

FROLICS SUNDAY LUNCH MENU

(SAMPLE ONLY)

Starters

Soup of the day £6.95

Beetroot & walnut salad with feta cheese and a honey and mustard dressing **£7.95**

Deep fried goat cheese with red onion marmalade - **£7.95**

Frolics king prawn bloody Mary cocktail salad - **£8.95**

Whitebait served with lemon mayonnaise **£7.95**

Frolics style Onion Bhaji with a tomato, chili and parmesan cheese sauce – **£8.95**

Pan fried scallops served with parsnip puree pork belly and homemade parsnip crisps- **£11.95**

Special starter of the day (subject to availability):

Chicken skewers coated in panko bread crumbs served with garlic mayonnaise **£8.95**

Wild venison bonbons served with a wine, garlic and chili sauce -**£9.95**

Frolics special duo: Calamari and whitebait served with aioli dip - **£10.95**

Mains

Roast silver side of beef, roast potatoes, fine beans, honey glazed carrots and red wine gravy - **£19.95***

Pan roasted chicken breast, roast potatoes, fine beans honey glazed carrots, red wine gravy - **£19.95***

Braised rolled pork belly honey glazed carrots, fine beans, roast potatoes and red wine gravy **£19.95***

Glamorgan sausages honey glazed carrots, roast potatoes, fine beans and red wine gravy **(v) - £19.95***

**All roast dishes are served with cauliflower cheese and Yorkshire pudding*

Special Mains of the day (subject to availability):

King prawn tagliatelle with courgettes, chili, garlic, shallots and a white wine sauce - **£22.95**

Frolics style Crab cake served with French fries, tomato chili and parmesan cheese sauce **£23.95**

Hake fillet topped with a poached egg served with fine beans, oven sliced potatoes, curried tomato beurre blanc sauce - **£29.95**

Pan fried fillets of sea bass sliced potatoes, fine beans and lemon beurre blanc sauce -**£24.95**

Pan fried fillet steak with parsley and garlic butter, cherry tomatoes, French fries, fine beans and peppercorn brandy sauce - **£28.95**

Pork tenderloin wrapped in bacon with mash potato, green beans, chorizo feta cheese and mixed peppers salsa, smoked paprika and tomato sauce **£22.95**

DESSERTS

House pannacotta served with raspberry coulis and sorbet **£8.95**

Sticky toffee pudding served with toffee brandy sauce and ice cream - **£8.95**

Plum crumble in a red wine sauce served with ice cream - **£8.95**

Frolics style bread and butter pudding served with custard **£8.95**

White chocolate cake(blondie) served with chocolate sauce and ice cream- **£8.95**

House tiramisu served with ice cream – **£8.95 (subject to availability)**

Selection of sorbets - **£7.95**

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 requirement please inform us.