

# The Shilton Arms Lunch Time Menu

Our menu clearly states all allergens marked in (green) after the relevant food item it concerns, if you are still uncertain on any aspect of the menu please ask a member of staff when ordering

**Filled ciabatta** Served on a warm ciabatta (gluten) with a garnish of skinny chips

<b>Cod fish fingers</b> , four Birds Eye cod fish fingers (fish gluten) lettuce, tomato and tartar sauce (mustard egg dairy). £5.95	<b>Tuna and mayonnaise</b> , (fish egg) lettuce and tomato £5.75
<b>Fresh carved ham</b> , butter (dairy) lettuce and tomato £5.50	<b>Hot chicken breast</b> , bacon, lettuce, tomato and mayonnaise (egg) £5.50
<b>Mature cheddar cheese</b> (dairy), butter (dairy) lettuce and tomato £5.25	<b>Sausage</b> , melted stilton (dairy) and red onion £4.95
<b>BLT</b> bacon, lettuce, tomato and mayonnaise (egg) £5.25	<b>Bacon</b> , cranberry and melted brie (dairy ) £5.25
<b>Prawn</b> (crustacean), lettuce, tomato with marie rose sauce (egg) £5.75	<b>Goats cheese</b> (milk) red onion jam (sulphur gluten) lettuce and tomato £5.50
	<b>Chicen liver pate</b> (alcohol), butter (dairy) lettuce and tomato £5.25

## Mains \*(approximate uncooked weight)

<b>Liver and mash</b> - fresh lambs liver with onion in a rich homemade gravy (celery) on a bed of homemade mashed potato (milk dairy) and served with garden peas £4.95	
<b>Meal size prawn cocktail</b> - Atlantic prawns (crustacean) topped with marie rose sauce (egg), served with a salad garnish and chunky chips £5.25	
<b>Homemade lasagne</b> - sheets of egg pasta (egg gluten) layered with homemade bolognese (celery) and white sauce (gluten milk) topped with cheese (dairy) served with mixed leaves and chunky chips £5.25	
<b>Lemon and dill sea bass</b> - One fillet of sea bass (fish) topped with lemon and dill butter (dairy) served with fresh vegetables and new potatoes £6.95	
<b>Sausage and mash</b> - two Cumberland sausages (gluten) served on a bed of homemade mashed potato (dairy) topped with homemade gravy (celery) and served with garden peas £4.95	
<b>Quigley's Faggots</b> - one faggot (gluten) with homemade gravy (celery), served with mushy peas and chunky chips £4.95	
<b>Hand carved ham and coleslaw</b> - home cooked and hand carved ham topped with coleslaw (egg) and served with chunky chips £4.95	
<b>Gammon and egg</b> - 5oz* gammon steak topped with an egg (egg) served with mushrooms, half a tomato and chunky chips £5.95	
<b>Creamy peppered chicken</b> - sliced chicken breast in a homemade creamy (dairy) cracked black peppered sauce (celery) served with chunky chips £5.95	
<b>Cod and chips</b> - Fresh cod (fish) in a homemade batter (gluten mustard) served with mushy peas and chunky chips £7.25 <i>Attention - although every care has been taken to remove bones some may remain</i>	
<b>Homemade steak and mushroom pie</b> - diced beef and mushrooms in a rich homemade gravy (celery) topped with a flaky pastry lid (gluten dairy), served with garden peas and chunky chips. £4.95	
<b>Prime 5oz* rump steak</b> - served with garden peas and chunky chips £7.95	

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<b>Village chicken</b> - prime chicken breast topped with barbecue sauce, bacon, fresh pineapple and cheddar cheese (dairy) and served with chunky chips	£5.95
<b>Homemade fish pie</b> - Atlantic prawns (crustacean) with diced salmon (fish) and cod (fish) in a white sauce (gluten dairy) topped with sliced new potatoes and cheese (dairy), served with fresh seasonal vegetables <i>Attention - although every care has been taken to remove bones some may remain</i>	£6.25
<b>Cheddar and bacon burger</b> - beef burger topped with a thick slice of melted cheddar cheese (dairy) and bacon <i>Our 5oz* burgers are made with 100% beef, onion, salt and pepper and are served in a toasted bun (gluten) with homemade coleslaw (egg), a garnish of leaves and chunky chips</i>	£4.95
<b>Breakfast</b> - one sausage (gluten) one slice of bacon, one slices of black pudding (gluten), one egg (egg), baked beans and one hash brown (gluten) served with a garnish of mushrooms, half a tomato and toasted ciabatta (gluten) and butter (dairy)	£4.95
<b>Homemade mixed bean chilli</b> (suitable for vegans) - butter beans, kidney beans, chickpeas, borlotti beans, diced onion, fresh garlic, tomatoes, diced pepper and fresh chillies (medium hot) served on a bed of rice with tortilla chips (gluten)	£5.95
<b>Homemade sweet potato, chickpea and spinach curry</b> (peanuts nut mustard) (suitable for vegans) - sweet potato, chickpeas, fresh spinach, tomatoes, coriander, ginger, chillies (medium hot) and coconut milk served with rice	£5.95
<b>Chicken and bacon caesar salad</b> - diced chicken breast and bacon on a bed of cos lettuce tossed in caesar dressing (mustard) and topped with croutons (gluten) and dressed with parmesan shavings (dairy)	£5.50
<b>Goats cheese and bacon salad</b> - one slice of warm goats cheese (milk) and diced bacon on a bed of iceberg lettuce, cucumber, cherry tomatoes and peppers topped with balsamic syrup (sulphur)	£5.25
<b>Homemade vegetable lasagne</b> V Sheets of egg pasta (egg gluten) layered with onion, fresh peppers, cherry tomatoes, broccoli and mushrooms and white sauce (gluten milk) topped with cheese (dairy) served with mixed leaves and chunky chips	£5.25

This menu is available Monday to Friday 12pm until 2.00pm and is not available bank holidays and whilst the Christmas farye menu is on

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