SUNDAY LUNCH - STARTERS



Cherry tomato, spring onion, red onion, basil and garlic bruschetta infused with balsamic vinegar on toasted foccacia with garlic butter, wild rocket and cucumber ribbon salad (G,V,GFO)

Spiced maple sticky chicken lettuce wraps with carrot, spring onion, chilli, lime and toasted sesame seeds (N,D,GFO)

Traditional prawn cocktail with Marie Rose and cayenne pepper sauce, shredded iceberg lettuce, cucumber ribbons and toasted French baguette with butter (G,D,GFO)

Honey roasted, curry infused parsnip soup with toasted pumpkin seeds served with toasted sour dough (G,V,GFO,D)

SUNDAY ROASTS

Rump of beef	£22	Herb infused butternut squash (V)	£19
Chicken breast wrapped in parma ham	£22	Steak and Ale shortcrust pastry pie	£19
	parma ham £22 Steak and Ale short	Steak and kidney suet pudding	£19

All served with roast potatoes, Yorkshire pudding (G), creamed leeks, braised red cabbage, carrot and swede mash, mash potato, honey roasted parsnip, cauliflower & broccoli cheese with a red wine jus (D,G)

SUNDAY SPECIALS

Pan fried salmon fillet with ginger, soy, spring onion and honey sauce, crushed chive new potatoes, buttered tender stem broccoli, baby corn and carrots (GFO,D)

The Meat in Place Cumberland sausages with creamy chive infused mashed potato, rich red wine and onion gravy, buttered broccoli, crispy onions, spring onions and pea shoots (G,D)

VGASTRO POKE BOWLS

Pan seared tuna steak with soy, ginger and honey glaze **OR** Teriyaki chicken

£18.95

Griddled halloumi with caramelised red onion & cracked black pepper sauce (V)

£16.95

All our poke bowls come with mango, tomato, onion, lime and coriander salsa, edamame beans, vanilla infused pickled red cabbage, fresh avocado, pickled carrot, sesame ginger seaweed, cucumber ribbons and coriander, lime infused rice (G,N)

DESSERTS

sauce

Vanilla and lime panna cotta with fresh sliced mango and lime syrup (D,GFO)	£7	Baked dark chocolate brownie with chocolate sauce, and salted caramel ice cream (GFO,N,D - gluten free served with	£9
Banoffee waffle with caramel and chocolate sauce and vanilla ice cream (D,G)	£7	vanilla ice cream)	
Apple and cinnamon frangipani with Devon custard(D,G)	£7	Three specially selected cheeses, grapes, crackers & Mrs Mckenzies tomato kasundi chutney - our crackers may contain traces	£13
Cookies and cream cheesecake cup with chantilly cream and belgian chocolate	£7	of nuts (GFO,N,D)	

 $V = vegetarian \cdot G = gluten$ (GFO = gluten free option available) $\cdot N = nuts \cdot D = dairy$. Please always inform us of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. Details of the 14 main allergies available on request. Prices include VAT @ 20%