

## BAR & GRILL SPRING & SUMMER CALORIE VALUES

<b><u>MAIN MENU</u></b>	
<b>APPETISERS</b>	<b>KCAL</b>
Marinated Cerignola olives	159
Freshly baked sourdough bread (Butter)	607
Freshly baked sourdough bread (Oil)	524
Six Colchester rock oysters (Grapefruit, Ginger, Soy)	134
Six Colchester rock oysters (Shallot Vinegar)	46
Truffle & leek croquettes	681
Hummus	954
<b>STARTERS</b>	<b>KCAL</b>
Tempura king prawns	572
Grilled asparagus	463
Scottish king scallops	364
Scottish Mussels (Marinière)	762
Scottish Mussels (Thai spiced)	642
Crispy duck spring rolls	486
Asian Platter	2316
Salt & pepper ribs	831
Heritage Beetroot	552
Fillet steak tartare	441
Yellowfin tuna tartare	421
Fried chilli squid	540
Chicken skewers	580
Argyll smoked Scottish salmon	544
Yellowfin tuna sashimi	123
<b>SALADS</b>	<b>KCAL</b>
Heritage tomato & burrata salad	651
Chicken Caesar salad	823
Devonshire crab salad	490

<b>STEAKS</b>	<b>KCAL</b>
Sirloin 225g	624
Ribeye 225g	741
Fillet 225g	520
Fillet Steak Diane	929
Fillet Steak 170g	990
Ribeye 300g	930
Ribeye 500g	1436
Cote de boeuf (Bone-In Ribeye) 400g	1482
Chateaubriand 450g	2364
<b>STEAK SAUCES</b>	
Béarnaise	451
Miso Butter	266
Green Peppercorn	174
<b>MAINS</b>	
Cauliflower katsu curry	1183
Sea bass, Tikka Spices	1069
Sea bass, Simply Grilled	744
Grilled chicken skewer	809
Linguine with lobster	703
Tuna au poivre	1197
Grilled Monkfish	622
Black cod	825
Thai Green curry	1184
Crab ravioli	1019
Slow roast crispy duck	1160
Angus beef burger	1471
Grilled Halloumi Burger	1252
Spaghetti carbonara	1041
Fish & chips	1741
Risotto with asparagus	650

<b>SIDES</b>	
Chips	552
Mashed potatoes	882
Truffle & Parmesan chips	726
Cauliflower cheese	315
Mac & cheese	514
French style peas, shallots, lettuce & cream	325
Pak choi, ginger & spring onion	196
Tenderstem broccoli	173
Buttered spinach	136
House salad	50
<b>DESSERTS</b>	
Chocolate brownie	916
Peanut butter cheesecake	878
Buttermilk pudding	585
Caramel creme brulee	691
Sticky toffee pudding	726
Chocolate fondant	909
Cheese (Wookeyhole cheddar, Colston Basset Stilton, Tunv	642
Chocolate & hazelnut truffles	599
<b>ICE CREAM</b>	
Hazelnut wafer biscuit	62
Vanilla	146
Chocolate	148
Mint chocolate chip	161
Blackberry & bilberry	152
Pistachio	164
Mango & vanilla iced yoghurt	139
Honeycomb	160
Coconut sorbet	71
Raspberry sorbet	81

<b>CHILDREN'S MENU</b>	
<b>MAINS</b>	
Cheesy pea risotto	714
Cheeseburger & chips	1121
Chicken Skewer & chips	1179
Spaghetti carbonara	620
Crispy cod & chips	1144
Steak & chips	975
<b>DESSERTS</b>	
Chocolate brownie & vanilla ice cream	830
Ice cream with chocolate & hazelnut wafer biscuit	333