

# Appetizers



## BREAD & OILS (V)

Warm Crusty Bread, Served with a selection of flavoured oils & Vinegars

£2.25

## BRUSCHETTA (V)

Served on Ciabatta Bread

£3.50

## GARLIC BREAD (V)

Served with a salad garnish

£3.50

## GARLIC BREAD & CHEESE (V)

Served with a salad garnish

£4.50

## OLIVES (V) (G)

Please ask server for today's selection

£2.25

(V) vegetarian (G) Gluten Free

# Starters



## SOUP OF THE DAY (V)

Served with a Half of a Baguette

£4.50

## CLASSIC PRAWN COCKTAIL

Served with Wholemeal Bread & Butter

£5.50

## BREADED MUSHROOMS

Served with a salad garnish and Garlic Mayonnaise dip

£5.50

## WARM BACON & AVOCADO SALAD (G)

Served with French Dressing

£5.50

## NACHOS (V)

Served with melted Cheese, Jalapeño Peppers, home made Salsa & Sour Cream

£5.50

## POTATO SKINS (V) (G)

Deep Fried & topped with Melted Cheese, served with Sour Cream & Salsa

£5.50

## LOADED SKINS (G)

As Above, with bacon

£6.50

Please Find our 'Starters to share' on the next page

(V) Vegetarian (G) Gluten Free

# Starters To Share



## FROG & ORANGE PLATTER

Our special sticky Bourbon Baby Back Ribs, Cheesy Potato Skins, Our own breaded mozzarella dippers & Onion Rings. Served with Homemade Salsa & Sour Cream.

£13.95

## MEDITERANEAN ANTI-PASTI

A selection of Olives, Sundried Tomatoes, Bruschetta, Oil & Vinegar, plus a selection of cured meats. Meats will vary.

£13.95

## NACHOS TO SHARE (V)

Tortilla chips topped with melted cheese, Jalapeños, Homemade Salsa & Sour Cream

£7.50

## ORIENTAL PLATTER

A selection of Asian Canapé's, served with a Sweet Chilli dip and Plum Sauce, Please ask server for todays selection.

£13.95

(V) vegetarian (G) Gluten Free

# A La Carte



## CHICKEN OR BEEF FAJITAS

Sautéed with Peppers and Onions in our own blend of Seasoning & Cajun Spices, served with soft flour tortillas, Home Made Salsa & Sour Cream, Lettuce and Grated Cheddar

£13.50

## POACHED COD

Served with a Lemon Herb Butter or topped with Salsa and grilled cheese, with the choice of potatoes and side salad or vegetables

£10.50

## SALMON FILLET (G)

Grilled & Served on Creamy Mash Potato, Topped with a Lemon Herb Butter or basil pesto, or simply drizzled with extra virgin olive oil. Served with the choice of Salad, Peas or vegetables

£10.50

## CHICKEN, PRAWN OR BEEF, VEGETABLE & NOODLE STIR-FRY

£11.50

## HOMEMADE CHICKEN, BACON & MUSHROOM PIE

Served with a Puff Pastry lid, with the choice of potatoes and side salad or vegetables

£10.50

## PORK SHANK

Served in an Apple and Cider sauce with the choice of potatoes and side salad or vegetables

£12.50

## MUSSELS

Served in Classic Marinère Sauce, with Chips and Half of a Baguette

£11.50

## BABY BACK RIBS

A full rack of baby back ribs, slow cooked in our very own sticky bourbon sauce, served with Chips, Corn on the Cob and coleslaw

£14.50

(V) Vegetarian (G) Gluten Free

# From The Chargrill



## 80Z CHAR-GRILLED SIRLOIN STEAK (G)

Locally sourced Sirloin Steak cooked to your liking. Served with Grilled Flat Mushroom & Tomato, along with a choice of potatoes and salad or vegetables

**Sauces and Butter available.**

Peppercorn Sauce, Brandy & Stilton Sauce, Garlic Butter, Herb Butter

£13.95

95p

## MIXED GRILL

4oz Gammon Steak, 4oz Lamb Cutlet, 4oz Pork Steak, Sausage & 4oz Rump Steak cooked to your liking. Served with Chips, fried egg, Mushroom & Tomato

£17.95

## FEATHER & SURF

Chicken Breast, Breaded King Prawns & Crisp Onion Rings dressed with Garlic Butter and served with a choice of potatoes and salad or vegetables

£12.95

## HOMEMADE 100% 80Z BEEF BURGER

Served in a Floured Bap with Chips, Salad & Coleslaw

**Why not try an extra topping for your burger??**

Cheddar, Brie, Stilton, Mozzarella, Bacon, BBQ Sauce, Mushroom or Onion Rings

£9.50

60p

## FROG & ORANGE TOWER BURGER

Our Very own, Very Big Burger. A 60z Beef Burger, A Chicken Breast, Bacon, A Fried Egg, Cheese, Onion Rings, Lettuce & Tomato served in a floured bap, served with chips and coleslaw

£14.95

(V) Vegetarian (G) Gluten Free

All weights stated are uncooked weights

# Salad Bowls



## CAESAR SALAD

Served with a Choice of Grilled Salmon Or Chicken breast, With Cos Lettuce, Anchovies, Croutons and Parmesan Cheese

£11.50

## PRAWN & AVOCADO SALAD (G)

Served with a Choice of French or Balsamic Dressing

£10.50

## WARM BACON & AVOCADO SALAD (G)

Served with French Dressing

£10.50

## WARM CHICKEN, BACON & AVOCADO SALAD (G)

Served with French Dressing

£11.50

## WARM CHICKEN, HONEY & WHOLEGRAIN MUSTARD SALAD (G)

£11.50

## EGG MAYONNAISE SALAD (V)

Served with half a baguette

£10.50

(V) Vegetarian (G) Gluten Free

# Vegetarian Selection



## PENNE PASTA (V)

Served with a Homemade Fresh Basil Pesto served with Garlic Bread

£9.50

## VEGETARIAN FAJITAS (V)

Chargrilled vegetables in our own blend of seasoning & Cajun spices, served with soft flour tortillas, grated cheese, lettuce & homemade salsa & sour cream

£9.50

## VEGETABLE & NOODLE STIRFRY (V)

Mixed vegetables in soy sauce with egg noodles

£9.50

## FLAT FIELD MUSHROOMS (V)

Topped with Grilled Goats cheese and caramelized onion marmalade  
Served with New Potatoes and a side salad

£9.50

## HOMEMADE QUICHE (V)

Please ask server for today's choice. Served with Chips & salad

£9.50

(V) Vegetarian (G) Gluten Free

# Side Orders



CHIPS (V) (G)	£1.60
CHEESY CHIPS (V) (G)	£2.10
OUT BACK FRIES (G)	£2.70
PEAS (V) (G)	£0.85
ONION RINGS (V)	£1.60
GARLIC BREAD (V)	£3.50
GARLIC BREAD WITH CHEESE (V)	£4.50
VEGETABLES (V) (G)	£1.60
SALAD (V) (G)	£1.60
COLESLAW (V) (G)	£1.60
HALF OF BAGUETTE OR SLICED BREAD (V)	£0.85
CORN ON THE COB	£0.95

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