



THE
CONNINGBROOK
HOTEL

sunday menu

small plates

SOUP OF THE DAY (V)

Warm ciabatta

PADRÓN PEPPERS (VE, GF)

Extra virgin olive oil, Maldon salt (101 KCAL)

CRISPY PORK BELLY BITES

Sticky soy, honey & chilli sauce (786 KCAL)

PRAWN & CRAYFISH COCKTAIL

Prawns, crayfish tails, Marie Rose sauce, lettuce, buttered brown bread (509 KCAL)

SIX FLAME-GRILLED CHICKEN WINGS

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

Garlic aioli, charred lime (411 KCAL)

sharers

SHARING PLATTER

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)

Tortilla chips, covered with melted cheese, guacamole, tomato salsa, sour cream and jalapeños (1,478 KCAL)

Add: Beef Chilli (81 KCAL) + 3.95

sides

FRIES (VE, GF) (285 KCAL)

CHEESY FRIES (V, GF) (531 KCAL)

CHUNKY CHIPS (VE, GF) (547 KCAL)

GARLIC BREAD (V) (592 KCAL)

CHEESY GARLIC BREAD (V) (779 KCAL)

HOUSE SALAD (VE, GF)

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

CREAMY MASH (V) (417 KCAL)

CAULIFLOWER CHEESE (V) (213 KCAL)

PIGS IN BLANKETS (V)

Honey & mustard glaze (346 KCAL)

salads

CHICKEN CAESAR

Grilled chicken breast, smoked streaky bacon, lettuce and croutons, with Parmesan and Caesar dressing (720 KCAL)

PRAWN & CRAYFISH SALAD (GF)

Lettuce, rocket, tomato and Marie Rose sauce (500 KCAL)

sunday carvery

4.95 Join us for a Sunday Carvery with your choice of meat and unlimited veg

ADULTS | KIDS 15.95 | 7.95

classics

7.95 **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

7.75 **HAM, EGG & CHIPS** (GF) 11.25

Hand-carved ham, served with two fried eggs, chunky chips and wholegrain mustard (1,004 KCAL)

6.95 **PRAWN & CRAYFISH LINGUINE** 13.45

White wine, chilli, sunblush tomato & parsley cream sauce (961 KCAL)

21.45 **STEAK, ALE & HORSERADISH PIE** 13.75

Spring onion mash or chunky chips, seasonal greens, thyme-roasted carrots and red wine gravy (1,252 KCAL)

burgers

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

9.25 **CHEESE BURGER** (GA) 13.00

6oz beef-rib pattie, melted cheese, lettuce, tomato and burger sauce (1,360 KCAL)

4.25 **SOUTHERN FRIED CHICKEN BURGER** 13.25

Melted cheese, streaky bacon, burger sauce, tomato and lettuce (1,407 KCAL)

4.00 **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

4.25 **desserts**

3.25 **LEMON TART & RASPBERRY SORBET** (V) 6.75

Fresh berries (331 KCAL)

3.25 **CHOCOLATE BROWNIE** (V, GF) 6.50

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

4.75 **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)

3.95 **TRIPLE CHOC SUNDAE** (V, GF) 5.50

Chocolate brownie, chocolate sauce, chocolate & vanilla ice cream, whipped cream (500 KCAL)

11.25 **STICKY TOFFEE PUDDING** (V) 6.75

Vanilla ice cream and salted caramel sauce (702 KCAL)

11.95 **ICE CREAM** (V, GF) 4.75

Three scoops of ice cream (167 KCAL)



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(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.

email: conningbrook.ashford@redcatpubcompany.com
website: conningbrookashford.com