

# LUNCH MENU

## Starters or Light Bites

Freshly baked bread sharing platter with black olive tapenade, olive oil and balsamic £6.95

Soup of the day with homemade bread £5.95

Prawns Marie Rose and smoked salmon on Sinton's wheaten bread with pickled cucumber and dressed leaves

Starter Size £6.25 Main Size £13.50 (GF)

Caesar salad with lemon pepper chicken, crisp baby gem, bacon lardons, herb croutons and parmesan shavings

Starter Size £6.95 Main Size £13.95 (GF)

Chorizo Arancini balls with curry mayo, rocket and parmesan salad, basil oil £6.95

Crispy Thai beef with Asian slaw, sriracha mayo, sesame seeds and coriander £7.50 (GF)

Half rack of ribs with Jack Daniels sticky BBQ sauce, served with house salad and coleslaw £7.25 (GF)

## Mains

Sinton's Ploughman's platter: Honey glazed ham, Porter cheddar, warm sausage roll, piccalilli, slaw, house breads and mustard mayo £13.95

Grilled lamb's liver with buttery champ, crispy bacon, roasted parsnip and rich onion gravy £13.95 (GF)

Roast of the day with roasted potato, mash, seasonal vegetables and pan gravy £13.95 (GF)

Char grilled chicken breast with champ, vegetables, creamy cracked black pepper sauce and parsnip crisps £13.95 (GF)

Lemon and parsley breaded whiting fillets with garden peas, tartar sauce and skinny fries £15.95

Lemon fish goujon tacos with slaw, jalapenos, sriracha mayo, salad and skinny fries £14.95

Pan roasted sea trout with brown shrimp, salt baked baby potatoes, charred leek and gremolata £17.50 (GF)

Chargrilled 6oz beef burger with melted cheddar, baby gem, tomato and chunky chips £14.95

Add Bacon £1.50 Add Sticky pulled BBQ beef £3.50 Add chicken goujons £3.50

Southern fried chicken goujon wrap with basil aioli, pickled red onion, salad, coleslaw and chunky chips £12.95

Sinton's Thai red curry with Asian vegetables, rainbow rice and prawn crackers £13.95

With chicken £14.95 with King prawns £15.95 (GF)

## SIDES £4.25

Melange of Veggies

Skinny Fries

Chunky Chips

Sauté Mushrooms

House Salad

Sweet Potato Fries

Cheesy Garlic Bread

Beer battered onion rings

(GF) – GLUTEN FREE OPTION AVAILABLE

ALL PRICES INCLUDE 20% VAT