



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 PARFAIT
+ CHUTNEY + TOAST ^{G D GFO}

BREADED WHITEBAIT
+ TARTARE SAUCE ^G

ROASTED RED PEPPER + TOMATO
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}

LENTIL RAGU + COURGETTI + TEMPURA CAULIFLOWER FRITTER ^{VE}

HOME COOKED HAM + FRIED EGG + GRILLED TOMATO + TRIPLE COOKED CHIPS

DESSERT

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

STICKY TOFFEE
ICE CREAM SUNDAE ^{V D}

HOMEMADE CHOCOLATE MOUSSE
HONEYCOMB + BERRY COMPOTE ^{VE}

INDIVIDUAL STARTERS

ROASTED RED PEPPER + TOMATO SOUP + CRUSTY BREAD ^{V VEO G GFO D} £5.95

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

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

SMOKED MACKEREL PATE + HERB FOCACCIA + DILL MAYO ^{G D} £7.45

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

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

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 ^{D G}

MIXED FLAVOURED BREADS + OLIVES + DIPPING OIL ^{V D G}

BREADED WHITEBAIT + TARTARE SAUCE ^G

MAC 'N' CHEESE BITES + BBQ DIP ^{G D V}

SATAY CHICKEN SKEWERS ^N

TEMPURA CURRIED CAULIFLOWER FRITTERS + SRIRACHA MAYO ^{VE}

MAIN COURSES

From The Land

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

MOROCCAN MARINATED CHICKEN SUPREME + FATTOUSH SALAD + LIME VINAIGRETTE ^{G GFO} £15.95

ROLLED SHOULDER OF PORK + SAUTEED NEW POTATOES + CARROT PUREE + GREENS + RED WINE JUS ^D £18.45

BAVETTE STEAK (SERVED PINK) + CONFIT TOMATOES + GREENS + POTATO TERRINE + CHIMICHURRI DRESSING ^D £17.95

From The Sea

SMOKED HADDOCK WELSH RAREBIT + SPRING ONION MASH + SEASONAL VEGETABLES ^{G D} £16.95

CRAB + CRAYFISH LINGUINI + CHILLI/SPRING ONIONS/PARSLEY + GARLIC BREAD ^{G D} £16.95

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} £14.95

From The Garden

HOMEMADE LENTIL RAGU + COURGETTI + CURRIED CAULIFLOWER FRITTERS ^{VE} £14.45

BEYOND MEAT BURGER + TOMATO CHUTNEY + FRIES + DRESSED SALAD ^{V VEO G D} £14.25

SPINACH + GARLIC MUSHROOM WELLINGTON + CRUSHED NEW POTATOES + GREENS + GRAVY ^{VE G} £14.95

BOMBAY BURRITOS + CORIANDER/MINT MAYO + SALAD + FRIES ^{VE G} £13.95 - ADD CHICKEN +£3

SIDES

HOMEMADE TRIPLE COOKED
CHIPS ^{VE} £3.55

SEASONED FRIES ^{VE} £3.45

GARLIC BREAD ^{V G D} £2.95

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

ONION RINGS ^{V G GFO} £3.45

DRESSED MIXED SALAD ^{VE} £2.95

STEAMED VEGETABLES ^{VE} £3.45

PARMESAN/TRUFFLE FRIES ^D
£4.95

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 OR PEPPERCORN SAUCE ^D £3.25

Burgers

STEAK BURGER WITH BACON + CHEESE ^{D G} £15.45

BUTTERFLIED CAJUN CHICKEN BURGER ^{D G GFO} £15.45

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.