

MAIN COURSE MENU SELECTOR

Copy and paste menu items to formulate your own menus.

Ensure that when compiling your menus, you select dish items that are in season and cost effective.

Download the recipe costing calculator to determine selling prices according to cost of sales ingredients.

Ensure that you achieve a minimum 64%GP

Main Courses

Oven Baked Hake £10.25

Fresh Baby Capers and Dill, Buttered Crushed new Potatoes, In Season Vegetables

Homemade Quiche £9.75

Made with locally sourced free range eggs and cheddar cheese

Beef Lasagne £9.50

Layers of Bolognaise sauce and spinach lasagne with fresh basil, tomatoes and garlic finished with (local name of) cheddar cheese sauce

Lightly Grilled Salmon Fillet £9.95

Served with a basil, lemon, black olives and

Sweet pepper salsa

Spinach and Wild Mushroom Potato Cakes £8.95

Served with sun dried tomatoes and chili crème Fraiche

Pork Medallions £9.50

Tender loin of pork fillet marinated in olive oil, rosemary and lemon topped with asparagus spears finished with a white wine sauce

Roast Rump of Beef £10.95

Roasted rump of beef carved to order and served with a selection of locally grown vegetables and a crispy Yorkshire pudding

Pork & Leek Sausages £8.95

Grilled pork and leek sausages on a bed of mash and rich onion jus

Chicken Forestiere £8.95

Chicken fillet in mixed herb and garlic jus finished with red wine and bacon

Sautéed Wild Mushrooms & Asparagus £8.95

Sautéed wild field mushrooms and local asparagus in a white wine and cream sauce wrapped in a crepe topped with cheddar cheese

Lamb King Henry £9.95

Braised lamb shank served on a bed of braised red cabbage and cranberries laced with a red current and rosemary jus

Sizzling Fajitas £10.95

Choose your preferred filling presented on a sizzling skillet with sautéed onions, red & yellow peppers served with warm flour tortillas, crisp iceberg lettuce, grated cheese, tomato salsa and soured cream. Choose from Cajun Chicken or Roasted vegetables

Aromatic Duck Fajitas £14.95

Crispy roasted duck breast presented sizzling on a hot skillet served with shredded green onion & cucumber, rich plum sauce and warm flour tortillas for rolling

Rio Frio Chicken £12.95

Chicken breast supreme sautéed with chili, garlic, tomato, olives, peppers, onions, enchilada sauce and served with home made chips

Steak & Ribs Platter £19.95

A popular combination of an 8oz (227grms) tender Rump Steak with a half rack of Slow Roasted Barbecue Ribs, served with French fries and an iceberg lettuce salad garnish

Gourmet Steak Burger

Char-grilled 8oz burgers, hand made from 100% pure British Beef mixed with fresh onion, coriander, peppers and seasoning. Served on a handmade bun, with French fries or a baked potato and a mixed salad garnish.

As it comes- plain no topping £9.95

Swiss - with Emmental cheese £10.95

Americano- with crispy bacon and melted Cheddar £11.75

Angelino Topping- fried mushrooms, red & yellow peppers, onion and melted Emmental £11.75

Ranchero Style- topped with red snort chili beef £11.50

Diablo Sauce- a green & black peppercorn classic sauce £11.50

Blue- a rich sauce of Blue Stilton cheese, white wine, cream and garlic £11.50

Chipotle & Cheese- a distinctly Mexican sauce topped with melted Cheddar £11.50

Hickory Smoked Sauce- the classic barbecue dressing £10.95

Alubias Con Queso- mixed beans and melted Cheddar £11.50

THERE ARE TWO MORE PAGES OF MAIN COURSES ON THE FULL RESOURCE