



# THE THROCKMORTON

- FREEHOUSE - INN - QUALITY DINING -



## Fixed Price Lunch Menu

### TO START

CHICKEN + BACON PATE  
+ CHUTNEY + TOAST <sup>G D GFO</sup>

BREADED WHITEBAIT  
+ TARTARE SAUCE <sup>G</sup>

MOROCCAN VEGETABLE SOUP +  
CRUSTY BREAD <sup>G GFO D V VEO</sup>

HOME FRIED CHEESE NACHOS  
SALSA + GUAC + SOUR CREAM <sup>G D V</sup>

**2 COURSES £14.95 / 3 COURSES £17.95**

Served 12 to 3pm - Monday to Friday

### MAINS

CRISPY PULLED PORK/POTATO CAKE + FRIED HEN'S EGG + CRUSHED PEAS <sup>G</sup>

LEMON & GARLIC CHICKEN + SEASONED FRIES + SALAD + MINT/CORIANDER DIP

HAND 'TPA' BEER BATTERED HADDOCK + HOMEMADE CHIPS + PEAS <sup>G GFO(+£1)\*</sup>

SMOKED CHEESE/LEEK QUICHE + DRESSED SALAD <sup>G D V</sup>

LASHFORDS FAGGOT + MASHED POTATO + MUSHY PEAS + GRAVY <sup>G D</sup>

### DESSERT

APPLE + CHERRY CRUMBLE  
+ CUSTARD <sup>V G GFO D VEO</sup>

VANILLA CRÈME BRULEE <sup>V D</sup>

CHOCOLATE SUNDAE <sup>V D</sup>  
ICE CREAM/BROWNIE BITES/CREAM

LEMON POSSET <sup>V D</sup>  
+ BLUEBERRY SAUCE + MINT

### INDIVIDUAL STARTERS

MOROCCAN VEGETABLE SOUP + CRUSTY BREAD <sup>V VEO G GFO D</sup> £6

HONEY/SOY PORK BAO BUN + PICKLED VEGETABLES <sup>G</sup> £9

CHICKEN + BACON PATE + CHUTNEY + LEAVES + TOAST <sup>G D GFO</sup> £8

KING PRAWNS IN GARLIC + CHILLI OIL + DIPPING BREAD <sup>G GFO</sup> £9

CHEESE NACHOS + GUAC/SOUR CREAM/SALSA <sup>V G D</sup> SMALL £7/LARGE £12

HALF CAMEMBERT + ROSEMARY + GARLIC + FOCACCIA <sup>G D V GFO</sup> £8

### SMALL TAPAS PLATES

£6 each - Ideally sized at three between two as a starter to share

SPICED LAMB KOFTA BITES + CORIANDER/MINT DIP <sup>G</sup>

MIXED FLAVOURED BREADS + OLIVES + OIL/BALSAMIC <sup>VE D G</sup>

BREADED WHITEBAIT + TARTARE SAUCE <sup>G</sup>

FRIED CHICKEN WINGS + BBQ OR HOT SAUCE

CHORIZO + GARLIC CREAMY MUSHROOMS + CRISPY CIABATTA <sup>G GFO D</sup>

VEGETABLE PAKORAS + CORIANDER/MINT DIP <sup>VE</sup>

### MAIN COURSES

#### From The Land

APRICOT STUFFED CHICKEN BALLOTINE + FRUIT SAUCE + POTATO TERRINE + GREENS <sup>G D</sup> £18

LASHFORDS FAGGOTS + MASHED POTATO + MUSHY PEAS + GRAVY <sup>D G</sup> - SMALL £11 / LARGE £15

ROLLED PORK SHOULDER + CRISPY BLACK PUDDING BON BON + DIJON MASH + GREENS + SHALLOT GRAVY <sup>D G</sup> £19

SLOW ROASTED DUCK LEG + SAUTEED NEW POTATOES + GREENS + REDCURRANT JUS £18

#### From The Sea

GOAN KING PRAWN/CHICKPEA/SPINACH CURRY + CORIANDER RICE + VEGETABLE PAKORAS £18

SEABASS FILLET + SEAFOOD LINGUINI + SHELLFISH BISQUE + GARLIC BREAD <sup>G D</sup> £19

HAND 'TPA' BATTERED HADDOCK + HOMEMADE CHIPS + MUSHY OR GARDEN PEAS <sup>G GFO\*</sup> - SMALL £12 / JUMBO £16

\* UPGRADE PEAS TO SALAD £1 / SWAP TO GLUTEN FREE BATTER £1

LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES <sup>D G</sup> £16

#### From The Garden

SMOKED CHEESE/LEEK QUICHE + SEASONED FRIES + DRESSED SALAD <sup>V G</sup> £16

SPINACH/CHICKPEA/POTATO GOAN CURRY + CORIANDER RICE + VEGETABLE PAKORAS <sup>VE</sup> £17

LEEK/MUSHROOM/LENTIL PIE + SAUTEED NEW POTATOES + GREENS + SHALLOT GRAVY <sup>V VEO G</sup> £16

PLANT BASED BURGER + VEGAN MAYO + FRIES + DRESSED SALAD <sup>V VEO G D</sup> £16

#### Grills

8OZ HEREFORD RUMP CAP STEAK £ 21

8OZ HEREFORD SIRLOIN STEAK £26

10OZ GAMMON STEAK + EGG + PINEAPPLE £18

ALL WITH GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS

#### Burgers

STEAK BURGER WITH BACON + CHEESE <sup>D G</sup> £17

CAJUN CHICKEN BURGER <sup>D G</sup> £16

STEAK BURGER WITH BLUE CHEESE + MUSHROOM <sup>D G</sup> £18

ALL ON SEEDED BUN + MAYO + SALAD GARNISH + PICKLES + FRIES

### SIDES

CREAMY PEPPERCORN SAUCE <sup>D V</sup> £4.50

HALOUMI FRIES <sup>G D V</sup> £6

GARLIC BREAD + CHEDDAR CHEESE <sup>V G D</sup> £4.50

ONION RINGS <sup>V G</sup> £4

GARLIC BREAD <sup>V G D</sup> £3.75

DRESSED MIXED SALAD <sup>VE</sup> £4

STEAMED VEGETABLES <sup>VE</sup> £4.50

HOMEMADE CHIPS OR SEASONED FRIES <sup>VE</sup> £4.50

ALLERGEN + DIETARY INFORMATION - If you have an allergy or intolerance to any foodstuff please let the team know when ordering. For your general guidance dishes on this menu are marked V (Vegetarian), VE (Vegan), G (Contains Gluten), D (Contains Dairy), N (Contains Nuts) however as all our food is freshly made in house please state your allergy when ordering. Some dishes are also labelled GFO (Gluten Free option available) + VEO (Vegan option available) where small changes can be made. The team has a full list of all menu items and their key allergen ingredients available upon request, however all of our food is prepared in a kitchen where all of the key allergens, fish and meat are used. So while we do know what ingredients go into our food, we cannot guarantee any dish is 100% free from any allergen or foodstuff. We do however take measures to ensure cross contamination is avoided as far as possible. All weights stated are approximate uncooked weights. Game may contain traces of shot. Fish may contain traces of bones, even if stated as boneless.



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# MAIN MENU

## *A Little About Our Team*

**Our chefs and kitchen team** Headed up by Sous Chef Iona are chefs Tom, Marisa, Becky and Kieran and apprentice Charlie. The chefs are all assisted by kitchen team Jenny, Harley, Trina, Rueben, Hadley and Amber. Between the team there is a wealth of experience, skill and enthusiasm meaning you will love the results on the plate.

**Our front of house team** Headed up by front of house managers Fran and Beckie. The team consists of Supervisors Clare and Jack alongside Kirsty, Eloise, Rachel, Millie, Helen, Aine, Emily, Mia, Evie, Jenny Kiera and Khoi. We think we have a great team to look after you!

**Our housekeeping team** Don't forget the unsung heroes Trina, Harley and Alicja support us by keeping the whole place gleaming (including the 10 bedrooms upstairs).

**Sally & Dave** Both front of house managers and chefs, we work alongside the team to ensure you get great food, drinks, service and standards from all of our team. After reopening The Throckmorton in 2014 we worked tirelessly to build the business both in terms of the standard of the property and also the guest experience. We also work closely with our suppliers to ensure the quality of food, drinks, standards and service are of a great level meaning that you get a fabulous experience.

## *And Our Suppliers*

All of our suppliers are focussed on quality, consistency and reducing food miles by sourcing locally. Our meat comes from 'Barry the Butcher' in Stratford, who source the very top quality meat. The beef is hung on the bone for a minimum of 28 days to give it a full distinctive flavour. Our fresh fish and seafood is delivered 6 days a week from Caterfish who source directly from fishermen to ensure you get the freshest catch. Our fresh greengrocery is supplied by A M Bailey in Stratford. The products that we don't make in our kitchen are all made (mostly by hand) by local producers such as A W Lashfords.

We hope you enjoy your visit,

*Sally and Dave*

**KEEP IN TOUCH!** *Join our mailing list*

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FIXED PRICE

## *Sunday* **ROAST**

2 Courses	3 Courses
£19.95	£24.95

**12 to 7:30 PM SUNDAYS**

## FISH FRIDAYS

**TWO COURSES £22.95**

MONTHLY FRESH FISH + SEAFOOD MENU

**SERVED ALL DAY FRIDAY**