



THE THROCKMORTON

- FREEHOUSE - INN - QUALITY DINING -



FIXED PRICE LUNCH MENU - SERVED 12 TO 5PM MONDAY TO SATURDAY

MAIN COURSE

TO START

- HOMEMADE SOUP OF THE DAY + CRUSTY BREAD ^{V GFO}
- CHICKEN + HAM TERRINE + CHUTNEY + CROSTINI ^{GFO L}
- BREADED WHITEBAIT + LEMON CRÈME FRAICHE ^{G L}

- PORK ESCALLOPE LYONNAISE POTATOES + MUSHROOM SAUCE ^{G L}
- HAND BEER BATTERED FISH (+£1) CHUNKY CHIPS + PEAS ^{GFO}
- SWEET POTATO + SPINACH CURRY + WILD/BASMATI RICE ^{VE}
- HAND CARVED HAM FREE RANGE EGG + CHUNKY CHIPS

DESSERT

- CRUMBLE OF THE DAY + CUSTARD ^{V G L N}
- BLACK CHERRY CRÈME BRULEE ^{V L}
- TREACLE + GINGER TART + CUSTARD ^{V G L N}

2 COURSES £10.95 - 3 COURSES £13.95

Sandwiches and wraps also available at lunch, please ask the team

SMALL PLATES - TO START + SHARE

Ideally sized at three between two as a starter to share - **£4.95 each or 3 for £12.95**

- KOREAN STICKY PORK RIBS
- CLASSIC MEATBALL MARINARA
- GARLIC FLAT BREAD + ANTI PASTI OLIVES ^{V G L}

- BREADED BRIE BITES + SWEET CHILLI ^{V G L}
- HALLOUMI FRIES + JALAPENOS ^{V G L}
- 3 BEAN CHILLI TOPPED NACHOS + MELTED MOZZARELLA ^{V G L}

- BREADED WHITEBAIT + LEMON CRÈME FRAICHE ^{G L}
- SHELL ON KING PRAWNS + GARLIC BUTTER +£3 ^{GFO L}
- SPICY ONION BHAJIS + MINT SAUCE ^{G L}

INDIVIDUAL STARTERS

- MUSHROOM + BRIE ARANCINI BALLS ^{V G L} £5.95
- PORK BELLY BITES + BLACK PUDDING + SPICED APPLE ^G £6.25

- SCALLOPS MORNAVY ^{L G} £8.95
- HOMEMADE SOUP OF THE DAY - SEE SPECIALS £4.25

- HOI SIN DUCK FLAT BREAD + SESAME SEEDS ^G £6.45
- CHICKEN + HAM TERRINE CHUTNEY + CRISP TOASTS ^{GFO L} £5.95

MAIN COURSES

FROM THE LAND

MARKET MEAT CUT
PLEASE SEE SPECIALS MENU

- HERB BRAISED OX CHEEKS ^{G L}
- BUBBLE 'N' SQUEAK + MUSHROOM FRICASSEE £13.95
- HOMEMADE STEAK + KIDNEY SUET PUDDING ^{G L}
- WHOLEGRAIN MUSTARD MASH + VEGETABLES + GRAVY £11.95

- SLOW COOKED LEG OF DUCK WITH PORT JUS
- LYONNAISE POTATOES + STEAMED VEGETABLES £13.95

- PORK ESCALLOPE WITH MUSHROOM + TARRAGON SAUCE ^{G L}
- LYONNAISE POTATOES + SEASONAL GREENS £12.95

- KATSU CHICKEN BURGER ^{G L}
- CURRY MAYONNAISE + SALAD + SKIN ON FRIES £12.95

- SLOW ROASTED + PULLED + ROLLED LAMB SHOULDER ^{GFO}
- BUBBLE 'N' SQUEAK + ROOT VEG + REDCURRANT GRAVY £14.95

- LASHFORD'S HANDMADE FAGGOTS ^{G L N}
- MASH + MUSHY PEAS - SMALL £7.95 LARGE £10.95

FROM THE SEA

MARKET FISH
PLEASE SEE SPECIALS MENU

- BAKED SEA TROUT WITH LEMON ROASTED POTATOES ^L
- MUSHROOM CREAM SAUCE + BEETROOT + SAMPHIRE £13.95

- HAND TPA BEER BATTERED FISH + CHUNKY CHIPS ^{GFO}
- MUSHY OR GARDEN PEAS - SMALL £8.95 LARGE £12.95

- SEAFOOD MORNAVY OF SMOKED HADDOCK + PRAWNS + TROUT
- LEMON ROASTED POTATOES + VEGETABLES ^{G L} £12.95

- HOMEMADE KING PRAWN CURRY ^{GFO}
- BASMATI RICE + MANGO CHUTNEY + BHAJI £12.95

- PLAICE FILLET ON SQUID INK PASTA ^{G L}
- CHORIZO + PRAWNS IN A RICH TOMATO SAUCE £14.95

Where applicable we would be happy to swap your vegetables for salad; or potato side for mash, sweet potato fries (+75p), chunky chips, skin on fries. Please state when ordering

FROM THE GRILL

7OZ SIRLOIN STEAK £15.95 OR 10OZ RIBEYE STEAK £18.95

- 10OZ GAMMON STEAK + EGG + PINEAPPLE £11.95
- SERVED WITH GRILLED TOMATO + MUSHROOM + ONION RINGS + HAND CUT CHUNKY CHIPS ^{GFO}

- PORT ^{GFO} OR PEPPERCORN SAUCE ^{GFO L} £2.25 EACH
- 8OZ GOURMET STEAK BURGER ^G

TOMATO RELISH + SALAD + SKIN ON FRIES £11.95

ADD CHEESE ^{V L} +£1 ADD BACON +£1

FROM THE GARDEN

- SMOKED CHEDDAR + MUSHROOM + LEEK PARCEL ^{V G L}
- LYONNAISE POTATOES + VEGETABLES + GRAVY £10.95

- SWEET POTATO + SPINACH CURRY ^{VE GFO}
- BASMATI RICE + MANGO CHUTNEY + BHAJI £9.95

- AROMATIC GARDEN BURGER ^{V G}
- SKIN ON FRIES + ROASTED TOMATO RELISH + SALAD £10.95

- SMOKEY 3 BEAN CHILLI BASMATI RICE + NACHOS ^{VE GFO} £9.95

SIDE ORDERS

- HAND CUT CHUNKY CHIPS ^{VE} £2.45
- SKIN ON FRIES ^{VE} £2.95
- SWEET POTATO FRIES ^{VE} £3.50

- GARLIC FLAT BREAD ^{V G L} £2.45
- GARLIC FLAT BREAD WITH CHEDDAR CHEESE ^{V G L} £2.95
- GARLIC FLAT BREAD WITH CHEESE + CHUTNEY ^{V G L} £3.45

- HAND BATTERED ONION RINGS ^{V GFO L} £1.95
- DRESSED MIXED SALAD ^{VE} £1.95
- BASKET OF STEAMED VEGETABLES ^{VE} £1.95

PUB CLASSIC MONDAYS

TWO MAINS £15

- LASHFORDS HANDMADE FAGGOTS
- MASH & MUSHY PEAS ^{G L}
- LARGE 'TPA' BATTERED HADDOCK
- HAND CUT CHUNKY CHIPS & PEAS ^{GFO}
- HAND CARVED HAM (SERVED COLD)
- EGGS, TOMATO & CHIPS
- SMOKEY THREE BEAN CHILLI (V)
- WILD/BASMATI RICE & NACHOS ^{VE}

5 to 7pm

STEAK + WINE

Wednesdays

Two 28 day mature 7oz sirloins with hand cut chips + tomato + field mushroom and a bottle of house red or white wine

£30 *Per Couple*

5 to 7pm

FISH FRIDAYS

TWO MAINS £15

- LARGE 'TPA' BATTERED HADDOCK
- HAND CUT CHUNKY CHIPS + PEAS ^{GFO}
- BREADED PLAICE FILLET
- SKIN ON FRIES + SALAD ^{G L}
- SMOKED HADDOCK, PRAWN + COD MORNAVY
- NEW POTATOES + VEGETABLES ^{G L}

FIXED PRICE

Sunday

ROAST

2 Courses 3 Courses
£13.95 £16.95

12 to 9pm



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MAIN MENU

WELCOME TO THE NEW LOOK THROCKMORTON. After 4 great years with lots of support from guests old and new, we decided that it was time for a little upgrade, we hope you love the new décor, the fantastic new deals and the new menu. We have worked closely with the team and our suppliers to retain the dishes you love, and maintain the quality of food while bringing the menu up to date in this new format.

A Little About Our Team

General Manager - Shannon has now been with us for over a year and oversees all aspects of the running of The Throckmorton. With a wealth of experience in restaurants, hotels and pubs he will ensure you are looked after to the highest standard.

Our chefs and kitchen team trainee sous chef Tom supported by chefs Mark, Beckie and Tony. Iona and Chloe (longstanding kitchen assistants) are both progressing to become chefs under the apprenticeship scheme and they are all assisted by Jenny, Kyle, Kiera, Harley and Trina. Between the team there is a wealth of experience, skill and enthusiasm meaning you will love the results on the plate.

Our front of house team newly appointed assistant manager Ricky's team is headed up by senior supervisor Tracy and supervisors Bex, Fran and Beckie. Their team consists of Becky, Lucy, Kirsty, Serena, Sophie, Natalia, Charlotte, Rosie, Lauren and Jack. We think we have a great team to look after you!

Our housekeeping team don't forget the unsung heroes, Trina and Harley support us by keeping the whole place gleaming (including the 10 bedrooms upstairs).

Us after reopening The Throckmorton in 2014 we worked tirelessly to build the business to its former glory. While we are a little less 'hands on' these days with the appointment of Shannon as general manager in 2017, we are still very much involved in the Throckmorton. We work very closely with Shannon, Nik, the rest of the team and our suppliers to ensure the quality of food and drinks, standards and service are of a great level meaning that you get a fabulous experience.

A Little About Our Suppliers

All of our suppliers are focussed on quality, consistency and reducing food miles by sourcing locally. Our meat comes from 'Barry the Butcher' in Stratford, who source the very top quality meat. The beef is hung on the bone for a minimum of 28 days to give it a full distinctive flavour. Our fresh fish and seafood is delivered 6 days a week from M&J Seafoods who source directly from fishermen to ensure you get the freshest catch. Our fresh greengrocery is supplied by A M Bailey in Stratford. The products that we don't make in our kitchen are all made (mostly by hand) by local producers such as A W Lashfords, Bennetts ice cream in Worcester and Le Petit Croissant bakery at Lower Clopton.

We hope you enjoy your visit,

Sally and Dave