

Frou Frou Brunch

Kenniford Farm smoked bacon baguette £5.50

Smoked Salmon & cream cheese bagel £5.50

Kenniford Farm smoked bacon with a choice of poached or scrambled eggs on toast or bagel £6.95

Smoked Salmon with a choice of poached or scrambled eggs on toast or bagel £6.95

Poached or scrambled eggs on toast or bagel £5.50

Toasted Tea cake £2.50

Chocolate & Almond Brownie £3.50

Frou Frou Prosecco Brunch

Choice of Coffee or Tea

One item from the Brunch menu (see above)

Glass of Prosecco

All for £10.95 why not treat yourself !



Please advise us of any allergies when you order



Lunch Menu

Two courses for £12.50 available from dishes marked with *

Starters

- *Potage du jour (V) £5.95 Our soup of the day freshly made served with homemade bread
- *Whitebait £5.95 crispy whitebait served with salad & tartar sauce (Main course £9.95)
- *Salt & Pepper Squid £6.95 Served with salad & tartar sauce (Main course £10.95)
- *Red onion marmalade, sun dried tomatoes & Roquefort filo tartlet (V) £5.95
- Camembert board (V) or Homemade Pate with warm toast & chutney £7.45

Mains

- *Creedy Carver Confit Duck Leg with raspberry jus, crushed potatoes & vegetables £9.95
- *Kenniford Farm Pork Loin Steak with cider sauce, new potatoes & vegetables £9.95
- *Couscous stuffed roasted Red peppers with pesto & salad (V) £9.95
- Catch of the Day £12.95 with new potatoes & vegetables
- 5oz Sirloin Steak £11.50 Served with Fries & Green beans
- Sirloin Steak, Roquefort (strong blue cheese) & Red onion marmalade Baguette
£10.95 served with salad
- Frou Frou Chicken Breast Burger with cranberry, bacon & cheddar cheese
£9.95 served with Fries & salad
- Warm Homemade Savoury Tart £9.50 Coleslaw, buttery new potatoes & salad garnish
- Baguettes £7.95 Cajun Chicken, Mango Chutney & melted cheddar - Brie, Bacon & Cranberry Smoked
Salmon & cream cheese or Cheddar & homemade plum, apple Chutney (V)
- Croque Madame (V) /Monsieur £6.95 Traditional French snack of Cheese & Egg or Ham &
Cheese

Sides Fries £2.95, Garlic Bread / cheese £2.95 / £3.50, Bread & Olives £5.95, Olives £3.50

Please ask for today's selection of desserts £6.25*

Please advise us of any Allergies when you order

Tuesday, Wednesday & Thursday Evening Only

2 courses £15.95 3 courses £20.95

This is a sample only, our menus are ever changing

Starters

Salt & Pepper Squid

Charcuterie Plate

Potage de Jour served with warm crusty roll & butter (V)

Tempura Prawns with sweet chilli sauce

Duck liver Pate with warm toast, apple & plum chutney

Pan fried Scallops with Chorizo & pesto (£3.00 supplement)

Main course

Catch of the Day

Creedy Carver Confit Duck leg with redcurrant jus, vegetables & potato choice

Chestnut & smoked bacon stuffed Pork Tenderloin with a creamy porcini mushroom sauce, vegetables & potato choice

Spinach, cream cheese stuffed Chicken breast wrapped in Parma ham with a white wine & tarragon sauce, vegetables & potato choice

Roasted Squash Risotto (V)

10oz Sirloin Steak Garni (£5.00 supplement)

Sides (not included in this deal)

Garlic bread £3.50 Salad £2.95 Fries £2.95 Onion rings £2.95

Please ask to see the Dessert board

Please advise us of any allergies when you order

Evening Menu

This is a sample only, our menus are ever changing

Starters

Charcuterie board, cured meats, garlic bread, sundried tomatoes & olive Tapenade £7.95

Pan seared Scallops with pea & mint puree £8.95

Camembert Chaud served with our chutney and toast £7.45(V)

Potage de Jour served with warm crusty roll & butter £5.95 (V)

Smoked Salmon & cream cheese roulade £8.95

Wicked Wolf Parfait served with warm toast and chutney £7.45

Main course

Catch of the Day £16.25

10oz Sirloin Steak served with onion rings, vine tomatoes, baked field mushroom, served with fries £20.95

Herb crusted rack of Lamb with garlic & rosemary jus, potato choice, selection of vegetables £17.95

Mozzarella, red pepper & chorizo stuffed Chicken breast with red pepper sauce, selection of vegetables, potato choice £15.95

Creedy carver Duck breast served with a sweet cherry sauce, potato choice, selection of vegetables £17.95

Spinach & Feta Cannelloni £13.95 (V)

Sides

Garlic Bread £3.50, Salad £2.95, Fries £2.95, Onion rings £2.95

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Children's Menu

We welcome children of any age during the day but only 6 and above in the evenings

Salt & Pepper Squid & Fries £4.95

Soup of the day served with warm crusty roll & butter (V) £3.50

Frou Frou Chicken breast burger, fries & salad £6.95

Melting Camembert with fries or warm toast £5.95

Ham & cheese toasted sandwich £4.95

5oz Steak served with fries & green beans £10.95

Side Dishes

Fries £2.95 Garlic Bread £2.95 Cheesy Garlic Bread £3.50

Desserts

Chocolate Sundae Vanilla & chocolate ice cream with chocolate sauce, cream £3.95

Berry Sundae Vanilla ice cream, berry coulis, fresh mix berries & cream £3.95

Warm Chocolate & Almond Brownie served with cream or ice cream £3.95

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