

# A LA CARTE

Dish Description	Product Description	Suitable for Vegetarians	Suitable for Vegans	Gluten Present	Soya/soya products present	Egg/egg products present	Milk/milk products present	Fish products present	Crustacea Present	Mollusc products present	Sulphite products present above 10ppm Additives present	Sesame products present	Celery products present	Mustard products present	Peanut products present	Lupin products present	Tree nuts / nut derivatives present
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STARTERS																	
Freshly Made Soup	Made fresh daily, please ask your server for details	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION	CAUTION
Sautéed Portobello Mushrooms	With garlic cream and toasted brioche	✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X
Tempura Prawns	Thai salad lotus stem crisps	X	X	✓	✓	X	X	✓	✓	X	✓	✓	X	X	✓	X	✓
Cajun Chicken Caesar Salad	Lettuce, parmesan, croutons, anchovies	X	X	✓	X	✓	✓	✓	X	X	X	X	X	✓	X	X	X
Crispy Duck Salad	With watercress & sesame dressed	X	X	CAUTION	✓	X	X	X	X	X	X	✓	✓	✓	X	X	X
Deep Fried Goats Cheese	Parma Ham, fresh figs, herb salad	✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X
Hand carved Smoked Wild Salmon	Poached egg, veg fritter, crème fraiche	X	X	X	X	✓	✓	✓	X	X	X	X	X	X	X	X	X
Freya's Tasting Board	Soup, duck salad, prawns, olives	X	X	✓	✓	X	X	✓	✓	X	X	✓	✓	✓	X	X	X

MAINS																	
Honey glazed Duck Breast	Honey, potato, cream, cabbage	X	X	X	X	X	✓	X	X	X	✓	X	✓	X	X	X	X
Braised Belly Pork	Potato, apple, red wine	X	X	✓	✓	X	✓	X	X	✓	✓	X	CAUTION	CAUTION	X	X	X
Braised Lamb	Potato, lamb, veg,	X	X	✓	X	X	✓	X	X	X	✓	X	✓	X	X	X	X
Grilled Wild Seabass	Seabass, chorizo, onion, butter	X	X	X	X	X	✓	✓	X	X	✓	X	X	CAUTION	X	X	X
Crisp Skinned Scottish Salmon	Salmon, puy lentils, parsnip	X	X	✓	X	X	✓	✓	X	X	✓	X	✓	X	X	X	X
Crab Linguine	Crab, pasta, tomatoes, butter, chilli	X	X	✓	X	X	✓	X	✓	X	X	X	X	X	X	X	X
Mushroom & Thyme Carbonara	Pasta, mushroom, cream, garlic	✓	X	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X
Butternut Squash & Feta Cheese Strudel	Squash, filo pastry, feta cheese, egg	✓	X	✓	X	✓	✓	X	X	X	✓	✓	X	X	X	X	X
10oz Ribeye Steak	Steak, potato, salad, dressing	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12oz Rump Steak	Steak, potato, salad, dressing	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Double Chicken Breast	Chicken, potato, salad, dressing	X	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
8oz Swordfish Steak	Swordfish, potato, salad, dressing	X	X	X	X	X	X	✓	X	X	X	X	X	X	X	X	X

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## FREYA'S FAVOURITES

The "Aspers" Beef Burger	Beef burger, cheese, smoked bacon	X	X	✓	✓	✓	✓	X	X	X	X	CAUTION	X	X	X	X	X
Fish & Chips	Fish, chips mushy peas, tartar sauce	X	X	✓	X	✓	X	✓	X	X	X	X	X	✓	X	X	X
Steak & Eggs	Steak, eggs, fries	X	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X
Steak & Cheese Flatbread	Flatbread, steak, bbq sauce, cheese	X	X	✓	✓	✓	✓	X	X	X	X	CAUTION	✓	✓	X	X	X
Piri Piri Chicken Flatbread	Flatbread, chicken mayonnaise, chips	X	X	✓	X	✓	✓	X	X	X	X	CAUTION	X	X	X	X	X
The "Aspers" Chicken Burger	Chicken, bacon, cheese, brioche bun	X	X	✓	X	✓	✓	X	X	X	X	CAUTION	X	X	X	X	X
Spicy Bean Burger	Bean burger, chip, brioche bun, salad	✓	X	✓	X	✓	✓	X	X	X	X	CAUTION	X	✓	X	X	X

## SIDES

Black Peppercorn Sauce	Stock based sauce with peppercorns & cream	X	X	X	X	X	✓	X	X	X	✓	X	✓	X	X	X	X
Red Wine Sauce	Stock based sauce with red wine	X	X	X	X	X	X	X	X	X	✓	X	✓	X	X	X	X
Twice Cooked Chips	Handcut potatoes	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Mashed Potatoes	Potatoes, butter & cream	✓	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
Sautéed Portobello Mushrooms	Mushrooms, butter	✓	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
Brown Ale Battered Onion Rings	Onion slices, fried in a light brown ale batter	✓	✓	✓	CAUTION	CAUTION	CAUTION	X	X	X	✓	X	X	X	X	X	X
Honey & Sesame Carrots	Fresh carrots, Honey and Sesame	✓	✓	X	X	X	✓	X	X	X	X	✓	X	X	X	X	X
Green Beans with Garlic & Crème Fraiche	Fresh Green Beans, crème fraiche & garlic	✓	✓	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
Roasted Spiced Parsnips	Fresh Parsnips	✓	✓	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
Dressed salad	Mixed leaf with Tomato, Onion and Cucumber. Dressed in a lemon and olive oil vinaigrette	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X

## DESSERTS

Sticky Toffee Pudding	Flour, eggs, sugar, cream, butter, vanilla ice-cream	✓	X	✓	X	✓	✓	X	X	X	✓	X	X	X	X	X	X
Vanilla & Honey Panna Cotta	Cream, milk, vanilla, clementine	X	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
Lemon & Raspberry Crème Brulee	Baked dessert with Lemon, Raspberry, Cream, eggs, & sugar	✓	X	X	X	✓	✓	X	X	X	X	X	X	X	X	X	X
Warm Chocolate Brownie Sundae	Homemade brownie, Vanilla Ice cream	✓	X	✓	X	✓	✓	X	X	X	✓	X	X	X	X	X	X
Winter Berry Basket	Brandy basket, winter berries, fruit coulis	✓	X	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X
Selection of Ice Cream	Cream - ask for flavours	✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	✓
Selection of Fruit Sorbet	Sorbet - ask for flavours	✓	✓	X	X	X	X	X	X	X	✓	X	X	X	X	X	X

# PARTY PACKAGE MENU

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<b>STARTERS</b>																	
Chicken Wings	Chicken wings, blue cheese dressing, coleslaw	X	X	X	X	✓	✓	X	X	X	X	X	X	✓	X	X	X
Caesar Salad	Lettuce, parmesan, croutons, ceasar dressing	✓	X	✓	X	✓	✓	✓	X	X	X	X	X	X	X	X	X
<b>MAINS</b>																	
The "Aspers" Beef burger	Beef burger, cheese and smoked bacon, chips, onion, tomato, lettuce, mayonnaise	X	X	✓	✓	✓	✓	X	X	X	X	CAUTION	X	X	X	X	X
Piri Piri Chicken Flatbread	Flatbread, chicken, mayonnaise, chips, onion, tomato, lettuce,	X	X	✓	X	✓	✓	X	X	X	X	CAUTION	X	X	X	X	X
Fish & Chips	Fish, chips mushy peas, tartare sauce	X	X	✓	X	✓	X	✓	X	X	X	X	X	✓	X	X	X
Mushroom Linguine	Mushroom, pasta, tomatoes, butter, chilli	✓	X	✓	X	✓	✓	X	X	X	✓	X	X	X	X	X	X
<b>DESSERTS</b>																	
Sticky Toffee Pudding	Flour, Sugar, eggs, cream,	✓	X	✓	X	✓	✓	X	X	X	✓	X	X	X	X	X	X
Chocolate Fudge Cake	Choclotae fudge cake, cream served, berries	X	X	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X
Selection of Ice Cream	Cream - ask for flavours	✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	✓

# SET BUFFET MENU

Dish Description	Product Description	Suitable for Vegetarians	Suitable for Vegans	Gluten Present	Soya/soya products present	Egg/egg products present	Milk/milk products present	Fish products present	Crustacea Present	Mollusc products present	Sulphite products present above 10ppm Additives present	Sesame products present	Celery products present	Mustard products present	Peanut products present	Lupin products present	Tree nuts / nut derivatives present
<b>STARTERS</b>																	
Chicken Wings		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jacket Wedges		✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Vegetable Spring Rolls		✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Mini Cheese Pizziolas		✓	X	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X
Plaice Goujons		X	X	✓	X	X	X	✓	X	X	X	X	X	X	X	X	CAUTION
Fruit Tarts		✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	✓	X	✓
Crisps		✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

# FREE BUFFET MENU

Dish Description	Product Description	Suitable for Vegetarians	Suitable for Vegans	Gluten Present	Soya/soya products present	Egg/egg products present	Milk/milk products present	Fish products present	Crustacea Present	Mollusc products present	Sulphite products present above 10ppm Additives present	Sesame products present	Celery products present	Mustard products present	Peanut products present	Lupin products present	Tree nuts / nut derivatives present
<b>STARTERS</b>																	
Chicken Wings		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jacket Wedges		✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Vegetable Spring Rolls		✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Pizza Slabs		X	X	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X
Plaice Goujons		X	X	✓	X	X	X	✓	X	X	X	X	X	X	X	X	CAUTION

# SUNDAY LUNCH MENU

Dish Description	Product Description	Suitable for Vegetarians	Suitable for Vegans	Gluten Present	Soya/soya products present	Egg/egg products present	Milk/milk products present	Fish products present	Crustacea Present	Mollusc products present	Sulphite products present above 10ppm Additives present	Sesame products present	Celery products present	Mustard products present	Peanut products present	Lupin products present	Tree nuts / nut derivatives present	
<b>MAINS &amp; SIDES</b>																		
Roast Beef		X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Roast Turkey		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Roast Pork		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Yorkshire Pudding		✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X	
Chanteney Carrots		✓	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X	
Cabbage		✓	✓	X	X	X	✓	X	X	X	X	X	X	X	X	X	X	
Marrow Fat Peas		✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Cauliflower Cheese		✓	X	✓	X	X	✓	X	X	X	X	X	X	✓	X	X	X	
Broccoli		✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Stuffing Balls		✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	
Roast Potatoes		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
New Potatoes		✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Roast Gravy		X	X	✓	✓	CAUTION	CAUTION	X	X	X	✓	X	✓	X	X	X	X	
Red Wine Sauce		X	X	X	X	X	X	X	X	X	✓	X	✓	X	X	X	X	
Swede		✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<b>DESSERTS</b>																		
Apple Pie & Custard		✓	X	✓	X	✓	✓	X	X	X	✓	X	X	X	X	X	X	CAUTION
Chocolate Fudge Cake		X	X	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	
Selection of Ice Cream		✓	X	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	✓	