



THE THROCKMORTON

- FREEHOUSE - INN - QUALITY DINING -



Fixed Price Lunch Menu

TO START

INDIAN SPICED FISH FLATBREAD
SOUR CREAM + CORIANDER

CHICKEN LIVER + BACON PARFAIT
FIG CHUTNEY + CROSTINIS

BREADED WHITEBAIT
TARTARE SAUCE

SWEET POTATO/CARROT/GINGER
SOUP + CRUSTY BREAD ^V

2 COURSES £17.95 / 3 COURSES £20.95

Served 12 to 3pm - Monday to Friday

MAINS

SMOKED HADDOCK + CHEDDAR + ASPARAGUS QUICHE + SALAD + POTATOES

SOUTHERN FRIED CHICKEN BREAST + SEASONED FRIES + SALAD + GARLIC/HERB DIP

BUTTERNUT SQUASH/LENTIL/SPINACH BALTI + CORIANDER RICE ^{VE}

PAN FRIED LAMBS LIVERS + MASH + PEPPER SAUCE + VEGETABLE MEDLEY

HAND 'TPA' BEER BATTERED HADDOCK + HOMEMADE CHIPS + PEAS ^{(GF BATTER +£1)*}

DESSERT

LEMON + LIME TART ^V
RASPBERRY COULIS + CHANTILLY

MIXED BERRY CRUMBLE ^V
CUSTARD

VANILLA CRÈME BRULEE ^V

TREACLE SUNDAE ^V
SPONGE BITES/ICE CREAM/CHANTILLY

INDIVIDUAL STARTERS

KING PRAWN THERMIDOR + WARM CRUMPET £10

CHICKEN LIVER + BACON PARFAIT + FIG CHUTNEY + CROSTINIS £9

PISTACHIO CRUSTED GOATS CHEESE + PEAR + WALNUT SALAD ^V £8

HOME FRIED SPICED + LOADED CHEESE NACHOS ^V - SMALL £8/LARGE £14

HAND TOPPED FLATBREADS

DUCK + HOI SIN + SPRING ONION + SESAME £11

BBQ CHICKEN + RED ONION + CHEESE £10

GARLIC/HERB + CHEDDAR/MOZZARELLA £8 ^V

SMALL TAPAS PLATES

£7 each - Ideally sized at three between two as a starter to share

HONEY/SOY PORK BELLY BITES + ASIAN SLAW

ROASTED PADRON PEPPERS + TOASTED ALMONDS ^{VE}

BATTERED KING PRAWNS + CRISPY SQUID + SRIRACHA MAYO

BREADED WHITEBAIT + TARTARE SAUCE

CRISPY FRIED CHICKEN WINGS + GARLIC MAYO DIP

BITE SIZED CHORIZO + RED WINE + ONIONS

MAIN COURSES

From The Land

CRISPY DUCK LEG + SAUTEED POTATOES + BEETROOT BOURGUIGNON + VEGETABLE MEDLEY £20

BACON WRAPPED CHICKEN BALLOTINE + MUSHROOM STUFFING + TARRAGON CREAM + CHAMP MASH + GREENS £20

LASHFORDS FAGGOTS + MASHED POTATO + MUSHY PEAS + GRAVY - SMALL £13 / LARGE £17

ROLLED LAMB SHOULDER + PORT SAUCE + WHIPPED GOATS CHEESE + SAUTEED POTATOES + VEGETABLE MEDLEY £24

From The Sea

BREADED PRAWN KATSU BURGER + CURRY MAYONNAISE + ASIAN SLAW + SEASONED FRIES £19

LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES £18

PAN FRIED SEABASS FILLET + LOBSTER BISQUE + MIXED SEAFOOD LINGUINI + GARLIC FLATBREAD £20

HAND 'TPA' BATTERED HADDOCK + HOMEMADE CHIPS + MUSHY OR GARDEN PEAS - SMALL £14 / JUMBO £18

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

From The Garden

ITS NOT FISH + CHIPS!.. BATTERED HALLOUMI + HOMEMADE CHIPS + MUSHY PEAS + LEMON WEDGE ^V £19

BEETROOT BOURGUIGNON + SAUTEED POTATOES + VEGETABLE MEDLEY ^{VE} £19

BUTTERNUT SQUASH/SPINACH/LENTIL BALTI + NAAN BREAD + CORIANDER RICE ^{VE} £18

SPICY BEAN BURGER + VEGAN MAYONNAISE + SEASONED FRIES + DRESSED SALAD ^{VE} £18

Grills

8OZ ANGUS SIRLOIN STEAK £28
ADD PEPPERCORN SAUCE ^V £4.50

10OZ GAMMON STEAK + EGG + PINEAPPLE £19

ALL WITH GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS

Burgers

DOUBLE STEAK BURGER WITH BACON + CHEESE £18

CRISPY SOUTHERN FRIED CHICKEN BURGER £18

DOUBLE STEAK BURGER WITH BLUE CHEESE + MUSHROOM £19

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

SIDES

HALLOUMI FRIES ^V £7

GARLIC FLAT BREAD + CHEDDAR CHEESE ^V £8

ONION RINGS ^V £6

CREAMY PEPPERCORN SAUCE ^V £4.50

GARLIC FLAT BREAD ^V £6

DRESSED MIXED SALAD ^{VE} £5

VEGETABLE MEDLEY ^{VE} £5

HOMEMADE CHIPS OR SEASONED FRIES ^{VE} £5

IF YOU HAVE AN ALLERGY please inform our team before ordering, or preordering; so that we can take additional reasonable steps to minimise the risk of allergen cross-contamination. However we cannot guarantee any item is allergen-free.

Our online allergen guide, detailing details of every dish on this menu and the 14 key allergens, is available on our website (where we keep it so that it is always as up to date as possible). Even if you have visited us before please check online as suppliers and recipes are subject to change which can affect the allergens. Find it by scanning the QR code or visiting thethrockmorton.com/allergens (if you cannot access the internet we will be happy to provide you with the information)

As our food is mainly homemade in our multi use kitchen (which handles all of the 14 key allergens), and suppliers of prepared foods vary, **all food may contain traces** of any of the 14 key allergens.

All weights stated are approximate uncooked weights. Game may contain traces of shot. Fish may contain traces of bones, even if stated as boneless.

V = Vegetarian (Some dishes can also be adapted to become Vegan) VE = Made with Vegan ingredients. However due to the environments that food is prepared, cooked and served in, we cannot guarantee that any item is animal product free.





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MAIN MENU

A Little About Our Team

Our chefs and kitchen team Headed up by Head Chef Iona, is supported by chefs Tom, Becky, Nick, Keiran, Marisa and Katey. The chefs are all assisted by kitchen team Jenny, Hadley, George, Amber, Charlie and Tyler. 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 manager Beckie, consists of Supervisor Jack, alongside Millie, Kirsty, Eloise, Amber, Indiana, Nathan, Ben, Archie, Kyla and Kerry. We think we have a great team to look after you!

Our housekeeping team Sophie and her team from S J Cleaning 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 Heart of The Country Meats, 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
£22.95	£26.95

12 to 7:30 PM SUNDAYS

FISH FRIDAYS

TWO COURSES £24.95

MONTHLY FRESH FISH + SEAFOOD MENU

SERVED ALL DAY FRIDAY