

Appetizers

V Bowl of Olives, Crusty Bread (g,s,e,n,se,sd) £3.95

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Chopped Chorizo cooked in a Cider sauce, with a crusty bread roll
(sd,n,g,e,se) £3.95

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VG **V** Tortilla Chips with a Guacamole dip £3.95

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Starters

V Homemade Soup of the Day, warm bread roll (g,s,d,c,n,se) £4.95

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V Flatbread Sharer - A Garlic Flatbread and a Tomato & Basil Flatbread
topped with melted mozzarella with aioli and a Salsa Dip
(e,d,g,s,n,se,sd) £9.95

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Chicken Liver, Garlic & Mushroom Pate, salad garnish, homemade
chutney, bread roll (c,f,e,g,d,mu,se,s,sd) £5.95

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V Camembert Bites, salad garnish, cranberry Sauce
(mu,d,g,e,cr,f,s,v,m) £6.95

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Salt & Pepper Squid Chunks & filo king prawns, sweet chilli sauce
(cr,g,c,s,m) £7.95

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V Goats Cheese & Spinach Tartlet, avocado salsa, on a bed
of rocket with balsamic glaze (d,g,sd) £6.95

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Teriyaki Glazed Chicken, strips of chicken marinated in teriyaki sauce, in a
mixed salad with avocado & grilled pineapple (g,s) £6.95

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Main Course

Homemade Traditional Beef Lasagne, Homemade chips, Salad
(d,g,f,s,e) £11.95

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Breaded Scampi, tartar sauce, Homemade chips, Salad
(f,cr,g,e,mu,s,m) £9.95

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Beer Battered Cod Fillet, minted mushy peas, Homemade chips, Salad
(f,g,s,e,mu) £10.95

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Homemade Salmon & Broccoli Carbonara, in a rich smoked bacon &
parmesan cream sauce, Garlic Bread (d,sd,g,f) £16.95

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Beef Stir Fry in a Honey & Ginger sauce & toasted sesame seeds
(se,g,s) £16.95

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Homemade Beef Burger, topped with red onion marmalade & red devil
cheese. Served in a tomato & olive flatbread, with salad, coleslaw,
onion rings & skinny fries (d,g,e,mu,f,s,cr,m,sd) £16.95

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Taverners Chicken, chicken breast topped with crispy bacon & cheese,
barbeque sauce, Homemade chips, Salad (d,s,f) £11.95

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Teriyaki Glazed Chicken, strips of chicken marinated in teriyaki sauce,
In a mixed salad with avocado & grilled pineapple (g,s) £11.95

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Homemade Pork & Mushroom Stroganoff, with rice (mu,d,g,s) £11.95

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Vegetarian Selection

V Broad Bean & Spinach Vegetable Burger. Served in a toasted
tomato & olive flatbread with salad, coleslaw, onion rings &
skinny fries (g,s,f,e,cr,mu,sd) £12.95

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VG **V** Homemade Vegan Lasagne, Homemade chips, Salad (s) £11.95

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VG **V** Homemade Mushroom & Butterbean Casserole, with rice (s) £10.95

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From The Grill

Prime Fillet of Beef served with a grilled tomato, onion rings,
Homemade chips, Salad (g,d,s,cr,f,e) £24.95

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Prime Sirloin Steak served with a grilled tomato, onion rings,
Homemade chips, Salad (g,d,s,cr,f,e) £21.95

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Grilled Gammon Steak with Egg or Pineapple,
Homemade Chips, Salad (s,e,f) £12.95

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Sauces

Peppercorn Sauce (d,g,s) £2.50

Madeira Sauce (d,g,s) £2.50

Blue Cheese Sauce (d,g,s,f) £2.75

Side Orders

Homemade Chips (g,f,cr,s,e) £2.25

Sweet Potato Chips (g,s,f,cr,e) £2.75

Skinny fries (g,f,cr,s,e) £2.25

Jacket Potato (s) £1.95

Portion of vegetables (d,g,s) £1.95

Side Salad (mu) £1.95

Garlic Bread (d,g) £3.00

Garlic Bread & mozzarella (g,d) £3.75

Homemade Onion Rings (g,f,cr,s,e) £2.75

Coleslaw (e) £1.95

Bread Roll or Bread & Butter (g,e,d,n,s) 50p

Portion of Peas/Beans 95p

Mushrooms (d,s) £1.95

All items on the menu are made on the premises using fresh local ingredients where possible. Please let us know of any dietary requirements or allergies you have.

Dinner, Bed & Breakfast guests have a £20 allowance towards starter and main course, desserts and coffee are included, details on your confirmation.

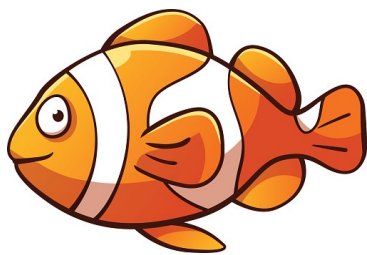
Children's Menu

Pick a Main

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| Homemade Beef Lasagne (g,d,s,f) | £5.95 |
| Pork Sausages (g,s,sd,e,f,cr,d,v) | £5.95 |
| V Teddy Bear Cheese & Tomato Pizza (g,d) | £5.95 |
| Chicken Nuggets (s,g,e,cr,f,d) | £5.95 |
| Salmon Fish Fingers (f,g,e,cr,s,d) | £5.95 |
| V Vegetable Nuggets (g) | £5.95 |

Choose One Side

- Chips (s,g,f,cr,e)
- New Potatoes
- Mashed Potatoes (d)
- Penne Pasta (s,g)



Choose Another Side

- Baked Beans
- Sweetcorn
- Cherry Tomatoes
- Cucumber
- Peas

Available for ages 12 and under. We cannot guarantee that our dishes are nut free.

Light Bites

(Served Lunchtimes only 12-2.30pm)

Baguettes & Paninis - Half £5.95 Whole £7.50

Choose half or full size, served with homemade chips or crisps, coleslaw & salad (g,s,d,mu,se,s,cr,e)

Tuna & Sweetcorn Mayonnaise (f,e) *baguette only

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Prawns in a Marie Rose Sauce (cr,e) *baguette only

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Chicken, Mozzarella & Pesto (s,d,n)

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Ham & Cheese (d)

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Tuna & Cheese Melt (f,d)

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Sausage & Red Onion Marmalade (g,s,sd)

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Bacon, Brie & Cranberry (d)

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🍅 Tomato, Mozzarella & Pesto (d,n)

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Jacket Potatoes

Served with coleslaw & salad garnish (e,s,mu,sd)

Prawns in a Marie Rose Sauce (cr,e) £6.95

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🍅 Cheese (d) £4.95

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Ham & Cheese (d) £5.95

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🍅 Beans & Cheese (d) £5.95

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Tuna & Sweetcorn Mayonnaise (f,e) £5.95

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Bolognese (f) £5.95

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Ploughman's - Ham, Turkey, Beef, Cheddar Cheese, Mixed Salad, Pickles, Homemade Chutney & Chunky Bread (g,s,e,d,sd) £8.95

Allergy Key

V=vegetarian, D=dairy, G=contains gluten, N=contains nuts,
E=contains eggs, F=contains fish, CR=contains crustaceans, M=contains molluscs,
S=contains soya, C=contains celery, MU=mustard, SE=contains sesame seeds,
SD=contains sulphur dioxide.

Red Wines

Bottle (75cl)

1. McGuigans Black Label Shiraz (B) (Australia) £16.95
Rich, ripe plum, spice and blackberry fruit flavours with subtle oak. Rounded & fruity with good depth and intensity of flavour.
2. Finca Flichman Malbec (B) (Argentina) £17.95
Full and fruity, packed with flavours of spiced plum fruit with soft tannins providing the structure.
3. Petirrojo Reserva Merlot (B) (Chile) £16.95
Light plummy notes on the nose and ripe berry fruit with soft tannins on the palate make for a very smooth and balanced wine
4. Petirrojo Reserva Cabernet Sauvignon (B) (Chile) £16.95
A silky smooth red with blackcurrant aromas.
5. Fontana D'Italia Sangiovese (B) (Italy) £17.95
A Fruity and Juicy with vibrant redcurrant and cherry fruit flavours and a hint of violet leading to a smooth finish
6. Flying Zebra Pinotage (B) (South Africa) £16.95
Ripe, soft and intensely fruit flavoured. Medium bodied with vibrant fruit flavours
7. Marques de Caceres Rioja Tempranillo (B) (Spain) £22.95
A silky smooth elegant wine. Aged in the finest oak barrels and then in bottles to develop its rich fruit structure and complexity

White Wines

Bottle (75cl)

8. La Joya Viognier Gran Reserva (3) (Chile) £18.95
Notes of white peach and ripe apricots. Refreshing and balanced with nice and complex fruity notes
9. Cawstons Crossing Chenin Blanc (3) (South Africa) £16.95
Bursting with guava, ripe apple & pear. Refreshing & lively
10. Mas Neuf Muscat Sec 2016 (1) (France) £17.95
An attractive white with a crisp acidity that is ideal with sea food
11. Fontana D'Italia Trebbiano (3) (Italy) £16.95
A fresh and light wine with delicate aromas of white melon and refreshing citrus fruit flavours

Rose Wines

Bottle (75cl)

12. Winston Hill Zinfandel Rose (California) £17.95
Delicate and refreshing with delicious soft fruit flavours of strawberry, raspberry and melon.
13. Freixenet Rose Single Serve 200ml £7.95
Delicate & Sweet with fruity aromas.

Sparkling & Champagne

14. Paul Langier Brut Champagne £37.95
An outstanding cuvee blended from Pinot Noir, Pinot Meunier and Chardonnay grapes. A stylish dry wine offering ripe fruit and a biscuit finish
15. Bollinger Champagne £74.95
Bone Dry, full bodied wine with a classic biscuit finish
16. Chio Asolo DOCG Prosecco Superiore £21.95
Full of Fresh Stone Fruit aromas and floral notes with a smooth & elegant texture on the palate. (Extra Dry)
17. Cortigiano Prosecco Single Serve 200ml £6.95

A-light bodied, B-light/medium bodied, C-medium bodied

D-medium/full bodied, E-Full bodied

Glass servings SMALL 175ml / LARGE 250ml

1-dry, 2-medium dry, 3-medium, 4-medium sweet, 5 -sweet

Glass Serving SMALL 175ml / LARGE 250ml

House Wine

(Bottle 75cl)

Pier 42 Merlot (Chile) £16.95

Soft, generous with plenty of cherry & plum flavours
By The Glass Small £4.80 / Large £5.50

Pier 42 Shiraz (Australian) £16.95

Classy, medium bodied with a crunchy black cherry fruitiness
By The Glass Small £4.80 / Large £5.50

Solar Viejo Crianza Rioja (Spain) £18.95

A blend of tempranillo & garnache grapes. Flavours of red fruit & vanilla with a hint of liquorice
By The Glass Small £5.60 / Large £6.50

Pier 42 Pinot Grigio (Italy) £16.95

Pale lemon in colour with delicate apple & zingy citrus fruit flavours ending in a crisp refreshing finish
By The Glass Small £4.80 / Large £5.50

Pier 42 Chardonnay (Australian) £16.95

Pale golden in colour with peach & tropical fruit flavours
Perfectly balanced with a clean refreshing finish
By The Glass Small £4.80 / Large £5.50

Pier 42 Sauvignon Blanc (Chile) £16.95

Fresh, zesty, easy drinking with limey fruit flavours
By The Glass Small £4.80 / Large £5.50

Valencia Sweet White £16.95

Soft & Fruity, best served chilled
By The Glass Small £4.80 / Large £5.50

Pier 42 Zinfandel Rose (California) £16.95

Fresh & inviting with lovely summer fruits flavours
By The Glass Small £4.80 / Large £5.50

The
Gubert
HOTEL

FLAT ROCK
BAR - CAFE - BISTRO