup of the Day **G V VE**
Carrot Sticks with Hummus Dip **G V VE**
(Contains Sesame)
Garlic Bread with or without Cheese **G V VE**
Mini Chicken Skewer with Mayonnaise **G**

MAINS

Cheese Burger with Chips & Peas or Beans **G**
Fish Goujons, Chips & Peas or Beans **G**
Sausage, Mash & Peas or Beans
Chicken Goujons with Chips & Peas or Beans **G**
Mac & Cheese Quesadilla & Sour Cream with Peas or Beans **G V VE**

DESSERTS

Kinder Bueno Sundae with Hazelnut Ice Cream & Chantilly Cream **V N**
Warm Chocolate Brownie with Chocolate Sauce **G V**
Choice of Ice Cream or Sorbet **G V VE**

SANDWICHES

12-4PM MONDAY-SATURDAY

All Sandwiches are served with a Choice of Chips, Soup or House Salad

Sliced Rump Steak with Fried Onions, Smoked Red Pepper Ketchup on Ciabatta **£14.95 G**

Beer Battered Fish Finger Ciabatta with Baby Gem Leaves & Tartare Sauce **£13.95 G**

Prawn Roll with Marie Rose Sauce, Shredded Baby Gem Leaves & Smashed Avocado **£14.95 G**

Roasted Mediterranean Vegetables, Wild Rice & Monetary Jack Cheese Burrito **£13.95 G V VE**

All Sandwiches are available on Gluten Free Bread

DESSERTS

Apple Crumble with Vanilla Custard **£7.50 G V VE**

Salted Caramel Sticky Toffee Pudding with Vanilla Ice Cream **£7.50 G V**

Cheesecake of the Day with Vanilla Ice Cream **£7.50 G V**

Warm Chocolate Brownie with Chocolate Sauce, Vanilla Ice Cream & Berries **£7.50 G V**

Lemon Curd Meringue Sundae with Lemon Curd Ice Cream, Meringue Pieces & Chantilly Cream **£7.50 G V**

Kinder Bueno Sundae with Hazelnut Ice Cream, Kinder Bueno Pieces & Chantily Cream **£7.50 V N**

Choice of Ice Cream or Sorbet
Two Scoops **£4.95** Three Scoops **£6.95 G V VE N**

Vanilla Pod, Chocolate, Strawberry, Hazelnut & Chocolate, Mango Sorbet, Raspberry Sorbet**,** Vegan Vanilla & Vegan Chocolate

COFFEE & HOT DRINKS

Caffè Americano – A shot of rich, full flavoured espresso with hot water & steamed milk **£3.45**

Caffè Latte – Rich, full bodied espresso in steamed milk with a light layer of milk foam **£3.95**

Cappuccino – Rich, full bodied espresso in steamed milk with a deep layer of milk foam **£3.95**

Espresso – Very strong black coffee made by forcing steam through ground coffee beans **£2.95** Double Espresso **£4.25**

Liqueur Coffee – Americano, with a shot of your choice of liqueur with Floated Cream & Sugar **£7.95**

Hot Chocolate – Hot chocolate with steamed milk **£3.75**
(Add Marshmallows **50p /** Add Cream **50p)**

Teas – Decaf, English Breakfast, Earl Grey, Green Tea, Chamomile, Lemon & Ginger, Cranberry & Raspberry Fruit Tea **£3.50**