

Vintage Inns

SUNDAY SAMPLE MENU

Welcome to Vintage Inns, where Sunday is our favourite day of the week!
Choose from an array of traditional Sunday Mains with all the trimmings, or one of our country pub classics.

WHILST YOU DECIDE

Mixed Olives (VE)

marinated with garlic & red pepper
239kcal / 3.50

Mini Chorizo Sausages*

in a balsamic glaze, with garlic dip
710kcal / 5.50

Padron Peppers (VE)

seasoned with sea salt 63kcal / 4.50

STARTERS

Chicken Liver, Apple & Cider Brandy Pâté*

smooth pâté served with hedgerow chutney and toasted ciabatta 319kcal / 8.75

Devon Crab Cake*

served with chilli lemon mayo and a lovage pesto dressing 269kcal / 8.75

Today's Soup (V)

served with warm bread & butter
354kcal / 7.25 **Vegan option available**

Garden Pea Falafel (VE)

flavoured with lemon & parsley, served on a bed of hummus & grains 403kcal / 8.50

Scallop, King Prawn & Crab Coquille

baked in a Cheddar, mozzarella & garlic sauce, topped with herb mash and served with toasted ciabatta 329kcal / 12.75

Creamy Garlic Oven-Baked Mushrooms (V)

served in a mature Cheddar cheese sauce, with toasted ciabatta 335kcal / 7.75

Salt & Pepper Calamari

served with saffron aioli 295kcal / 8.25

Tandoori Chicken Skewer*

served with pickled vegetables and a yogurt & cucumber sauce 236kcal / 9.25

SHARERS

Sticky Platter*

chilli jam-glazed lamb koftas with hummus & tzatziki, pulled pork & Bramley apple bon bons, glazed chorizo, sticky crispy chicken and warm tortillas 1963kcal / 19.95

Honey & Truffle Baked

Camembert (V)

whole camembert served warm, drizzled with honey & truffle-infused oil, with caramelised red onion chutney and rustic bread to dip 1215kcal / 15.95

SUNDAY MAINS

Served with ruffled garlic & herb roast potatoes, Yorkshire pudding, thyme-roasted carrots, glazed parsnips, seasonal greens and as much gravy as you like!

Sunday Trio The ultimate Sunday combo: sirloin of beef, pork belly & crackling and turkey breast & stuffing 1793kcal / 23.50

Roast Sirloin of Beef aged for 21 days 1506kcal / 21.25

Slow-Cooked Pork Belly served with crackling & baked apple 1780kcal / 19.75

Turkey Breast* served with chestnut & bacon stuffing 1373kcal / 19.75

Root Vegetable Wellington (V) butternut squash, carrot & sweet potato encased in flaky pastry 1374kcal / 18.25 **Vegan option available**

Pan-Roasted Lamb Rump flavoured with thyme & garlic 1359kcal / 23.25

IRRESISTIBLE EXTRAS - 3 FOR £10

Cauliflower Cheese (V) 780kcal / 4.25 • Pigs in Blankets 434kcal / 4.25 • Garlic & Herb Roast Potatoes (VE) 282kcal / 4.25
Spring Onion Mash (V) 192kcal / 4.25 • Yorkshire Puddings (V) 428kcal / 3.25 • Chestnut & Bacon Stuffing 298kcal / 3.75

CLASSIC MAINS

Seared Fillets of Sea Bass*

with crispy baby potatoes, broad beans, peas & Tenderstem® broccoli and a creamy white wine & king prawn sauce
757kcal / 21.95

Fish & Chips

freshly battered haddock with triple-cooked chips, mushy peas and tartare sauce 1036kcal / 18.50

Puy Lentil Cottage Pie* (VE)

topped with carrot & sweet potato mash, served with seasonal greens and a rich vegan gravy 522kcal / 18.95

Home-Baked Pie of the Day*

served with spring onion mash, thyme-roasted carrots, glazed seasonal greens and a rich gravy **Please ask for today's flavour (including calories) and price**

Chicken Parmigiana*

breaded chicken breast topped with bacon and a rich tomato & mozzarella sauce, served with skin-on-fries and a green salad
1340kcal / 19.25

SIDES

Mac & Cheese (V) 418kcal / 4.25 • **Beer-Battered Onion Rings*** (V) 646kcal / 4.25 • **Triple-Cooked Chips (VE)** 348kcal / 4.25 • **Belgian Fries (V)** with garlic mayo & cajun seasoning 685kcal / 4.25 • **Halloumi Fries (V)** with chipotle chilli relish 545kcal / 4.25 • **Baby Potatoes (VE)** 214kcal / 3.95 • **Garlic Ciabatta (V)** 232kcal / 3.50 • **Rocket, Tenderstem & Pink Onion Salad* (VE)** 74kcal / 4.25 • **Dressed Side Salad (VE)** 39kcal / 3.25 • **Seasonal Greens (VE)** 82kcal / 2.95

Adults need around 2000kcal a day

STEAKS

Expertly aged for superb flavour and tenderness, served with triple-cooked chips, a roasted plum tomato and your choice of steak sauce - Béarnaise* 123kcal, Peppercorn* 82kcal, Beef Dripping 123kcal or Craft Ale, Mushroom & Bacon* 67kcal

7oz Fillet 619kcal / 31.25

10oz Rib-Eye 981kcal / 28.25

TASTY TREAT top your steak with a skewer, for just **£8.95**

IRRESISTIBLE EXTRAS

Garlic King Prawns 154kcal / 4.25

Beer-Battered Onion Rings* (V) 646kcal / 4.25

Mac & Cheese (V) 418kcal / 4.25

Garlic Ciabatta (V) 232kcal / 3.50

Rocket, Tenderstem & Pink Onion Salad* (VE) 74kcal / 4.25

Garlic & Cheese Baked Mushrooms (V) 123kcal / 4.25

SIGNATURE SKEWERS

Step 1 CHOOSE A SKEWER

Moroccan-Spiced Chicken Breast marinated in aromatic spices 420kcal / 19.50

Garlic King Prawns a selection of succulent garlic king prawns 310kcal / 19.75

Grilled Halloumi & Aubergine (V) marinated in hot honey, topped with pomegranate seeds 708kcal / 18.95

Tender Lamb Rump flavoured with wild garlic 690kcal / 19.75

GO BIG add a second skewer for **£8.95**

Step 2 CHOOSE A SIDE

Feta Salad & Toasted Tortilla (V) vibrant salad of roasted veg, greens, grains, feta & pomegranate, with yoghurt dip and beetroot tortilla 206kcal

Hummus & Flatbread* (V) with tzatziki, pomegranate, roasted veg & grains in a red pepper & garlic dressing 706kcal

Slaw & Triple-Cooked Chips (V) with sweet chili mayo and a pineapple & mango salsa in a lemongrass dressing 593kcal

BURGERS

All served with little gem lettuce, onion & tomato, in a toasted bun, with skin-on-fries and smashed gherkins

Signature Burger* premium prime steak burger, loaded with Cornish smoked BBQ beef brisket, smoked streaky bacon, mature Barber's Cheddar, cheese sauce and served with beer-battered onion rings 1609kcal / 18.95

Crispy Buttermilk Chicken Burger tender fried chicken topped with chipotle chilli jam & mayo 924kcal / 17.75

Butternut Squash & Chickpea Burger (VE) topped with chipotle relish, Applewood® slice and served with Padron peppers 1022kcal / 16.25

DOUBLE UP add an extra burger patty for just **£4**

ADD EXTRA TOPPINGS

Grilled Halloumi (V) 415kcal / 3.00

Smoked Streaky Bacon 276kcal / 2.50

Roasted Mushrooms (VE) 12kcal / 1.50

Cheddar Cheese (V) 83kcal / 1.50

PUDDINGS

Sticky Toffee Pudding (V) rich toffee & date sponge, topped with caramel sauce and served with creamy custard 686kcal / 8.95

Double Chocolate Brownie (V) served with vanilla ice cream, a marbled chocolate pencil and Belgian chocolate sauce 868kcal / 8.50

Allotment Fruit Crumble (V) with creamy custard 654kcal / 8.95 *Vegan option available*

Mango & Passion Fruit Pavlova (V) meringue cloud topped with whipped cream, tropical mango, passion fruit coulis and white chocolate chunks 775kcal / 8.95

Baked Vanilla Cheesecake (V) served with a berry compote and fresh cream 838kcal / 9.25

Lemon Tart* (V) served with a blueberry & Prosecco compote and fresh cream 620kcal / 8.75

Chocolate Orange Dome* filled with rich Belgian chocolate mousse, refreshing orange sorbet and popping candy, served with an OREO® cookie crumb 734kcal / 9.75

Tiramisu* (V) layers of coffee-soaked sponge and creamy mascarpone syllabub, served with freshly whipped cream and Belgian chocolate sauce 615kcal / 8.95

Trio of Ice Cream & Sorbet (V) choose three scoops / 6.75

Ice Cream: Honeycomb (V) 254kcal, Vanilla (V) 222kcal, Double Chocolate (V) 285kcal

Sorbet: Orange (V) 136kcal, Raspberry (VE) 121kcal, Coconut Milk (VE) 221kcal

MINI PUDDING & HOT DRINK

Enjoy any mini pudding and a hot drink for £6.75 - or upgrade to a liqueur coffee for an extra £2. See our Hot Drinks section for calories

Mini Chocolate Brownie (V) with vanilla ice cream 548kcal

Mini Bakewell Sponge Pudding (V) with creamy custard 314kcal

Mini Allotment Fruit Crumble (V) with creamy custard 328kcal

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know [before](#) ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. Weights stated are approximate uncooked weights. * = this dish contains alcohol. Our fish has been carefully filleted however some small bones may remain. All calories are correct at time of menu print, live nutrition information is available online. All items are subject to availability. Adults need around 2000kcal a day.

We are proud to be part of the Vintage Inns family; for details of our country pubs in the collection please visit vintageinns.co.uk.

Please note that for tables of 8 or more a discretionary service charge of 10% will be added to your bill.