

## Lunch Menu (Sample)

Red Lion, Eaton. Tel: 01603 454787

Sweet Potato & Leek Soup with Croutons	£5.95
Grilled Goats Cheese Croute with Crispy Bacon Salad	£6.50
Dill Marinated Herring Fillet with New Potato & Red Onion Salad	£6.50
Fresh Cod Local Cheeks Pan Fried Peas & Pancetta	£6.95
Salt & Pepper Crispy Squid with Lemon Aioli	£7.00
Smoked Scottish Salmon with Caper, Egg & Dill Garnish	£7.00

### Mains

Confit Gressingham Duck Leg, Braised Red Cabbage & Apple Sauce	£10.95
Crackly Roast Loin of Outdoor Reared Pork with Apple Sauce	£11.95
Chargrilled Chicken Caesar Salad with Smoked Bacon & Croutons	£12.95
Hand Carved Swannington Ham, Eggs & Chunky Chips	£11.50
BBQ Glazed Pork Loin Ribs with Homemade Coleslaw & Skinny Fries	£13.95
Medallions of Pork Fillet Glazed with a Stilton Sauce on Leek Mash	£12.95
8oz Steak Burger with BBQ Pulled Pork & Onion Rings	£11.95
Swannington Sausages with Mash, Balsamic Red Onions & Gravy	£8.95
Fillet of Fresh John Dory with Spinach & Warm Tartare Butter	£13.95
Sesame Crusted Salmon Fillet with Courgette Ribbons, Honey & Soy	£13.95
Fresh Local Skate Pan Fried with Capers & Balsamic Butter	£13.95
Fresh & Smoked Fish Pie with Cheesy Mash & Prawns	£12.95
Deep Fried King Prawn Scampi Tails in Batter with Tartare Sauce	£13.95
Fillet of Fresh Sea Bass on Crushed New Potatoes, Leeks & Pancetta	£13.95
Fresh Plaice Fillet Stuffed with Spinach & Glazed Thermidor	£13.95
Locally Smoked Haddock on Mustard Mash with Poached Eggs	£13.95
Fillet of Fresh Cod in Adnams Batter with Mushy Peas & Chips	£12.95
Chargrilled Swordfish Steak with Salad & Sweet Mango & Chilli Salsa	£14.95
Whole Fresh Mackerel with Sauté Potatoes, Spinach & Chorizo	£12.95
12oz Swannington Gammon Steak with Fried Eggs & Onion Rings	£14.95
10oz Flat Iron Strip Steak with Smoky Coffee Rub & Fried Onions	£14.95
Rump & BBQ Ribs Combo with Onion Rings & Coleslaw Salad	£19.95
8oz Prime Rump Steak with Large Norfolk Flat Mushroom & Stilton	£16.95
10oz Ribeye Steak with Garlic Butter Flat Mushroom & Tomatoes	£24.95
12oz Prime Sirloin Steak with Mushroom, Tomato & Onion Rings	£26.95

**All served with Roast & Mash Potatoes, Vegetables, Chunky Chips or Fries & Salad**

**Food Allergies and Intolerances:** All of our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are prepared, and our menu descriptions do not include all ingredients. Before you order food and drinks, please speak to a member of staff if you want to know about our ingredients.

All of our ingredients are sourced locally where possible including our eggs which are free range.