



# THE THROCKMORTON

- FREEHOUSE - INN - QUALITY DINING -



## Fixed Price Lunch Menu

2 COURSES £17.95 / 3 COURSES £20.95

Served 12 to 3pm - Monday to Friday

### TO START

CHICKEN LIVER + BACON PARFAIT

FIG CHUTNEY + CIABATTA

SPICED LENTIL + COCONUT SOUP  
WARM ROLL<sup>V</sup>

CRISPY FRIED KING PRAWNS  
AIOLI DIP

### MAINS

CRISPY CHICKEN + GARLIC MUSHROOM SAUCE + COLCANNON + ROAST CARROT

HAND BATTERED FISH GOUJON CIABATTA + TARTARE SAUCE + FRIES

FIVE BEAN CHILLI NON CARNE + BASMATI RICE + NACHOS + CRISPY JALAPENO<sup>VE</sup>

LASHFORDS FAGGOT + ONION GRAVY + MASH + MUSHY PEAS

### DESSERT

GINGER BISCUIT VANILLA CHEESECAKE  
BLUEBERRY COULIS<sup>V</sup>

TOFFEE CRÈME BRULEE  
CRUNCHY POPCORN<sup>V</sup>

STEAMED TREACLE SPONGE  
CUSTARD<sup>V</sup>

### TO START

#### HAND TOPPED FLATBREADS

GARLIC + HERB + CHEDDAR/MOZZARELLA<sup>V</sup> £8

BRIE + BACON + CRANBERRY £10

CHORIZO + RED ONION + MOZZARELLA £10

GARLIC + HERB<sup>V</sup> £6

#### SMALL TAPAS PLATES

£7 each - Ideally sized at three between two as a starter to share

STICKY PORK BELLY BITES + JALAPENO SLAW

GARLIC + CHIVE MUSHROOMS + CIABATTA<sup>V</sup>

WARM BREAD + OLIVES + OIL/BALSAMIC<sup>VE</sup>

BATTERED KING PRAWNS + AIOLI DIP

HOME FRIED NACHOS + GUACAMOLE/SALSA/SOUR CREAM/JALAPENOS<sup>V</sup>

GARLIC + PARMESAN CHICKEN WINGS + PASSATA DIP

MEATBALLS MARINARA + PARMESAN

BREADED WHITEBAIT + TARTARE SAUCE

### MAIN COURSES

#### From The Land

SLOW ROASTED PULLED + ROLLED LAMB SHOULDER + MUSTARD/THYME SAUCE + COLCANNON + SEASONAL VEGETABLES £22

HOMEMADE CHICKEN + HAM + LEEK PIE + MASH + ROASTED CARROT + VEGETABLES + GRAVY £18

LASHFORDS FAGGOTS + MASHED POTATO + MUSHY PEAS + ONION GRAVY - SMALL £13 / LARGE £17

SLOW COOKED BELLY OF PORK + HASSELBACK POTATOES + GARLIC/MUSHROOM SAUCE + SEASONAL VEGETABLES £21

#### From The Sea

LUXURY FISH PIE TOPPED WITH CHEESY MASH + STEAMED VEGETABLES £18

PAN FRIED SEABASS FILLETS + CRISPY CHORIZO + CHIVE VELOUTÉ + HASSELBACK POTATOES + TENDERSTEM £21

OVEN BAKED SALMON + RED THAI CURRY + BASMATI RICE + PRAWN CRACKERS £20

HAND 'TPA' BATTERED HADDOCK + HOMEMADE CHIPS + MUSHY OR GARDEN PEAS - SMALL £14 / JUMBO £18

\* UPGRADE PEAS TO SALAD £1 / SWAP TO GLUTEN FREE BATTER £1

#### From The Garden

FIVE BEAN CHILLI NON CARNE + BASMATI RICE + NACHOS + CRISPY JALAPENO<sup>VE</sup> £18

BETROOT BOURGUIGNON + COLCANNON + VEGETABLE MEDLEY<sup>V</sup> £19

MUSHROOM + SAGE NUT LOAF + HASSELBACK POTATOES + ONION GRAVY + SEASONAL VEGETABLES<sup>V</sup> £18

#### Grills

100Z GAMMON STEAK + EGG + PINEAPPLE + HOMEMADE CHIPS + ONION RINGS + GARLIC/THYME MUSHROOM + TOMATO £19

80Z ANGUS SIRLOIN STEAK + ONION RINGS + GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS + PEPPERCORN SAUCE £30

#### Burgers

ALL BURGERS SERVED ON SEEDED BUN WITH DRESSED SIDE SALAD + SKIN ON FRIES + FRICKLE

DOUBLE STEAK BURGER WITH BACON + CHEESE + BURGER SAUCE £18

GREEK LAMB BURGER + CHILLI JAM + TZATZIKI + BABY GEM £19

BETROOT/RED PEPPER/QUINOA BURGER + BABY GEM + SALSA<sup>V</sup> £17

CRISPY BREADED CHICKEN BURGER + BABY GEM + MAYONNAISE £18

### SIDES

MOZZARELLA STICKS<sup>V</sup> £7

ONION RINGS<sup>V</sup> £6

GARLIC FLAT BREAD<sup>V</sup> £6

DRESSED MIXED SALAD<sup>VE</sup> £5

HOMEMADE CHIPS OR SKIN ON FRIES<sup>VE</sup>

IF YOU HAVE AN ALLERGY please inform our team before ordering, or preordering; so that we can take additional reasonable steps to minimise the risk of allergen cross-contamination. However we cannot guarantee any item is allergen-free.

Our online allergen guide, detailing details of every dish on this menu and the 14 key allergens, is available on our website (where we keep it so that it is always as up to date as possible). Even if you have visited us before please check online as suppliers and recipes are subject to change which can affect the allergens. Find it by scanning the QR code or visiting [thethrockmorton.com/allergens](http://thethrockmorton.com/allergens) (if you cannot access the internet we will be happy to provide you with the information)

As our food is mainly homemade in our multi use kitchen (which handles all of the 14 key allergens), and suppliers of prepared foods vary, **all food may contain traces** of any of the 14 key allergens.

All weights stated are approximate uncooked weights. Game may contain traces of shot. Fish may contain traces of bones, even if stated as boneless.

V = Vegetarian (Some dishes can also be adapted to become Vegan) VE = Made with Vegan ingredients. However due to the environments that food is prepared, cooked and served in, we cannot guarantee that any item is animal product free.





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# MAIN MENU

## *A Little About Our Team*

**Our chefs and kitchen team** Headed up by Head Chef Iona and Sous Chef Sarah is supported by chefs Tom, Becky, Nick, Keiran, Marisa and Katey. The chefs are all assisted by kitchen team Jenny, Hadley, Amber, Jacob, Erin and Harley. 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** Headed up by front of house manager Beckie, consists of Supervisors Jack and Helen, alongside Eloise, Kirsty, Alice, Amber, Indiana, Nathan, Ben, Kerry, Casey and Poppy. We think we have a great team to look after you!

**Our housekeeping team** Sophie and her team from S J Cleaning support us by keeping the whole place gleaming (including the 10 bedrooms upstairs).

**Sally & Dave** Both front of house managers and chefs, we work alongside the team to ensure you get great food, drinks, service and standards from all of our team. After reopening The Throckmorton in 2014 we worked tirelessly to build the business both in terms of the standard of the property and also the guest experience. We also work closely with our suppliers to ensure the quality of food, drinks, standards and service are of a great level meaning that you get a fabulous experience.

## *And Our Suppliers*

All of our suppliers are focussed on quality, consistency and reducing food miles by sourcing locally. Our meat comes from Heart of The Country Meats, 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 Caterfish 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.

We hope you enjoy your visit,

*Sally and Dave*

**KEEP IN TOUCH!** *Join our mailing list*

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FIXED PRICE

## *Sunday* **ROAST**

2 Courses      3 Courses

£22.95      £26.95

**12 to 7:30 PM SUNDAYS**

FIXED PRICE

## **LUNCH MENU**

2 Courses      3 Courses

£17.95      £20.95

Monday to Friday 12 to 3pm