

## WHILE YOU WAIT

<b>Mixed Olives &amp; Breads</b>	£5.50
<i>GFA - VG</i>	
<b>Homemade Hummus &amp; Breads</b>	£5.50
<i>GFA - VG</i>	
<b>Marinated Mixed Olives with Homemade Hummus</b>	£7.50
<i>and bread</i>	
<i>— GFA - VG</i>	

## SOMETHING TO START WITH

<b>Honey Roasted Artichokes Salad</b>	£8.00
<i>Jerusalem artichokes with rocket, beetroot, mozzarella, walnuts, toasted seeds &amp; a beetroot and honey dressing</i>	
<i>— V - N - GF</i>	
<b>Crispy Salt and Pepper Squid</b>	£8.00
<i>with spring onion, chilli &amp; garlic aioli</i>	
<i>— GF</i>	
<b>Pâté of the day</b>	£8.00
<i>(Please ask your server) with onion jam, sourdough toasts &amp; and rocket salad,</i>	
<b>Salmon Fish Cakes</b>	£8.00
<i>pea puree &amp; curry mayo</i>	

## PUB CLASSICS

<b>Prime Beef Burger</b>	£15.50
<i>cheddar cheese, lettuce and tomato in a toasted bun. Served with shoestring fries &amp; slaw</i>	
<i>— GFA</i>	
<b>Fish &amp; Chips</b>	£16.00
<i>Golden battered fresh fish, chunky chips, garden peas &amp; tartare sauce</i>	
<i>— GFA</i>	
<b>Mixed Bean and Jack Fruit Burger</b>	£15.00
<i>Guacamole, lettuce and tomato in a toasted bun. Served with shoestring fries &amp; slaw</i>	
<i>— VGA - GFA</i>	
<b>Bangers and Mash</b>	£14.00
<i>Butchers sausages, buttered seasoned mash, garden peas &amp; red onion gravy</i>	
<b>Chicken Paillard</b>	£15.00
<i>with caper berries, sun blush tomatoes, olives, rocket, spinach and basil salad. Parmesan shavings and balsamic glaze</i>	
<i>— GF</i>	
<b>Pie of the Day</b>	£16.50
<i>served with gravy, buttered mash &amp; seasonal veg</i>	



ROYAL OAK  
POYNINGS

## DAILY SPECIALS

<b>Steak of the Day- Ribeye 8oz</b>	£21.00
<i>Served with grilled cherry tomatoes, mushrooms, garden peas, chunky chips &amp; peppercorn sauce</i>	
<i>— GF</i>	
<b>Vegetable &amp; Burrata Risotto</b>	£15.00
<i>with mint oil, crispy kale and parmesan</i>	
<b>Mild Spiced Pork Curry</b>	£13.00
<i>Homemade mild spiced curry, (mild) steamed rice, pitta bread and mango chutney</i>	
<b>Salmon Fillet &amp; Mixed Seafood Risotto</b>	£18.00
<i>With crispy kale</i>	
<b>Stuffed Chicken</b>	£15.00
<i>Chicken stuffed with sunblushed tomatoes, mozerella and hazelnut, with crushed potatoes, greens and Basil cream sauce</i>	
<b>Mussels in a Thai Broth</b>	£13.00
<i>Topped with chilli and spring onion, served with toasted baguette</i>	

## SANDWICHES AND PLOUGHMAN'S SERVED BETWEEN 12PM AND 3PM

<b>Ploughman's</b>	£16.00
<i>quiche of the day, three cheese's (brie, cheddar and stilton), piccalilli, pickled vegetables, apple, celery &amp; coleslaw, served with bread &amp; butter</i>	
<b>New York Deli</b>	£8.50
<i>Pastrami, gerkin, rocket with mustard mayo</i>	
<b>Smoked Salmon</b>	£8.50
<i>with Cream Cheese &amp; Cucumber</i>	
<b>BLT Vegan Style</b>	£9.00
<i>Tofu bacon, lettuce, tomato &amp; vegan mayo</i>	
<i>— VG</i>	

## SOMETHING FOR THE LITTLE ONES

<b>Beef Burger</b>	£9.00
<i>with lettuce and tomato in a toasted bun. Served with fries</i>	
<b>Cheese Burger</b>	£9.00
<i>with lettuce and tomato in a toasted bun. Served with fries</i>	
<b>Mac and Cheese Burger</b>	£9.00
<i>with lettuce and tomato in a toasted bun. Served with fries</i>	
<b>Sausage and Fries</b>	£9.00
<i>with garden peas</i>	
<b>Fish Fingers and Chips</b>	£9.00
<i>White fish in batter served with shoestring fries &amp; garden peas</i>	

## SOMETHING SWEET TO END WITH

<b>Dark Chocolate Brownie</b>	£7.50
<i>with a gooey centre, served with fresh fruits &amp; vanilla ice cream</i>	
<b>Sticky Toffee Pudding</b>	£7.50
<i>with butter scotch sauce &amp; vanilla ice cream</i>	
<b>Dark Chocolate Flourless Torte</b>	£7.00
<i>served with fresh fruits, honey comb &amp; Peanut ice cream</i>	
<i>— GF</i>	
<b>Vanilla Cheesecake</b>	£7.00
<i>With berry compot and honeycomb</i>	
<b>Chef's Luxury Ice cream selection</b>	£8.00
<i>Five scoops of mixed flavour ice cream</i>	

Please always inform your server of any allergies before placing your order, as not all ingredients can be listed. Detailed allergen information is available upon request and online. We cannot guarantee the total absence of allergens in our dishes. V vegetarian VG vegan N nuts GFA gluten free available