



Hengist Sunday Menu

While You Wait

Nocellara Olives 4.5

Smoked Almond Nuts 3.5

Selection of Breads

Olive Oil, Balsamic Vinegar, Tomato Tapenade
4.5

Starters

Handpicked White Crab (GF)

Toasted Hazelnuts, Pink Grapefruit, Chive Oil
8.5

Seared Scallops (GF)

Chorizo, Avocado, Yuzu 12

Slow Cooked Pork Belly and Prune Terrine

Apple Dressing, Mustard Mayonnaise 8

Grilled Peach Salad (GF)

Toasted Pecans, Pickled Blueberries, Maple
Dressing 7.5

Courgette, Leek and Goats Cheese Soup (GF)

7.5

Irish Donegal Oysters (GF)

Champagne Mignonette Sauce, Wasabi
Dressing
Half Dozen 14 *Dozen* 25

Roasts

Sirloin of Beef 16

Turkey 15

Honey Roast Gammon 15

Mixed Roast 18.5

Vegetarian Potato and Spinach Pithivier 15

All of our roasts are served with
Garlic & Herb Roast Potatoes, Roasted Carrots

and Parsnips, Selection of Seasonal
Vegetables, Yorkshire Pudding and Gravy.

Main

Pan Roasted Sea Trout (GF)

Pea Sauce, New Potatoes, Samphire 17.5

Asparagus & Pea Risotto (v, ve)

Artichokes, Fresh Basil, Crispy Kale 16

Cheese and Bacon Burger

Hand Pressed Beef Burger, Streaky Bacon,
Cheese, Chipotle Mayonnaise, Baby Gem,
Brioche Bun, Skinny Fries 15

6oz Fillet Steak, Garlic and Saffron Prawns

Green Vegetables and Skinny Fries 30

Sides

Pigs in Blankets 4.00

Cauliflower Cheese 3.5

Skinny Fries 3.5

Truffle Parmesan Chips 4.5

Sauteed Green Beans 3.5

Chilli, Garlic, Tenderstem Broccoli 3.5

Truffle Mac and Cheese 4.5

Desserts

Dark Chocolate Cheesecake

Apricot Compote 7.5

Coconut & Chocolate Torte (VE)

Raspberry Sorbet 7.5

Lemon Delice

Fresh Raspberries, Gin and Tonic Sorbet 7.5

Blood Orange Panna Cotta

Pineapple and Passionfruit 7.5

Chocolate Tart

Raspberries and Raspberry Sorbet 7.5