

FROLICS SUNDAY LUNCH MENU

(SAMPLE ONLY)

Starters

- Soup of the day** with thyme and garlic granary croutons (v) ~ **£5.95**
- Chicken liver parfait** served with red onion marmalade ~ **£6.95**
- Deep fried goat cheese** served with red onion marmelade- **£6.95**
- Crispy poached egg** served with asparagus and herbed hollandaise sauce ~**£6.95**
- Frolics king prawn bloody mary cocktail salad** ~ **£7.95**

Special starter of the day:

- Pulled pork bon bons** served with caramelized apple puree - **£6.95**
- Pan fried scallops** served with parsnip puree, crispy parsnip and belly pork ~**£10.95**

Mains

- Roast sirloin Welsh of beef**, Yorkshire pudding, roast potatoes, parsnip puree, garlic roast carrots * ~ **£13.95**
- Braised rolled pork belly** with roast potatoes, parsnip puree, garlic roasted carrots and apple compote ~**£13.95**
- Pan-roasted chicken breast wrapped in Parma ham**, two walnut pesto tagliatelle, white wine sauce **£16.95**
(chicken breast wrapped in parma ham also available as roast)
- Pan-seared fillet of sea bass** with crushed new potatoes, salsa verde and beurre blanc sauce - **£19.95**
- Tagliatelle with pesto, spinach, mascarpone cheese, and toasted pinenuts** (v)~ **£11.95**

Specials of the day:

- Prawn risotto** with sun dried tomatoes, olives, artichokes and chorizo **£17.95**
- Pan fried fillet of hake** with sun dried tomato walnut new potatoes, spinach, beurre blanc- **£19.95**

**All roast dishes are served with cauliflower cheese and parmesan*

Desserts

- Chocolate and hazelnut brownie** served with ice cream - **£5.95 (subject to availability)**
- A selection of cheeses** served with biscuits and chutney - **£8.95**
- House Tiramisu** served with chocolate ice cream- **£5.95**
- Vanilla pannacotta** served with Champagne poached strawberries **£5.95**
- A selection of ice creams and sorbets** **£4.95**

All prices include VAT.

All our food is freshly cooked, with seasonal produce where possible hence menu is subject to change due to the availability of ingredients.

Please be advised that nuts are used in our kitchens. If you do have any dietary requirements please inform your waiter.

Due to the nature of the kitchen we cannot guarantee that there will be no cross contamination.