

### Starters

Prawn Cocktail (350kcal)	£5.75
Soup with Roll (244kcal)	£5.75
Mushrooms in Garlic Butter (GF)(kcal)	£5.50

### Steaks

Served with Chips, Mushrooms, Onion Ring and Peas

Mixed Grill (1500kcal)	£17.95
Rump Steak, Lamb Cutlet, Gammon, Sausage and Egg	
Sirloin (1000kcal)	£15.50
Gammon with Egg or Pineapple(971kcal)	£14.00
Peppercorn Sauce	£ 1.50

### Pies

Served with Chips or Mash and Vegetables

Cottage Pie with Cheese Topping	£11.95
Steak and Ale with Puff Pastry	£11.95
Fish Pie (White Fish, Salmon, Prawn in Parsley Sauce topped with Mash)	£11.95

All these meals are approximately 700Kcal

### **Quick and Easy**

Ham, egg, Chips and Peas (857kcal)	£10.95
Scampi or Cod, Chips and Peas (1100kcal)	£10.95
Chilli and Rice (687kcal)	£10.95
Chicken Balti (689kcal)	£10.95
Lasagne, Chips, Peas and Garlic Bread (825Kcal)	£11.95
Sandwiches with Chips and Salad (800kcal)	£7.50
Beef Burger with Cheese (800Kcal)	£7.00
Basket of Chips (597kcal)	£3.50
Basket Cheesy Chips (700kcal)	£4.50

