THE Fox & Hounds AT SPROSTON

October Lunch Menu

Monday to Friday 12-6pm

Two Courses £17.50 Three Courses £21.50

Starters

Homemade Soup of the Day with Warm Ciabatta **G V VE**

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

Korean Style Crispy Chicken Tenders with Chili, Lime & Miso Dip **G**

Burrata Bruschetta with Chorizo, Hot Honey & Balsamic Glaze **G**

Loaded Hummus topped with Hazelnuts, Walnuts & Pomegranate Seeds with Warm Breads **G V VE N**

Mains

Beer Battered Cod with Chips, Mushy Peas, Tartare Sauce & Lemon **G**

Sweet Potato Massaman Curry with Steamed Jasmine Rice & Asian Slaw **G V VE**

Slow Cooked Brisket & Red Wine Ragu with Creamy Mash & Glazed Root Vegetables **G**

Creamy Goat's Cheese & Roasted Cherry Tomato Alfredo Linguine with Garlic Bread **G V**

Pan Roasted Sea Bass Fillet with Smashed Roasted New Potatoes, Garden Peas & Garlic Browned Butter Prawn Sauce **G**

Desserts

Winter Berry & Apple Crumble with Vanilla Custard **G V VE**

Golden Syrup & Orange Pudding with Custard Ice Cream **G V**

Banoffee Sundae with Dulce de Leche, Fresh Banana, Vanilla Ice Cream & Whipped Cream **G V VE**

Choice of Ice Cream or Sorbet with Berries **G V VE**
Vanilla, Raspberry Ripple, Chocolate, Salted Caramel, Mango Sorbet & Raspberry Sorbet
Vegan Vanilla, Vegan Chocolate & Diabetic Vanilla Ice Cream Also Available

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

Please speak to a Member of Staff regarding any Allergies or Special Dietary Requirements

The Fox and Hounds
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Book online
www.foxandhoundssproston.co.uk