



THE THROCKMORTON

- FREEHOUSE - INN - QUALITY DINING -



Fixed Price Lunch Menu

2 COURSES £11.95 / 3 COURSES £14.95

Served 12 to 3pm - Monday to Friday

TO START

CHICKEN + BACON PATE
+ CHUTNEY + TOAST ^{G D GFO}

BREADED WHITEBAIT
+ TARTARE SAUCE ^G

ROOT VEGETABLE + SAGE SOUP
+ CRUSTY BREAD ^{G GFO D V VEO}

MAINS

CAJUN CHICKEN BREAST + SEASONED FRIES + DRESSED SALAD

HAND 'TPA' BEER BATTERED HADDOCK (+£1) TRIPLE COOKED CHIPS + PEAS ^{G GFO}

SWEET POTATO/SPINACH/CHICK PEA GOAN CURRY + CORIANDER RICE ^{VE}

LASHFORDS FAGGOT + MASHED POTATO + MUSHY PEAS + GRAVY ^{G D}

DESSERT

WINTER BERRY CRUMBLE
+ CUSTARD ^{V G GFO D}

GINGERBREAD CRÈME BRULEE ^{V D}

HOMEMADE CHOCOLATE MOUSSE
HONEYCOMB + BERRY COMPOTE ^{VE}

INDIVIDUAL STARTERS

ROASTED ROOT VEGETABLE + SAGE SOUP + CRUSTY BREAD ^{V VEO G GFO D} £5.95

GIN CURED SALMON + LEMON GEL + ARTISAN CRACKERS ^{G GFO} £8.25

CRISPY DUCK BAO BUNS + SPRING ONION/ HOI SIN/CUCUMBER ^G £7.95

NACHOS + GUACAMOLE/SOUR CREAM/SALSA ^{V G D} SMALL £6.95/LARGE £11.95

CHICKEN + BACON PATE + CHUTNEY + LEAVES + TOAST ^{G D GFO} £6.95

WHOLE CAMEMBERT TO SHARE + TOAST + CHUTNEY ^{G D V} £12.45

SMALL PLATES

£5.55 each or 3 for £14.95 - Ideally sized at three between two as a starter to share

SPICED LAMB KOFTA BITES + CORIANDER/MINT DIP ^G

PANKO BRIE BITES + CRANBERRY/SWEET CHILLI DIP ^{G D V}

MIXED FLAVOURED BREADS + OLIVES + HOMEMADE HUMMUS ^{V D G}

CHORIZO + GARLIC CREAMY MUSHROOMS + CRISPY CIABATTA ^{G GFO D}

BREADED WHITEBAIT + TARTARE SAUCE ^G

TEMPURA CURRIED CAULIFLOWER FRITTERS + SRIRACHA MAYO ^{VE}

MAIN COURSES

From The Land

SLOW ROASTED DUCK LEG + BLACKBERRY JUS + POTATO TERRINE + GREENS ^D £16.95

LASHFORDS FAGGOTS + MASHED POTATO + MUSHY PEAS + GRAVY ^{D G} SMALL £8.95 / LARGE £13.95 / JUMBO £15.95

ROLLED SHOULDER OF LAMB + SAUTEED NEW POTATOES + CARROT PUREE + GREENS + RED WINE JUS ^D £18.95

HOMEMADE CHICKEN/HAM/LEEK PIE + CREAMY MASH + ROASTED ROOTS ^{G D} £15.95

From The Sea

GOAN KING PRAWN CURRY + CORIANDER RICE + NAAN BREAD ^G £16.95

SEABASS FILLETS + SAUTEED POTATOES + SEASONAL GREENS + SAUCE VIERGE £17.95

HAND 'TPA' BATTERED HADDOCK + TRIPLE COOKED CHIPS MUSHY OR GARDEN PEAS ^{G GFO} SMALL £9.95 / JUMBO £14.95

LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES ^{D G} £15.45

From The Garden

SPINACH/CRANBERRY NUT LOAF + SAUTEED POTATOES + STEAMED VEGETABLES + GRAVY ^{VE G N} £13.95

BEYOND MEAT BURGER + VEGAN MAYO + FRIES + DRESSED SALAD ^{V VEO G D} £14.95

SPINACH + CHICK PEA + SWEET POTATO GOAN CURRY + CORIANDER RICE + NAAN ^{VE G} £14.45

BOMBAY BURRITOS + CORIANDER/MINT MAYO + SALAD + FRIES ^{VE G} £14.95 - ADD CHICKEN +£3

SIDES

HOMEMADE CHIPS ^{VE} £3.95

SEASONED FRIES ^{VE} £3.95

GARLIC BREAD ^{V G D} £3.25

GARLIC BREAD +
CHEDDAR CHEESE ^{V G D} £3.95

ONION RINGS ^{V G GFO} £3.45

DRESSED MIXED SALAD ^{VE} £3.45

STEAMED VEGETABLES ^{VE} £3.45

PARMESAN/TRUFFLE FRIES ^D
£4.95

Grills

8OZ HEREFORD SIRLOIN STEAK £23.95

10OZ GAMMON STEAK + EGG + PINEAPPLE £15.95

WITH GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS

ADD RED WINE JUS OR PEPPERCORN SAUCE ^D £3.55

Burgers

STEAK BURGER WITH BACON + CHEESE ^{D G} £15.95

BUTTERFLIED CAJUN CHICKEN BURGER ^{D G GFO} £15.95

STEAK BURGER WITH BLUE CHEESE + MUSHROOM ^{D G} £15.95

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

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 Chefs Iona and David are chefs Tom, Marisa, Steve and Kieran and apprentice Charlie. The chefs are all assisted by kitchen team Emma, Jenny, Harley, Trina, Rueben, Ross and Hadley. 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 Claire, Kirsty, Eloise, Rachel, Millie, Helen, Aine, Emily, Kelly, Mia, Evie and David! 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
£16.95 £19.95

12 to 7:30 PM SUNDAYS

FISH FRIDAYS

TWO COURSES £19.95

MONTHLY FRESH FISH + SEAFOOD MENU

SERVED ALL DAY FRIDAY

PLUS **EARLY EVENING OFFER:**

BATTERED HADDOCK + CHIPS + PEAS £10 - 5 to 6 PM