

NIBBLES

MARINATED OLIVES (VE, V, GF).....3.75 (237 KCAL)
BREAD BOARD FOR ONE (V, GA)6.00 (726 KCAL)
BREAD BOARD FOR TWO (V, GA)12.00 (1322 KCAL)
garlic & rosemary focaccia, sourdough, extra virgin olive oil & balsamic glaze dip, Netherend Farm butter

FLAME-GRILLED CHICKEN WINGS (GF).....5.00
served with either a blue cheese dip (430 KCAL) or BBQ sauce (380 KCAL)
HUMMUS & FLATBREAD (VE, V, GA).....4.00 (480 KCAL)
pomegranate pearls, toasted seeds, olive oil
HALLOUMI FRIES (V, GF).....4.00 (388 KCAL)
served with sweet chilli dip

THE COCK INN

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MUGGINTON
MAIN MENU

STARTERS

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STICKY BEEF SALAD9.50 (322 KCAL)
thai salad, sesame dressing, chilli, spring onion, coriander, lime
POTTED PORK RILLETES9.25 (553 KCAL)
watercress, pickle & caper salad, toasted focaccia, fig chutney
CAULIFLOWER PAKORA (VE, V, GF).....7.50 (296 KCAL)
oriental slaw, chilli, lime, spring onion, soy & ginger dip
WILD MUSHROOMS ON TOASTED SOURDOUGH (VE, V, GA).....9.25 (241 KCAL)
Prosociano cheese, pea shoots, white truffle oil
CRISPY SQUID8.25 (372 KCAL)
garlic aioli, charred lemon

HOMEMADE SOUP OF THE DAY (GA).....6.25
warm mini loaf, Netherland Farm Butter
LUXURY PRAWN COCKTAIL (GA).....10.25 (651 KCAL)
king prawns, prawn Marie Rose, cherry tomatoes, avocado, iceberg, sourdough
PAN-FRIED SCALLOPS (GF).....16.00 (407 KCAL)
pea purée, samphire, crispy pork belly
LAMB KOFTAS8.50 (540 KCAL)
raita, coriander, pickled red onion, pomegranate pearls, flatbread

TO SHARE

BAKED CAMEMBERT (V).....16.25 (1094 KCAL)
garlic & rosemary-studded Camembert, celery, red onion marmalade, toasted focaccia

ANTIPASTI BOARD19.50 (1308 KCAL)
salami, prosciutto, coppa, hummus, olives, toasted garlic & rosemary focaccia, Netherland Farm butter

28 DAY DRY AGED STEAKS

28 day-aged British-farmed cuts, slow-roast tomato, roasted portobello mushroom, watercress

8OZ SIRLOIN (GF).....25.00 (707 KCAL)
10OZ RIBEYE (GF).....30.00 (941 KCAL)

8OZ FILLET (GF).....33.00 (616 KCAL)

CHOOSE A SIDE: FRIES (VE, V, GF, 366 KCAL) **OR** CHUNKY CHIPS (VE, V, GF, 329 KCAL)

BLUE CHEESE SAUCE (V, 374 KCAL) +2.50 **RED WINE JUS** (37 KCAL) +2.50 **PEPPERCORN SAUCE** (236 KCAL) +2.50

MAINS

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FISH & CHIPS (GF).....16.50 (970 KCAL)
beer-battered haddock, chunky chips, mushy peas, tartare sauce
PAN-FRIED SEABASS19.00 (861 KCAL)
creamy pea, tarragon & chorizo gnocchi, samphire
LUXURY FISH PIE18.00 (1030 KCAL)
crayfish, salmon, smoked haddock, cheesy mash, seasonal veg
PAN-FRIED CHICKEN SUPRÊME (GF).....17.00
crushed new potatoes, green beans, watercress
Choose either: RED WINE JUS (640 KCAL) **OR** PEPPERCORN SAUCE (898 KCAL)
OVEN-ROASTED LAMB RUMP (GF).....28.00 (1112 KCAL)
creamy mash, buttered green beans, thyme-roasted carrot, mint & red wine jus
PAN-FRIED SCALLOPS (GF).....28.00 (790 KCAL)
pea purée, samphire, crispy pork belly, fries
SUNBLUSH TOMATO PESTO GNOCCHI (VE, V).....14.00 (664 KCAL)
SunBlush tomato pesto, toasted pine nuts, Prosociano cheese
Add: Grilled Chicken Breast (250kcal) + 5.00 **OR** Grilled Tofu (VE, V 85 kcal) + £3.00 **OR** King Prawns (206 kcal) + 4.00
CHICKPEA, SWEET POTATO & BUTTERNUT SQUASH TAGINE (VE, V).....14.50 (450 KCAL)
lemon & coriander couscous, harissa coconut yogurt, toasted almonds, pomegranate pearls

SLOW-COOKED PORK BELLY (GF).....18.00 (856 KCAL)
pineapple salsa, paprika fries, coleslaw
PIE OF THE DAY16.00
creamy mash or chunky chips, seasonal vegetables, red wine gravy

SALADS

CHICKEN, BACON & AVOCADO SALAD (GF).....16.75 (777 KCAL)
grilled chicken breast, streaky bacon, avocado, SunBlush tomatoes, red onion, leaves
POKE BOWL (VE, V, GF).....14.00 (368 KCAL)
avocado, watermelon, sticky rice, pickled veg, coriander, sesame
STICKY BEEF SALAD19.00 (602 KCAL)
thai salad, sesame dressing, chilli, spring onion, coriander, lime

SIDES

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CHUNKY CHIPS (VE, V, GF).....3.75 (493 KCAL)
TENDERSTEM BROCCOLI, GARLIC & CHILLI (V, GF).....4.25 (159 KCAL)
SEASONAL GREENS (V, GF).....4.25 (296 KCAL)
ONION RINGS (VE, V, GF).....4.25 (263 KCAL)
TRUFFLED FRIES (GF).....3.75 (492 KCAL)
CREAMY MASH (V, GF).....3.75 (421 KCAL)
GREEN SALAD (VE, V, GF).....3.75 (74 KCAL)

BURGERS

BACON & CHEESE BEEF-RIB BURGER (GA).....15.00 (1712 KCAL)
7oz beef patty, streaky bacon, Monterey Jack, toasted brioche bun, baby gem, tomato, gherkin, burger sauce, slaw, chunky chips
CHICKEN BURGER (GA).....15.00 (1272 KCAL)
crispy buttermilk chicken breast, toasted brioche bun, mozzarella, beef tomato, burger sauce SunBlush tomatoes, slaw, chunky chips
VEGGIE BURGER (VE, V, GA).....15.00 (1329 KCAL)
plant-based patty, toasted brioche bun, baby gem, vegan Applewood cheese, roasted mushroom tomato, gherkin, slaw, burger sauce, chunky chips

(v) Suitable for vegetarians (ve) vegan (gf) gluten free (ga) gluten adaptable

Please ask for full allergy information. Dishes may contain nuts or nut traces. Fresh fish, unsurprisingly, may contain bones. Weights are shown uncooked. We're only human, if we make a mistake please take time to tell us, we can help you, trip advisor can't! 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.



THE
COCK INN



MUGGINTON

