AUTUMN
WINTER

main menu

THE HURT ARMS

CHAPTER I .

IN THE BEGINNING...

NIBBLES

MARINATED OLIVES (VE) (GF) — 4.00

BAKED FOCACCIA (V) — 5.00

SMALL PLATES

HOMEMADE SOUP OF THE DAY (V) (GFO) Served with fresh bloomer	6.00
STICKY WELSH DRAGON SAUSAGES With blossom honey	7.00
SALT & PEPPER SQUID Served with chilli mayo and fresh lime	7.00
SHRIMP COCKTAIL (GFO) With avocado, Marie rose, baby gem and seeded bloomer	7.00
CRISPY BANANA BLOSSOM (VE) Served with chipotle mayo	6.00
PORK, APPLE & LEEK SAUSAGE ROLL Served with Katsu mayo	6.00
SMOKY BEEF TACO With smashed avocado and jalapeños	7.00
FALAFEL BITES (VE) With houmous and za'atar	6.00
PADRON PEPPERS (VE) (GF) With sea salt and garlic mayo	6.00
SOUTHERN FRIED CHICKEN TENDERS Served with ranch dressing	7.00

SANDWICHES

Served 12pm - 5pm

ALL OUR SANDWICHES ARE FRESHLY MADE TO ORDER. THEY'RE SERVED ON YOUR CHOICE OF BREAD WITH FRIES AND A SIDE SALAD

Our bread selection is:

WHITE BLOOMER, GRANARY BLOOMER AND GLUTEN-FREE

- **DEEP-FRIED FISH FINGERS**
  With Katsu mayo and caraway slaw — 12.00
- **TURKEY, BACON & CRANBERRY** (GFO)
  With fresh leaves and beef tomato — 10.00
- **MATURE CHEDDAR** (V) (GFO)
  With sandwich pickle — 10.00
- **TUNA & CUCUMBER** (GFO)
  With black pepper mayo — 11.00
- **COOKED HAM** (GFO)
  With egg and tomato — 10.00
- **FALAFEL** (VE)
  With sun-dried tomato mayo and baby leaves — 10.00

" MY DOCTOR TOLD ME I HAD TO STOP THROWING INTIMATE DINNERS FOR FOUR, UNLESS THERE ARE THREE OTHER PEOPLE "

– Orson Welles

THERE WERE TWO...

SHARERS

WARM NACHOS (V)	**TRUFFLE OIL BAKED CAMEMBERT** (V) (GFO)
With tomato relish, cheese sauce, avocado and jalapeños	Served with chutney and fresh breads
10.00 TOP WITH SPICED BEEF FOR + £4	14.00

CHAPTER II .

CHAPTER II [a] .

BUILD YOUR OWN BURGER. LET'S BUILD!

CHOOSE YOUR BURGER, YOUR CHEESE, YOUR BUN, EXTRA TOPPINGS AND TWO SIDES!

All burgers are served with relish, beef tomato, sliced red onion and shredded iceberg

CHOOSE YOUR BURGER

II [A].

CAJUN SPICED CHICKEN	GFO
BEEF PATTY	GFO
BULGOGI SPICED TOFU	VE
PORK & APPLE PATTY	
CHICKEN (PLAIN)	GFO
SPINACH & FALAFEL	VE

all 14.95

PICK YOUR CHEESE

II [B].

MILD CHEDDAR	BRIE
BLUE CHEESE	VEGAN CHEDDAR VE
SWISS CHEESE	SPICY CHEDDAR

CHOOSE YOUR BUN

II [C].

SOURDOUGH BUN VE	*GRANARY COBURG* VE
SOFT WHITE COBURG VE	*GLUTEN-FREE BUN* GF
GO NAKED! VE GF	*BRIOCHE BUN* V

FEELING EXTRA?

II [D].

Top your burger with...

- SMOKED BACON
- AVOCADO SMASH
- SMOKY BRAISED BEEF
- MAC N CHEESE
- PULLED PORK

Toppings are + £2

AND TWO SIDES

Two sides are included, choose any extra for £4! II [E].

BUTTERED CORN COBS VE	CAJUN SPICED FRIES VE
SKIN ON FRIES VE	GARLIC BREAD VE
HAND CUT CHIPS VE	GARLIC BREAD WITH CHEESE + 50p VEO
CHEESEY CHIPS + 50p VEO	ONION RINGS VE
TOSSED SALAD VE GF	PARMESAN & TRUFFLE FRIES V
MAC & CHEESE V	COLESLAW VE
SWEET POTATO FRIES VE	BACON TOPPED FRIES
TENDERSTEM BROCCOLI WITH CHILLI & GARLIC GF VE	

CHAPTER II .

THE CENTRE OF ATTENTION...

LARGE PLATES

FRESHLY BAKED PIE OF THE DAY
Served with your choices of creamed mash or hand cut chips, with fresh vegetables
15.00

GRILLED 10oz GAMMON STEAK (GF)
With hand cut chips, pineapple and two fried eggs and a side salad
14.00

HOUSE BATTERED HADDOCK
With hand cut chips, mushy peas and curry sauce
15.00

HARISSA ROASTED AUBERGINE (VE) (GF)
With chilli spiced beans
12.00

PAN-FRIED RIVER COBBLER
With prawns, potatoes, smoked bacon, leeks and peas, in a butter sauce with herb oil
15.00

10 OZ RUMP STEAK
With hand cut chips, grilled mushroom and tomato. Add peppercorn or blue cheese sauce for £2.50
24.00

MAC & CHEESE SKILLET (VO)
With a herb crumb top and braised spiced beef
12.00

ASIAN-STYLE PORK RIBEYE
With skin-on fries, caraway slaw, veggies and a garlic and mustard sauce
14.00

COCONUT FISH CURRY (GFO)
Aromatic homemade curry served with basmati and almond rice
15.00

FALAFEL, CAULIFLOWER & EDAMAME SHAKSHUKA (VE)
With coconut yoghurt, pistachio and flatbread
15.00

SOMETHING LIGHTER?

WARM COUS COUS, SPICED SALMON & CHICKPEA SALAD (VO)
A SPICED SALMON FILLET, WITH TOASTED PITTA AND HERB OIL
15.00

TANDOORI SPICED CHICKEN SALAD (GFO)
TOSSED GARDEN SALAD, TANDOORI SPICED CHICKEN THIGHS, CIABATTA CROUTONS, WITH A YOGHURT AND MINT DRESSING
14.00

A BIT ON THE SIDE...

all 4.00

BUTTERED CORN COBS (VE)	TOSSED SALAD (VE)	MAC & CHEESE (V)
SKIN ON FRIES (VE)	SWEET POTATO FRIES (VE)	HAND CUT CHIPS (VE)
CHEESEY CHIPS + 50p (VEO)	CAJUN SPICED FRIES (VE)	GARLIC BREAD (VE)
ONION RINGS (VE)	PARMESAN & TRUFFLE FRIES (V)	COLESLAW (VE)
GARLIC BREAD WITH CHEESE + 50p (VEO)	BACON TOPPED FRIES	TENDERSTEM BROCCOLI WITH CHILLI & GARLIC (GF) (VE)

CHAPTER III .

A HAPPILY EVER AFTER.

YOU CAN DEFINITELY MAKE ROOM FOR ONE OF THESE...

BLACKCURRANT CRUMBLE TART (VE) (GF) — 7.00
Served with vanilla ice cream

DARK CHOCOLATE CHEESECAKE (V) — 7.00
Served with passion fruit sorbet

CHOCOLATE PECAN BROWNIE (V) (GF) — 7.00
Served with salted caramel ice cream

WARM APPLE PLATE PIE (VEO) — 7.00
Served with custard or vanilla ice cream

SYRUP SPONGE PUDDING (V) — 7.00
Served with custard

PEACH MELBA SUNDAE (V)
Vanilla and white chocolate ice cream, peaches, raspberries, marshmallows and white chocolate pieces

FOR ONE PERSON - 7.00
FOR TWO PERSON - 12.00

TOO FULL RIGHT NOW?

TAKE AWAY YOUR FAVOURITE DESSERT AND ENJOY LATER...

THANK YOU FOR
YOUR VISIT
THE HURT ARMS