



# 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>

TOMATO + RED PEPPER SOUP  
CRUSTY BREAD <sup>G GFO D V VEO</sup>

HOME FRIED SPICED + LOADED  
CHEESE NACHOS <sup>G D V</sup>

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

Served 12 to 3pm - Monday to Friday

### MAINS

PAN FRIED LAMBS LIVERS + PEPPERCORN SAUCE + MASH + VEGETABLES <sup>D</sup>  
SOUTHERN FRIED CHICKEN BREAST + SEASONED FRIES + SALAD + GARLIC/HERB DIP  
HAND 'TPA' BEER BATTERED HADDOCK + HOMEMADE CHIPS + PEAS <sup>G (GFO +£1)\*</sup>  
RED ONION/PEPPER/GOAT'S CHEESE QUICHE + SAUTEED POTATOES + SALAD <sup>G D V</sup>  
LASHFORDS FAGGOT + MASHED POTATO + MUSHY PEAS + GRAVY <sup>G D</sup>

### DESSERT

APPLE + PEAR CRUMBLE  
CUSTARD <sup>V D VEO</sup>  
VANILLA CRÈME BRULEE <sup>V D</sup>  
CHOCOLATE SUNDAE <sup>V D</sup>  
ICE CREAM/BROWNIE BITES/CREAM  
STEAMED TREACLE SPONGE  
CUSTARD <sup>V D G</sup>

### INDIVIDUAL STARTERS

SMOKED SALMON + AVOCADO ON SOURDOUGH <sup>G D</sup> £9  
CHICKEN + BACON PATE + CHUTNEY + LEAVES + TOAST <sup>G D GFO</sup> £8

HALF CAMEMBERT + ROSEMARY + GARLIC + FOCACCIA <sup>G D V GFO</sup> £8  
HOME FRIED SPICED + LOADED CHEESE NACHOS <sup>G D V</sup> - SMALL £7/LARGE £12

### HAND TOPPED MINI FLATBREAD

PULLED DUCK + HOI SIN + SPRING ONION + SESAME <sup>G</sup> £9 / BRIE + BACON + CRANBERRY <sup>G D</sup> £8 / GARLIC/THYME ROASTED MED VEG + PESTO <sup>G V VEO</sup> £7

### SMALL TAPAS PLATES

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

LAMB KOFTA BITES + GARLIC/HERB MAYO <sup>G</sup>  
MIXED FLAVOURED BREADS + OLIVES + OIL/BALSAMIC <sup>VE G</sup>  
BATTERED KING PRAWNS + CRISPY SQUID + SRIRACHA MAYO <sup>G</sup>

CRISPY FRIED CHICKEN WINGS + BBQ DIP <sup>G</sup>  
CREAMY GARLIC MUSHROOMS + CRISPY CIABATTA <sup>V G GFO D</sup>  
MUSHROOM ARANCINI BALLS + GARLIC/HERB DIP <sup>G VE</sup>

### MAIN COURSES

#### From The Land

BACON WRAPPED CHICKEN BALLOTINE + MUSHROOM STUFFING + TARRAGON CREAM + CHAMP MASH + GREENS <sup>G D</sup> £18  
LASHFORDS FAGGOTS + MASHED POTATO + MUSHY PEAS + GRAVY <sup>D G</sup> - SMALL £11 / LARGE £15  
ROLLED LAMB SHOULDER + WHIPPED GOAT'S CHEESE + GARLIC/THYME VEG + SAUTÉ POTATOES + REDCURRANT JUS <sup>D</sup> £22  
SLOW COOKED DUCK LEG + SWEET POTATO WEDGES + BRAISED RED CABBAGE + CRANBERRY JUS £19

#### From The Sea

BATTERED KING PRAWNS + CRISPY SQUID + SWEET/SOUR VEGETABLES + RICE + PUFFED NOODLES <sup>G GFO</sup> £18  
LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES <sup>D G</sup> £16  
SEABASS FILLET + BOMBAY POTATOES + MANGO/CORIANDER SAUCE + GREENS £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

#### From The Garden

RED ONION/PEPPER/GOAT'S CHEESE QUICHE + SAUTÉ NEW POTATOES + DRESSED SALAD <sup>V G D</sup> £16  
CRISPY TOFU + SWEET/SOUR VEGETABLES + RICE + PUFFED NOODLES <sup>VE</sup> £17  
LEEK/MUSHROOM/LENTIL CRUMBLE + SAUTÉ NEW POTATOES + GREENS <sup>G VE</sup> £16  
PLANT BASED BURGER + VEGAN MAYO + FRIES + DRESSED SALAD <sup>V VEO G D</sup> £16

#### Grills

8OZ ANGUS SIRLOIN STEAK £26  
ADD PEPPERCORN SAUCE <sup>D V</sup> £4.50

100Z GAMMON STEAK + EGG + PINEAPPLE £18

ALL WITH GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS

#### Burgers

DOUBLE STEAK BURGER WITH BACON + CHEESE <sup>D G</sup> £17  
CRISPY SOUTHERN FRIED CHICKEN BURGER <sup>D G</sup> £16

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

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

### SIDES

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



- FREEHOUSE - INN - QUALITY DINING -

# MAIN MENU

## *A Little About Our Team*

**Our chefs and kitchen team** Headed up by Head Chef Steven and Sous Chef Iona are chefs Tom, Marisa, Becky and Nick. The chefs are all assisted by kitchen team Jenny, Kyle, Harley, Reuben, Hadley, George, Blake 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 Supervisor Jack alongside Kirsty, Eloise, Millie, Aine, Emily, Mia, Evie, Amber, Roxy and Indiana. We think we have a great team to look after you!

**Our housekeeping team** Don't forget the unsung heroes Trina and Harley 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*

TO GET NEWS, EVENTS, MENUS AND SPECIAL OFFERS. JUST SCAN THE QR CODE



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**