



THE THROCKMORTON

– FREEHOUSE – INN – QUALITY DINING –



Fixed Price Lunch Menu

2 COURSES £11.95 / 3 COURSES £14.95

Served 12 to 5pm - Monday to Saturday

TO START

CHICKEN + HAM HOCK TERRINE
+ PICKLED VEG + CROSTINI ^{G GFO}

DEVILLED WHITEBAIT
+ MARIE ROSE SAUCE ^G

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

MAINS

CRISPY CHICKEN MILANESE + SPAGHETTI PUTTANESCA ^{G D}

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

GOATS CHEESE + BEETROOT RISOTTO + MINT + SPINACH + SPRING ONION ^{V D}

LASHFORD'S HANDMADE FAGGOT + MASH + MUSHY PEAS + ONION GRAVY ^{G D}

DESSERT

APPLE + SULTANA CRUMBLE
+ CUSTARD ^{V G GFO D}

CHOCOLATE BROWNIE
ICE CREAM SUNDAE ^{V D}

BLACK CHERRY CRÈME BRULÉE
+ SHORTBREAD ^{G GFO V D}

INDIVIDUAL STARTERS

ROOT VEGETABLE + SAGE SOUP + CRUSTY BREAD ^{V G GFO D} £5.50

BEETROOT CURED SALMON + CUCUMBER GEL + APPLE + BURNT LEMON £7.45

GARLIC + ROSEMARY BAKED HALF CAMEMBERT ^{V D G GFO} £6.75

CHICKEN + HAM HOCK TERRINE + PICKLED VEG + CROSTINI ^{G GFO} £6.95

SMALL PLATES

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

MINTED LAMB KOFTA + TZATZIKI DIP ^{D G}

BREADS + BLACK OLIVE TAPENADE + HUMMUS ^{VE G}

BBQ CHICKEN WINGS + BLUE CHEESE DIP ^D

CHILLI + SALT + PEPPER SQUID + AIOLI ^{G GFO}

DEVILLED WHITEBAIT + MARIE ROSE SAUCE ^G

SOUTHERN FRIED CAULIFLOWER + SWEET CHILLI DIP ^{G VE}

MAIN COURSES

From The Land

SLOW ROASTED PORK BELLY + ROASTED CARROT + BUBBLE AND SQUEAK + GREENS + APPLE VELOUTÉ ^D £16.95

LASHFORD'S FAGGOTS + CREAMY MASH + MUSHY PEAS + ONION GRAVY ^{G D} - SMALL £8.95 / LARGE £12.95

BRAISED BEEF SHORT RIB + CELERIAC MASH + PARSNIP + ONION + PANCETTA + RED WINE JUS ^D £18.95

PULLED + ROLLED LAMB SHOULDER + SALSA VERDI + TENDERSTEM + SAFFRON POTATO + RED WINE JUS ^D £17.95

From The Sea

PAN FRIED SEABASS FILLETS + LEMON/HERB CREAM SAUCE + SAUTÉED NEWS + GREENS ^D £16.95

ROASTED HAKE FILLET ON SEAFOOD BOUILLABAISSÉ + CRUSTY BREAD ^G £16.95

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

FISH PIE OF SALMON/SMOKED HADDOCK/PRAWNS TOPPED WITH CHEESY MASH + STEAMED VEGETABLES ^{D G} £13.95

From The Garden

GOATS CHEESE + BEETROOT RISOTTO + MINT + SPINACH + SPRING ONION ^{V D} £12.95

HALLOUMI + FLAT MUSHROOM BURGER + FRIES + SALAD + CHILLI JAM ^{V D G} £13.95

BUTTERNUT SQUASH + BUTTERBEAN CRUMBLE + SAUTÉED NEWS + VEGETABLES ^{V N G} £12.95

MOROCCAN CAULIFLOWER STEAK + HARISSA VEGETABLE COUS COUS + HUMMUS + TAHINI + ALMONDS ^{N VE} £13.95

SIDES

TENDERSTEM + TAHINI +
TOASTED ALMONDS ^{V N} £3.95

TRIPLE COOKED CHIPS ^{VE} £3.25

LIME SALTED FRIES ^{VE} £3.45

SWEET POTATO FRIES ^{VE} £3.95

GARLIC BREAD ^{V G D} £2.95

GARLIC BREAD +
CHEDDAR CHEESE ^{V G D} £3.45

ONION RINGS ^{V G GFO} £2.95

COLESLAW ^V £2.95

DRESSED MIXED SALAD ^{VE} £2.45

STEAMED VEGETABLES ^{VE} £2.95

STEAK SAUCES

PANCETTA + RED WINE +
MUSHROOM SAUCE ^{VD} £2.95

PEPPERCORN SAUCE ^{V D} £2.95

Grills

7OZ SIRLOIN STEAK £17.95

10OZ RIBEYE STEAK £22.95

10OZ GAMMON STEAK + EGG + PINEAPPLE £14.95

ALL WITH GARLIC/THYME MUSHROOM + TOMATO + TRIPLE COOKED CHIPS

Burgers

8OZ STEAK BURGER WITH BACON + CHEESE £14.95

PARMESAN BREADED CHICKEN BURGER ^D £13.95

8OZ STEAK BURGER WITH MOZZARELLA + FLAT MUSHROOM £14.95

ALL ON BRIOCHE BUN + HOUSE MUSTARD MAYO + SALAD + PICKLES + FRIES ^{G D}

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 Head chef Jason and Sous chef Tom D, are chefs Beckie, David, Iona and Chloe. Tom W is well into the transition from kitchen porter to chef by continuing his level 2 apprenticeship. The chefs are all assisted by kitchen team Jenny, Harley, Trina and Frankie. 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 Tracy, Fran and Beckie. The team consists of their supervisor Bex, and Charlotte, Jack, Mae, Sarah, Iona, Eloise, Kirsty, Rachael, Alice, Aine and Emilia! 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 and Le Petit Croissant bakery at Lower Clopton.

We hope you enjoy your visit,

Sally and Dave

STEAK **+ WINE** *Wednesdays*

Two 28 day mature 7oz sirloins with hand cut chips + tomato + field mushroom and a bottle of house red or white wine

£30 *Per Couple*

SERVED 12-9PM WEDNESDAYS

FIXED PRICE

Sunday **ROAST**

2 Courses 3 Courses

£16.95 £19.95

12 to 7:30 PM SUNDAYS

FISH FRIDAYS

TWO COURSES £17.95

MONTHLY FRESH FISH + SEAFOOD MENU

SERVED ALL DAY FRIDAY

PLUS EARLY EVENING OFFER

2 X BATTERED HADDOCK + CHIPS + PEAS £15

OFFER AVAILABLE 5 to 6 PM