



MENU

A very warm welcome to The Gauntlet.
Serving delicious, home made, fresh food created
by our Head Chef

STARTERS	MAINS
<p>Crispy Breaded Mushrooms (v) £5.50 Served with mayonnaise and salad garnish</p> <p>Soup of the Day (gfo)(v) £5.50 Served with bread and butter</p> <p>Prawn Cocktail £6.25 Served with bread and butter</p> <p>Homemade Chicken Goujons £5.75 Served with bbq sauce and a salad garnish</p> <p>Sharer Plates</p> <p>Nacho Plate (v) £6.95 Tortilla chips cooked with salsa, cheese, and jalapeños. Served with sour cream</p> <p>Vegetarian Sharing Board £10.50 Bread, Olive Oil and Balsamic Vinegar, Tempura Vegetables, and Hummus</p>	<p>Red Thai Vegetable Curry (ve)(gfo) £11.00 Served with rice.</p> <p>Beef Lasagne £12.50 Served with garlic bread and salad</p> <p>Hunters Chicken (gfo) £12.50 Grilled chicken breast topped with BBQ sauce, bacon, and cheese. Served with chips and onion rings</p> <p>Pie of the Week £14.50 Served with seasonal vegetables, and mash or chips</p> <p>Classic Italian Style Gnocchi £12.50 with mushrooms in a cream sauce</p> <p>Breaded Scampi £12.50 Served with garden or mushy peas, chips, and tartare sauce</p> <p>Catch of the Day £13.50 Served with your choice of garden or mushy peas, chips and tartare sauce</p>

THE GRILL

<p>8oz Rump Steak (gfo) £17.50 Cooked to your liking, served with onion rings, chips, garden peas and a grilled tomato</p> <p>Add Peppercorn or Diane sauce for £1.50</p>	<p>8oz Gammon Steak (gfo) £14.50 Topped with your choice of fried egg or pineapple rings. Served with chips, onion rings, garden peas and a grilled tomato</p> <p>Cajun Chicken (gfo) £12.50 Grilled Cajun marinated chicken breast. Served with a salad garnish, chips and onion rings</p>
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BURGERS

Classic Beef Burger (gfo) £11.50

Served in a toasted brioche style bun with burger relish, lettuce, tomato, gherkin, onion rings and chips

Classic Cheeseburger (gfo) £12.50

Served in a toasted brioche style bun with cheddar cheese, burger relish, lettuce, tomato, gherkin, onion rings and chips

Chicken Breast Burger (gfo) £12.00

Served in a brioche style bun with mayo, lettuce, tomato, onion rings and chips

Falafel and Spinach Burger (gfo) (ve) £11.50

A combination of spinach, chickpeas, onions, and spices formed into a burger and served in a vegan brioche style bun. With hummus, lettuce, tomato and red onion

Add bacon, cheese, fried egg, or 2 onion rings £1.50

DESSERTS

Homemade bread and butter pudding (v) £5.25

Served with custard

Orange Posset (v)(gfo) £5.25

Served with a shortbread

Sticky Toffee Pudding (v) £5.50

Served with ice cream

Chocolate Fudge Cake (ve) £5.00

Served with ice cream

3 Scoops of Ice Cream £4.50

Choose from strawberry, vanilla, or chocolate

PIZZAS

Pepperoni Pizza £12.50

Margherita Pizza £11.50

SIDES

Chips (gfo)(ve) £3.75

Cheesy Chips (v)(gfo) £4.50

Sweet Potato Chips (ve)(gfo) £4.50

Beer Battered Onion Rings (v) £3.25

Garlic Ciabatta (v) £3.75

Garlic Ciabatta with Cheese (v) £4.50

Dressed Mixed Salad (ve)(gfo) £4.00

Choose 3 Sides for £12.50

Please inform a member of staff if you have any allergies or dietary requirements

Suitable for vegans or vegan option available (ve), vegetarian (v), gluten free option available (gfo)

Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens. We cannot guarantee that any food item is completely free from allergens, due to the risk of cross contamination. Full allergen information is available - please ask a member of the team. Our menu descriptors do not include all ingredients. Whilst we take care to preserve the integrity of our vegetarian, vegan, gluten and nut free products, we must advise that these are handled in a multi-use kitchen environment.



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