



# 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 <sup>G D GFO</sup>

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

CHEF'S SOUP OF THE DAY  
+ CRUSTY BREAD <sup>G GFO D V</sup>

### MAINS

CLASSIC CHICKEN CAESAR SALAD + PARMESAN + ANCHOVIES + CROUTONS <sup>G D GFO</sup>

HAND 'TPA' BEER BATTERED HADDOCK (+£1) TRIPLE COOKED CHIPS + PEAS <sup>G GFO</sup>

MUSHROOM/SUNDRIED TOMATO/SPINACH GNOCCHI + COURGETTE FRITTER <sup>VE</sup>

BUTCHERS SLICED HAM + FRIED EGG + GRILLED TOMATO + CHUNKY CHIPS

### DESSERT

MIXED BERRY CRUMBLE  
+ CUSTARD <sup>V G GFO D</sup>

STICKY TOFFEE  
ICE CREAM SUNDAE <sup>V D</sup>

HOMEMADE CHOCOLATE MOUSSE  
HONEYCOMB + BERRIES <sup>VE</sup>

### INDIVIDUAL STARTERS

CHEF'S SOUP OF THE DAY + CRUSTY BREAD <sup>V G GFO D</sup> £5.95

SMOKED MACKEREL PATE + HERB FOCACCIA + DILL MAYO <sup>G D</sup> £7.45

CHICKEN + BACON PATE + CHUTNEY + LEAVES + TOAST <sup>G D GFO</sup> £6.95

PULLED PORK HASH CAKE + POACHED EGG + HOLLANDAISE <sup>D</sup> £7.45

### SMALL PLATES

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

MINTED LAMB KOFTA BITES + YOGHURT DIP <sup>D G</sup>

MIXED FLAVOURED BREADS + OLIVES + DIPPING OIL <sup>V D G</sup>

CLASSIC CHICKEN CAESAR SALAD <sup>D G GFO</sup>

NACHOS + SOUR CREAM/GUACAMOLE/SALSA + MOZZARELLA <sup>V G D</sup>

CRISPY COURGETTE FRITTERS + TOMATO SALSA DIP <sup>VE</sup>

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

### MAIN COURSES

#### From The Land

CHICKEN SUPREME + MUSHROOM/CHORIZO GNOCCHI + WILTED SPINACH <sup>G D</sup> £16.95

TRADITIONAL PLOUGHMAN'S - CHEESE/HAM + PORK PIE + PICKLES + SALAD + BREAD + CHUTNEY <sup>G D</sup> £14.95

ROLLED SHOULDER OF PORK + CRISPY POTATOES + CARROT PUREE + GREENS + RED WINE JUS <sup>D</sup> £18.45

BAVETTE STEAK SALAD (SERVED PINK) + CONFIT TOMATOES + ROSEMARY CROUTONS + CHIMICHURRI DRESSING <sup>G</sup> £17.95

#### From The Sea

MARKET FISH (ASK SERVER) + DILL HOLLANDAISE + CRISPY POTATOES + SEASONAL GREENS <sup>D</sup> £17.45

CRAB + CRAYFISH LINGUINI + CHILLI/SPRING ONIONS/ PARSLEY + GARLIC BREAD <sup>G D</sup> £16.95

HAND 'TPA' BATTERED HADDOCK + TRIPLE COOKED CHIPS MUSHY OR GARDEN PEAS <sup>G GFO</sup> - SMALL £9.95 / JUMBO £14.95

LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES <sup>D G</sup> £14.95

#### From The Garden

MUSHROOM/SUNDRIED TOMATO/SPINACH GNOCCHI + COURGETTE FRITTER <sup>VE</sup> £13.95

BEYOND MEAT VEGAN BURGER + TOMATO CHUTNEY + FRIES + DRESSED SALAD <sup>VE G</sup> £14.25

ROASTED SQUASH SALAD + CRISPY CHICK PEAS + ORANGE DRESSING + CROUTONS <sup>VE G GFO</sup> £13.95

VEGETARIAN PLOUGHMAN'S - BRIE + COURGETTE FRITTER + SALAD + OLIVES/SUNDRIED TOMATOES + BREAD <sup>V G</sup> £14.95

### SIDES

TRIPLE COOKED CHIPS <sup>VE</sup> £3.55

SEASONED FRIES <sup>VE</sup> £3.45

GARLIC BREAD <sup>V G D</sup> £2.95

GARLIC BREAD +  
CHEDDAR CHEESE <sup>V G D</sup> £3.45

ONION RINGS <sup>V G GFO</sup> £3.45

DRESSED MIXED SALAD <sup>VE</sup> £2.95

STEAMED VEGETABLES <sup>VE</sup> £3.45

### DIRTY FRIES

BBQ PULLED PORK £5.95

CHEDDAR CHEESE <sup>D</sup> £4.95

TEX MEX SALSA/SOUR CREAM/  
GUACAMOLE/CHEESE <sup>D</sup> £6.25

### Grills

8OZ HEREFORD SIRLOIN STEAK £22.95

10OZ GAMMON STEAK + EGG + PINEAPPLE £15.95

WITH GARLIC/THYME MUSHROOM + TOMATO + TRIPLE COOKED CHIPS

ADD RED WINE JUS <sup>V D</sup> OR PEPPERCORN SAUCE <sup>V D</sup> £3.25

### Burgers

STEAK BURGER WITH BACON + CHEESE <sup>D G</sup> £15.45

BUTTERFLIED CAJUN CHICKEN BURGER <sup>G</sup> £15.45

STEAK BURGER WITH JALAPENOS + PULLED PORK <sup>G</sup> £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 Head chef Jason and Sous chef Tom D, are chefs David, Iona and Tom W. The chefs are all assisted by kitchen team Jenny, Harley, Trina, Alfie, Charlie, Rueben 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 Tracy, Fran and Beckie. The team consists of Supervisor Jack alongside Mae, Sarah, Eloise B, Kirsty, Eloise S, Rachel, Alice, Millie, Helen and Aine! 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*

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**

OFFER AVAILABLE 5 to 6 PM