

STARTERS & LIGHT BITES

Homemade Soup of the Day £4.75

A bowl of delicious homemade soup served with roll and butter

Baked Goats Cheese (V)(GF)

£5.75 or £7.75

Creamy goats' cheese baked on a garlic crouton with caramelised red onion chutney served on a bed of salad leaves with balsamic dressing

Bruschetta (V)(GF) £5.25 or £7.25

Slices of garlic croutons topped with fresh tomato marinated in basil & garlic drizzled with balsamic glaze

Wild Mushroom Risotto (V)(GF)

£6.95 or £8.95

Fresh wild mushrooms and Arborio rice sautéed with sage, chives and oregano topped with Italian hard cheese shavings.

Scallops & Parma Ham (GF)

£7.95 or £9.95

Fresh diver caught scallops served on a bed of raspberry dressed salad leaves and Parma ham

Salmon & Broccoli Fishcake

£5.95 or £7.95

Salmon & broccoli fishcake served on a bed of mixed salad leaves with sweet chilli sauce

Parmesan Chicken (GF) £5.95 or £7.95

Fresh strips of chicken breast dipped in homemade parmesan breadcrumbs and deep fried served with garlic mayonnaise and side salad.

Breaded Mushrooms (V)(GF)

£4.95 or £6.95

Deep fried breaded button mushrooms served with salad garnish and garlic mayonnaise

Prawn Cocktail (GF) £5.95 or £7.95

Succulent prawns wrapped in seafood sauce served on a bed of mixed salad leaves with bread & butter.

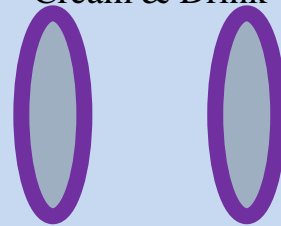
Our light bites are a larger version of our starters why not add a side order of chips for £1 extra

Children's Menu

£6.95

Aged eight and under

Starter, Main Course, Ice
Cream & Drink

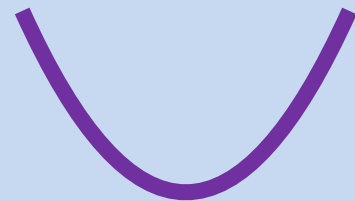


Garlic Bread or
Heinz Tomato Soup

Chicken dippers
Sausages
Scampi
Cheeseburger
Tomato & Basil Pasta

Served with chips or potatoes,
vegetables or baked beans

For your drink please choose
from: - cordial & water or
milk shake



FROM THE GRILL

Steak Plate **£15.95** *Choose From*

8oz Sirloin
10oz Ribeye
12oz Rump
16oz. Gammon, Egg & Pineapple

All cooked to your preference and served with chips, tomato, mushrooms and side salad. Why not top off your Steak with one of Chef's sauces? **£1.95**

Garlic & Parsley Butter **Blue Cheese Sauce**
Mushroom & Cream **Peppercorn**

The 'Pelican' Burger **£9.95**

100% beef burger or chicken breast served in a bread roll with lettuce, tomato, bacon, cheese and mayonnaise served with chips and homemade coleslaw on the side.

TRADITIONAL

Braised Steak & Onions **£10.95**

Prime steak slowly braised with onions in rich meaty gravy served on a bed of creamy champ potato.

Apricot Stuffed Belly Pork **£12.95**

Michelle's slowly braised belly pork stuffed with apricot and sage stuffing served with its own gravy on a bed of creamy champ potato.

Roasted Shank of lamb **(GF) £13.95**

Individual lamb shank marinated in lavender and sliced garlic served with its own gravy on a bed of creamy champ potato.

Homemade Beef Lasagne **(GF) £9.95**

Beef ragu layered with pasta topped with béchamel sauce and cheese then oven baked served with chips and salad

EXTRAS

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|--------------------------|--------------|--------------------|--------------|
| Mushrooms | £1.95 | Onion Rings | £1.95 |
| Fried Egg | £0.50 | Salad Bowl | £2.50 |
| Yorkshire pudding | £0.75 | Chips | £1.95 |

FISH DISHES

Beer Battered Fish **£9.95**

White fish coated in homemade beer batter served with chips, peas and tartare sauce

Spinach & Bacon Cod Loin* **(GF) £11.95

Cod loin wrapped in streaky bacon and oven baked served on a bed of wilted spinach, drizzled with lemon & garlic olive oil.

Thai Salmon* **(GF) £12.95

Salmon supreme marinated in Thai spices gently steamed and served on a bed of homemade sweet chilli and mango salsa.

VEGETARIAN DISHES

Spanish Omelette **(GF) £9.95**

Cherry tomatoes, diced potatoes, spring onions and peppers mixed with herbs and cheese topped with Haines Farm eggs, served with salad.

Thai Green Curry **(GF) £8.95**

Strips of peppers, onions, courgette, mangetout and baby sweetcorn sautéed with green chillies, kaffir lime leaves and coconut milk served with long grain & wild rice.

Tomato & Basil Pasta **(GF) £8.95**

Strands of spaghetti tossed with a rich tomato & basil homemade sauce served with garlic bread.

CHICKEN DISHES

Italian Chicken Breast* **(GF) £11.95

Chicken breast stuffed with tomato, red onion, garlic, basil and mozzarella cheese then served on a bed of homemade tomato & basil sauce.

Cajun Chicken* **(GF) £10.95

Chicken breast marinated in Cajun spices served on a tomato, red onion & sweet chilli salsa

Chicken Fajitas **£12.95**

Strips of chicken breast sautéed with peppers, onions and chilli served with flour tortillas, coleslaw, salad, guacamole, salsa, grated cheese, sour cream & chives

*** OUR MAIN COURSES MARKED WITH *
ARE SERVED WITH A CHOICE OF: -
CHIPS OR POTATOES – VEGETABLES OR SALAD**

SALAD BOWLS

Chicken Caesar Salad (GF) £10.95

Crisp lettuce topped with croutons, anchovies, chicken, parmesan shavings and tossed with Caesar salad dressing

Chicken, Bacon & Pineapple (GF) £10.95

Strips of chicken breast sautéed with bacon and pineapple served on a bed of honey & mustard dressed salad leaves and chopped mixed salad.

Thai Duck Salad (GF) £11.95

Aromatic duck breast strips mixed with cucumber, peppers, tomatoes and white onion tossed with plum dressing and served on a bed of leaves.

June Early Bird Menu

Mon – Friday 12p.m. – 2.00p.m.

Mon – Thursday 5.30p.m. – 6.30p.m.

Finishes 30th June 2011

Soup of the day

Chicken Liver Pate

Deep fried whitebait

Stuffed Mushroom

Moroccan Lamb Tagine

Trio of Local Sausages

Chicken with Peaches & Cream

Liver & Bacon

Steak & Kidney Pie

6oz Rump Steak

Breaded Plaice

Cheese & Broccoli Bake

Warm Chocolate Fudge Cake

Crumble of the Day

Banana Split

Profiteroles

Vanilla ice cream

Single Course £10.95

2 courses £12.95

3 Course £15.95

Sharing Platters

£12.95 per platter

Fancy a nibble, a light bite then why not share a platter or better still why not have one all to yourself as a main course.

Fish Platter (GF)

Smoked salmon, smoked trout, smoked peppered mackerel, roll mops and anchovies served with salad and bread

Prawn Platter

Prawns in seafood sauce, garlic prawns, breaded prawns, Japanese torpedo prawns and filo king prawns served with seafood sauce, salad garnish and bread

Mediterranean Platter (V) (GF)

Sundried Tomatoes, olives, stuffed bell peppers, marinated peppers and sweet roasted onions served with oils, vinegars, bread and salad

Antipasto (GF)

Different Italian cured meats which include Mortadella, Picante Salami, Milano Salami, Sopressa, Finocchia, Breasola and pastrami served with salad oils and bread

Ploughman's

Cheese, pork & pickle pie, sliced ham, Cheddar cheese and apple served with sweet pickle, salad garnish and bread

Cheese Platter (GF)

Truckles Smoked Cheddar, Cropwell Stilton and Cornish Brie plus our cheese of the day please ask for today's flavours served with pickles, piccalilli and two different chutneys.

Monday Night

Available 5.30 – 7.00p.m.

Steak & Wine Night

*2 x Rump Steaks &
A bottle of House Wine £22.50*