



In The Evening

Starters

Today's homemade soup	£5.95
Hot haddock smokies, wilted spinach, cheddar cheese gratin	£7.95
Bang bang peanut chicken salad, oriental crunchy vegetables	£7.95/11.95
Grilled goats cheese, roasted beetroot, chicory & pinenut salad, grain mustard dressing	£7.25
Pork & green peppercorn terrine, winter chutney, caper berries, toasted sourdough	£6.95
Sautéed wild mushroom & roasted butternut squash 'vol au vent', crème fraiche & chives.....	£7.95
Pea & mint falafel, cumin roasted carrot & chickpea salad, omega seeds, avocado houmous	£7.50/10.50
Smoked mackerel pate, horseradish cream, pickled cucumber, fennel & dill, Melba toast	£7.50
Potted crab, apple & celeriac remoulade, baby watercress, melba toast	£8.75
Crispy sesame king prawns, salt & pepper squid, sriracha mayonnaise.....	£8.95

To Share

Hot garlic ciabatta, roasted red pepper & tomato dip	£4.95
Oven baked Camembert with rosemary, garlic & white wine, apricot chutney, warm ciabatta	£11.25
Marinated olives, sun blushed tomatoes & feta, Padron peppers, cumin roasted carrots, avocado houmous, tzatziki, warm flat bread.....	£11.95
Cured meats - Serrano ham, chorizo, salami, pork & green peppercorn terrine, chicken & Serrano ham croquettes, marinated artichokes, winter chutney, Padron peppers, olives, bread	£16.95
Fish board with John Ross smoked salmon, smoked mackerel pâté, salt & pepper squid, king prawns, anchovies, beetroot chutney, 'Bloody Mary' prawns, pickled vegetables, taramasalata, roasted garlic mayonnaise, bread	£17.50

Main Courses

Fish & chips – home battered fillet of today's fresh fish with chips & mushy peas	£14.50
Grilled fillet of sea bream, spring onion potato cake, artichoke, caper & green olive salsa	£15.95
Salmon & king prawn brochette, cauliflower rice, salsa verde & tenderstem broccoli	£16.25
The Onslow Arms shepherd's pie with buttered kalettes & carrots, rosemary gravy	£15.50
Keralan roasted vegetable & coconut curry, brown basmati rice.....	£13.75
Artichoke, green olive & sunblushed tomato linguini, caper, garlic & lemon dressing, toasted pinenuts..	£13.95
Rotisserie chicken, porcini mushrooms, polenta cake, cavolo nero, lemon thyme jus	£14.95
Conisbee's free range Cumberland sausages, Colcannon mash, crispy shallots, onion gravy.....	£12.95
Gourmet burger with smoked streaky bacon, Applewood-smoked cheddar, burger sauce, or veggie stack with field mushroom, red pepper, sweet potato, halloumi, roasted onions Both served with home cut chips & apple coleslaw	£14.25
Pan fried calves liver, smoked streaky bacon, creamy mash, wilted spinach, sage jus.....	£18.25
10oz – 21 day aged West Country rib-eye OR 7oz Scotch fillet steak, home cut chips, slow roasted tomatoes, onion rings, green peppercorn sauce.....	£23.25/£25.25

Sides to share Tenderstem broccoli & French beans - **£3.95** Cauliflower & broccoli cheese gratin - **£4.50**

Other sides Colcannon mash - Potato gratin - Home cut chips - Sautéed kale with chilli & garlic
Rocket & Parmesan salad - Mixed salad - Padron Peppers **£3.95**