

SMITHS' LUNCHTIME 'SMALL PLATES' MENU

Any of the starters from the two course menu overleaf
may be ordered as a 'Small Plates' dish for £5.25

Any main courses from the two course menu overleaf
may be ordered individually for £8.95

OLIVES: Marinated in tomato and chilli OR olive oil, herbs and lemon £2.00

GARLIC CIABATTA £2.50 With cheese topping £2.95

SOUPS served with bread and butter £3.75

Cream of Fish and Seafood Soup

OR Today's second soup (ask staff for details)

Deep fried Tiger Prawns in Filo Pastry. Served with a tartare mayonnaise
£6.25

Lamb Meatloaf flavoured with peppers and mint. Served with gravy and chips.

Haloumi Pepper: Sweet Peppers filled with haloumi cheese flavoured with
herbs, garlic and chilli. Baked and served hot dressed with basil oil (vegetarian)
£5.95

Fish and Chips Tempura battered cod with chips, peas and tartare sauce
£6.50

Smiths' Corned Beef Hash :

Made with beef cured in Smiths' kitchen. Served with chips and brown sauce
£6.50

A Small Plates dish of Vegan Goan Curry: Roast sweet potato, green beans & baby corn in mild
onion, tomato, red pepper & coconut milk curry. Served with coriander rice (vegan / G.F.)
£6.50

SMITHS' MINI PIES with chips OR mixed salad OR potatoes and vegetables
£6.50 each

'Fish Soup' Pie:

Fish, seafood, vegetables & herbs in a creamy sauce with a mashed potato topping

Beef Stroganof Pie Beef slow cooked in a creamy mushroom, onion,
red pepper and smoked paprika sauce topped with a puff pastry lid (G.F.)

SMITHS' FLATBREADS. CHOOSE FROM THE FOLLOWING FILLINGS: £6.50 each

Falafel (lightly spiced chickpea patties) with salad and a coriander yoghurt dressing

Chicken strips marinated in lemon, thyme & black pepper. Served with a red pepper dressing

BOWL OF CHIPS £2.00

DISH OF ONION RINGS £2.00

SMALL GREEN SALAD £2.95

TWO COURSE LUNCH MENU £13.50

Main Course with either Starter from this menu, or a Pudding
(Dishes marked G.F. are Gluten Free - other allergen information is available - ask staff)

STARTERS

Cream of Fish and Seafood Soup with a warm bread roll

(Ask if you'd like gluten free bread with your soup. The fish soup is G.F.)

(Please ask staff for details of today's second soup)

Lemon and Thyme Chicken: Chicken marinated in lemon & thyme, roasted, and served warm on spinach, mixed leaf and red onion salad with red pepper dressing (G.F.)

Smoked Trout, Potato and Beetroot Salad with horseradish dressing (G.F.)

Mushrooms Stuffed with Cheese and Garlic, baked and served with wilted spinach, tomato sauce and thinly sliced crispy potato fries (**vegetarian and G.F. without potato fries**)

Chicken Liver Paté with sweet and sour red onion relish and toasted brioche

OR

Smiths' Mushroom Paté with cranberry relish and toasted brioche (**vegetarian**)

(please ask if you'd like toasted gluten free bread with your paté - the patés are G.F.)

Green Pea & Chickpea Falafel with vegan tzatziki flavoured with mint & cucumber (G.F./vegan)

Duck Salad: Finely sliced duck breast served chilled on rocket leaves with goats cheese, toasted flaked almonds and raspberry balsamic dressing (G.F.)

Melon dressed with ginger syrup (vegan / G.F.)

Black Pudding, Peas and Bacon topped with a poached egg and "H.P." hollandaise sauce

MAIN COURSES

Salmon Fillet served with charred sweet corn, cherry tomato and red onion salsa and balsamic glaze (G.F.)

Toulouse Sausage: A traditional French pork sausage flavoured with red wine and garlic. Served on mashed potato flavoured with roast garlic with red wine gravy and a sweet, sticky red onion marmalade (G.F.)

Beef "Stroganoff" Casserole: Beef slow cooked in a creamy mushroom, onion, red pepper and smoked paprika sauce (G.F.)

Mediterranean Vegetable Puff Pastry Tart with sun blush tomatoes , red onion, courgette and aubergine topped with goats' cheese and a pesto dressing (**vegetarian**)

Roast Chicken Breast stuffed with smoked cheese and ham, served on creamy leek sauce (G.F.)

Fish & Chips: Battered cod with Smiths' own-made chips, garden peas & tartare sauce
(potatoes and vegetables aren't served with our fish and chips)

Vegan Goan Curry: Roast sweet potato, green beans & baby corn in mild onion, tomato, red pepper & coconut milk curry. Served with coriander rice (**vegan / G.F.**)