

Starters

Fresh Local Asparagus Soup & Croutons	£5.95
Smoked Mackerel Fillet with Warm New Potato & Red Onion Salad	£6.95
Crispy Fried Fresh Cod Cheeks with Lemon & Homemade Tartare Sauce	£6.95
Crispy Chilli Beef Salad with Peanuts	£6.95
Homemade Duck & Hoi Sin Spring Rolls with Dipping Sauce	£6.95
Coconut Crusted Monkfish Goujons with Lime & Chilli Mayonnaise	£7.50
Fresh Crispy Squid with Lemon & Cracked Pepper Aioli	£7.50
Fresh Local Asparagus & Smoked Salmon with a Soft Poached Egg	£7.95
Vegetable & King Prawns in Tempura Batter with Sweet Chilli Dipping Sauce	£7.95
Baked Whole Camembert with Homemade Onion Relish & Crusty Bread	£8.50

From the Chargrill

8oz Swannington Steak Burger with Cheese, Onion Rings & Homemade Coleslaw	£13.95
Chicken & Crispy Bacon Caesar Salad with Croutons & Grated Parmesan	£12.95
10oz Swannington Gammon Steak with Fried Eggs & Beer Battered Onion Rings	£14.95
10oz Swannington Flat Iron Strip Steak with Smoky Coffee Rub & Fried Onions	£14.95
Sweet Sticky Teriyaki Glazed Pork Ribs	£14.95
8oz Rump & Teriyaki Ribs Combo	£21.95
8oz Prime Rump Steak with Stilton Baked Flat Mushroom & Grilled Tomatoes	£16.95
10oz Prime Ribeye Steak with Garlic Butter Mushrooms & Grilled Tomato	£24.95
12oz Swannington Sirloin Steak with Onion Rings, Mushroom & Grilled Tomatoes	£26.95
Add Stilton or Peppercorn Sauce	£2.95
Add a Fried Free Range Egg	£2.00

Daily Specials £13.95

Roast Norfolk Chicken with Crackly Pork Belly, Stuffing, Apple Sauce & Seasonal Vegetables
Slow Baked New Season Swannington Lamb Kleftico with Champ Mash & Honey Carrots
Pan Fried Pork Fillet Medallions on a bed of Leeks & Mash Glazed with Stilton Sauce
Pan Roasted Supreme of Chicken in Fresh Tomato Sauce, Spinach, Serrano & Mozzarella
Fillet of Fresh Cod/Haddock Deep Fried in Adnams Batter. Chunky Chips & Mushy Peas
Whole Fresh Lowestoft Plaice Grilled on the Bone with Cucumber, Prawns & Dill Butter
Homemade Fish Pie; Cod, Smoked Haddock, Salmon & Prawns, Cheesy Mash & Peas

Seasonal Specials

Wing of Fresh Suffolk Skate with Capers & Balsamic Butter, Salad & Fries	£13.95
Fresh Torbay Sole Pan Fried Meuniere with Side Salad & Crispy Skinny Fries	£13.95
Fresh Dressed Cromer Crab Salad with New Potatoes, Samphire & Lemon Aioli	£13.95
Pan Fried Fillet of Sea Bass with Crispy Cod Cheeks & Warm Tartare Butter	£14.95
Sesame Crusted Fresh Salmon Fillet with Courgette Ribbons & Honey Soy Glaze	£14.95
Panko Crusted Monkfish Katsu Curry with Steamed Sticky Jasmine Rice	£15.95
Chargrilled Swordfish Steak with Chorizo Lardons, Avocado Salad & Fries	£15.95
Whole Lemon Sole Grilled on the Bone with Wilted Spinach & Buerre Blanc	£19.95

Side Orders

Served with Roast Potatoes, Dauphinoise, Chunky Chips or Skinny Fries

Seasonal Vegetables	£2.25	Braised Carrots	£1.95
Sweet Potato Fries	£2.95	Steamed Broccoli	£1.95
Battered Onion Rings	£1.75	Spring Cabbage	£1.95

Food Allergies & Intolerances: All our food is prepared in a kitchen where nuts, cereals and other allergens are prepared and our menu descriptions do not include all ingredients. Please ask if you require assistance prior to ordering.