



THE  
CONNINGBROOK  
HOTEL

## small plates

- SOUP OF THE DAY (V)** 4.95  
Warm ciabatta
- HUMMUS & POMEGRANATE FLATBREAD (VE)** 4.95  
Olive oil, sumac (386 KCAL)
- PADRÓN PEPPERS (VE, GF)** 4.95  
Extra virgin olive oil, Maldon salt (101 KCAL)
- CRISPY PORK BELLY BITES** 7.95  
Sticky soy, honey & chilli sauce (786 KCAL)
- PEPERONATA RISOTTO BALLS** 5.95  
Garlic mayonnaise, 22 month aged Parmesan (438 KCAL)
- HALLOUMI FRIES (V, GF)** 7.45  
Sweet chilli jam (470 KCAL)
- PRAWN & CRAYFISH COCKTAIL** 7.75  
Prawns, crayfish tails, Marie Rose sauce, lettuce, buttered brown bread (509 KCAL)
- BUFFALO CAULIFLOWER BITES (VE)** 5.95  
Guacamole and chipotle mayo (453 KCAL)
- STICKY YAKITORI CHICKEN SKEWERS** 8.95  
Spring onion, red chilli and teriyaki sauce (289 KCAL)
- SIX FLAME-GRILLED CHICKEN WINGS** 7.75  
Served with pickled red onions, spring onions and blue cheese dip BBQ sauce (640 KCAL) OR Frank's Hot Sauce (GF) (606 KCAL)
- SALT & PEPPER SQUID** 6.95  
Garlic aioli, charred lime (411 KCAL)

## burgers

All burgers are served in a toasted brioche bun with fries, onion rings and a pickle.

- CHEESE BURGER (GA)** 13.00  
6oz beef-rib pattie, melted cheese, lettuce, tomato and burger sauce (1,360 KCAL)
- SOUTHERN FRIED CHICKEN BURGER** 13.25  
Melted cheese, streaky bacon, burger sauce, tomato and lettuce (1,407 KCAL)
- THE MEXICAN CHILLI BURGER** 14.95  
6oz beef-rib pattie topped with beef chilli, guacamole, sour cream and jalapeños, with melted cheese, lettuce, tomato (1,433 KCAL)
- THE HERBIVORE (VE)** 11.95  
Plant-based pattie, lettuce, tomato, dairy-free cheese and chipotle mayo in a dairy-free toasted brioche bun (1,113 KCAL)
- Add:** Beef Chilli (81 KCAL) +3.95  
Fried Egg (V, GF) (119 KCAL) +1.00  
Streaky Bacon (GF) (221 KCAL) +2.50  
Beef-rib Pattie (518 KCAL) +5.50

## classics

- FISH & CHIPS (GF)** 14.75  
Battered fillet of haddock with chunky chips, tartare sauce and your choice of garden peas or mushy peas (1,230 KCAL)  
Add Bread & Butter (V) (321 KCAL) 1.25
- SCAMPI & FRIES** 13.50  
Tartare sauce and your choice of garden peas, mushy peas or salad (864 KCAL)
- HAM, EGG & CHIPS (GF)** 11.25  
Hand-carved ham, served with two fried eggs, chunky chips and wholegrain mustard (1,004 KCAL)
- PRAWN & CRAYFISH LINGUINE** 13.45  
White wine, chilli, sunblush tomato & parsley cream sauce (961 KCAL)
- CHICKEN KATSU CURRY** 14.25  
Basmati rice, pickled onion, coriander and spring onion (790 KCAL)  
Swap chicken for Buffalo Cauliflower Bites to make me vegetarian (747 KCAL)
- HUNTER'S CHICKEN** 12.45  
Grilled chicken breast with melted Cheddar and mozzarella, streaky bacon, BBQ sauce, fries and salad (1,212 KCAL)
- BANGERS & MASH** 10.45  
Spring onion mash, seasonal greens and gravy (836 KCAL)  
Vegan option available (VE, GF) (786 KCAL)
- SLOW-COOKED PULLED BEEF CHILLI** 13.75  
Steamed rice, sour cream and jalapeños (672 KCAL)
- BRITISH BEEF LASAGNE** 12.25  
Beef ragu and creamy béchamel sauce topped with mature Cheddar, served with a house Parmesan salad, and garlic ciabatta (795 KCAL)
- SINGAPORE NOODLES WITH SOUTHERN FRIED CHICKEN** 14.75  
Spicy noodles with spinach, carrots and peppers topped with sesame seeds and red chilli (923 KCAL)  
Swap chicken for Buffalo Cauliflower Bites to make me vegetarian (791 KCAL)
- STEAK, ALE & HORSERADISH PIE** 13.75  
Spring onion mash or chunky chips, seasonal greens, thyme-roasted carrots and red wine gravy (1,252 KCAL)

## grills

- 8OZ SIRLOIN STEAK (GF)** 17.25  
Grilled to your preference, with grilled tomato, roasted mushroom and chunky chips (1,156 KCAL)  
Add Peppercorn Sauce (V, GF) (76 KCAL) 2.75
- STEAK FRITES** 14.75  
6oz bavette steak with fries, house Parmesan salad, roasted garlic butter. Perfect for a quick lunch (886 KCAL)

## salads

- NOURISH BOWL (VE, GF)** 10.25  
Falafels, hummus, baby spinach, soy reduction, lettuce, rocket, avocado, tomato, pickled red onion and toasted seeds (795 KCAL)  
Add: Grilled Chicken Breast (GF) (250 KCAL) +5.25  
Grilled Halloumi (V, GF) (398 KCAL) +4.25  
Buffalo Cauliflower Bites (VE) (220 KCAL) +3.00
- CHICKEN CAESAR** 11.25  
Grilled chicken breast, smoked streaky bacon, lettuce and croutons, with Parmesan and Caesar dressing (720 KCAL)
- PRAWN & CRAYFISH SALAD (GF)** 11.95  
Lettuce, rocket, tomato and Marie Rose sauce (500 KCAL)
- WATERMELON & FETA SALAD (VE, GF)** 11.25  
Red & white quinoa, vegan feta, pickled red onion, mint (614 KCAL)

please turn over for our sandwiches, sides, sharers & desserts →

# sharers

## SHARING PLATTER 21.45

A big plate of chicken wings, onion rings, southern fried chicken strips, loaded Mexican nachos, garlic bread, fries & dips (2,634 KCAL)

## MEXICAN NACHO BOWL (V, GF) 9.25

Tortilla chips, covered with melted cheese, guacamole, tomato salsa, sour cream and jalapeños (1,478 KCAL)  
Add: Beef Chilli (81 KCAL) + 3.95

## VEGGIE SHARING PLATTER (V) 20.95

Halloumi fries, padron peppers, flatbread, hummus, cauliflower bites, fries and dips (1,931 KCAL)

## sandwiches

Available Monday to Saturday from Midday until 5pm

All served with fries and your choice of white or brown bloomer bread, ciabatta or gluten-free roll

### CRISPY CHICKEN, BACON & GUACAMOLE 9.95

Tomato, rocket, mayonnaise (1,458 KCAL)

### STEAK & MUSHROOM 11.50

Seared bavette steak, Cheddar cheese, red onion & rocket (1,056 KCAL)

### FALAFEL & HUMMUS\* (VE) 8.75

Pickled red onions, chipotle mayo and rocket (1,163 KCAL)

### HAM, PICCALILLI & CHEDDAR\* 8.95

Rocket, tomato (1,036 KCAL)

### BEER-BATTERED FISH FINGERS\* 9.75

Freshly battered haddock goujons, tartare sauce, rocket (1,176 KCAL)

### PRAWN COCKTAIL\* 9.75

Atlantic prawns, Marie Rose sauce and rocket (1,225 KCAL)

\*GLUTEN-FREE IF BREAD IS SWAPPED TO A GLUTEN-FREE ROLL

## desserts

### LEMON TART & RASPBERRY SORBET (V) 6.75

Fresh berries (331 KCAL)

### CHOCOLATE BROWNIE (V, GF) 6.50

Served with vanilla ice cream and salted caramel sauce (485 KCAL)

### TRILLIONAIRE'S TART (VE, GF) 6.75

Chocolate pastry filled with chocolate ganache and toffee sauce, with dairy-free ice cream and raspberry coulis (470 KCAL)

## sides

### FRIES (VE, GF) (285 KCAL) 4.00

### CHEESY FRIES (V, GF) (531 KCAL) 4.75

### CHUNKY CHIPS (VE, GF) (547 KCAL) 4.25

### CHEESY CHIPS (V, GF) (734 KCAL) 5.00

### BEER-BATTERED ONION RINGS (VE) (245 KCAL) 4.25

### GARLIC BREAD (V) (592 KCAL) 3.25

### CHEESY GARLIC BREAD (V) (779 KCAL) 4.25

### SEASONAL GREENS (VE, GF) (94 KCAL) 3.00

### HOUSE SALAD (VE, GF) 3.25

Rocket, lettuce, tomato and red onion (93 KCAL)

### BREAD & BUTTER (V) (321 KCAL) 1.25

please turn over for our small plates, burgers & classics →

(V) Suitable for vegetarians (VE) vegan (GF) gluten free

We take every care and attention to identify the allergens that are in our ingredients, but unfortunately it is not possible to guarantee that any product is 100% free from any allergen due to our busy kitchen, and the risk of cross contamination of allergens and traces during cooking and preparation processes. Weights stated are approximate uncooked weights. For allergen information please scan the QR code. Calorific information and nutritional data is taken from information provided by suppliers and manufacturers and spot checked using laboratory testing. Adults need around 2000 kcal a day. Our staff receive 100% of any tips. Service is not included.



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