



SAMPLE MENU - THE SHIP INN SUNDAY LUNCH
TO START...

<i>Roasted Tomato and Red Pepper Soup, Pesto and Toasted Pine Nuts served with Warm Bread</i>	£6.00
<i>Honey Roast Fig, Cashel Blue Cheese and Candied Walnuts</i>	£7.50
<i>Honey and Thyme Baked Camembert, Onion Jam and Toasted Ciabatta</i>	£8.00
<i>Coconut King Prawn with Glass Noodles, Coriander Salad, Coconut & Sweet Chilli Laksa Broth</i>	£8.00
<i>Classic Atlantic Prawn Cocktail with Baby Gem Lettuce & Granary Bread</i>	£7.50
<i>Local Ale and Lime Marinated Whitebait with a Devilled Mayonnaise Dip</i>	£7.00
<i>Sweet Chilli Beef with Thai Peanut & Coriander Salad</i>	£8.00
<i>Crispy Breaded Brie Wedges with Beetroot, Onion Marmalade & Apple Salad</i>	£7.00
<i>Lime, Coriander and Chilli Marinated Crispy Calamari with Asian Salad, Mango Salsa and Mango Puree</i>	£7.50
<i>Tomato, Buffalo Mozzarella, Pesto, Toasted Pine Nuts and Black Olive Salad</i>	£7.50
<i>Smoked Pressed Ham Hock Terrine, Sweet Pickles, Piccalilli, Crispy Onions, Celery and parsley Salad</i>	£7.50
<i>Mixed Bread and Olives, Balsamic Oil</i>	£3.50

MAIN COURSE...

<i>Roast Sirloin of English Beef, Roast Garlic and Thyme Potatoes, Mash Potato, Sage and Onion Stuffing, Honey Roast Carrots and Parsnips, Tenderstem Broccoli, Yorkshire Pudding and Rich Gravy</i>	£15.00
<i>Roast Loin of Swannington Crackling Pork, Roast Garlic and Thyme Potatoes, Mash Potato, Sage and Onion Stuffing, Honey Roast Carrots and Parsnips, Tenderstem Broccoli, Yorkshire Pudding and Rich Gravy.</i>	£14.00
<i>Roast Breast of Norfolk Chicken, Roast Garlic and Thyme Potatoes, Mash Potato, Sage and Onion Stuffing, Honey Roast Carrots and Parsnips, Tenderstem Broccoli, Yorkshire Pudding and Rich Gravy.</i>	£14.00
<i>Mixed Roast – a selection of today's roast meats, Roast Garlic and Thyme Potatoes, Mash Potato, Sage and Onion Stuffing, Honey Roast Carrots and Parsnips, Tenderstem Broccoli, Yorkshire Pudding and Rich Gravy.</i>	£17.00
<i>Nut Roast, Roast Garlic and Thyme Potatoes, Mash Potato, Honey Roast Carrots and Parsnips, Tenderstem Broccoli, Yorkshire Pudding and Vegetarian Gravy.</i>	£14.00
<i>Local Beer Battered Cod Tail served with Minted Mushy Peas, Hand Cut Chips and Tartar Sauce</i>	£14.00
<i>Pan Seared Salmon Fillet, Coconut King Prawns, Coriander Rice and Stir Fry Vegetables in Sweet Chilli Sauce</i>	£16.00
<i>Smoked and Unsmoked mixed Fish Pie & Peas, topped with Creamy Mash, Cheese & Herb Crust</i>	£15.00
<i>Thai King Prawn Laksa Broth over Glass Noodles, Stir Fry Vegetables & Coconut Tempura King Prawns</i>	£17.00
<i>Mixed Seafood Tagliatelle in a Tomato Cream Sauce</i>	£15.00
<i>Grilled Whole Lemon Sole with Sauteed New Potatoes, Tenderstem Broccoli, Lemon and caper Butter</i>	£17.00
<i>Poached Smoked Haddock with Creamy Mash Potato, Spinach, Poached Egg and Chive Beurre Blanc</i>	£16.00
<i>Pan Seared Fillet of Sea Bass, Crispy Calamari, Patatas Bravas, Tenderstem Broccoli and red Pepper Puree</i>	£16.00
<i>Cumberland Catherine Wheel Sausage, Creamy Mash, Honey Roast Carrots, Tenderstem Broccoli and Gravy</i>	£14.00
<i>Prime Steak Burger with Cheese and Bacon in a Toasted Brioche Bun with Fries, Onion Rings and Coleslaw</i>	£14.00
<i>Creamy Chicken and Bacon Tagliatelle with Peas and Crispy Parma Ham</i>	£14.00
<i>Chargrilled Pork Chop topped Blue Cheese, Bacon, with Sweet Potato Fries, Apple & Mustard Salad</i>	£16.00
<i>Thick Sliced Honey & Mustard Roast Ham, Fried Duck Eggs and Hand Cut Chips</i>	£14.00
<i>Slow Braised Lamb Shank with Creamy Mash Potato, Honey Roast Carrots and Tenderstem Broccoli</i>	£15.00
<i>Pan Seared Chicken Supreme, Patatas Bravas, Roasted Red Pepper, Red Pepper Puree and Tenderstem Broccoli</i>	£16.00
<i>Chargrilled 8oz Fillet Steak, Hand Cut Chips, Roast Beef Tomato, Flat Mushroom, Onion Rings, Salad</i>	£26.00
<i>Chargrilled 10oz Sirloin Steak, Hand Cut Chips, Roast Beef Tomato, Flat Mushroom, Onion Rings, Salad</i>	£22.00
<i>Chargrilled 10oz Rump Steak, Hand Cut Chips, Roast Beef Tomato, Flat Mushroom, Onion Rings, Salad</i>	£17.00
<i>Cajun Flat Iron Steak with Ceaser Salad, Cajun Spiced Fries and Onion Rings</i>	£16.00
<i>Crispy halloumi burger with Fries, Onion Rings and Coleslaw</i>	£14.00
<i>Butternut Squash, Chick Pea and Sweet Potato Curry with Coriander Rice, Mango Chutney and Onion Bhaji</i>	£14.00
<i>Mixed Bean and Tomato Cassoulet with Roasted Aubergene topped with Goats Cheese and Pine Nuts</i>	£14.00

FOOD ALLERGIES AND INTOLERANCES – All our food is prepared in a kitchen where nuts and cereals containing gluten and other allergens are prepared and our menu descriptions do not include all ingredients. please ask a member of staff if you require assistance.