

# The Three Cups Sample Menu

## Sharers & grazers

*Sticky platter - maple-glazed chicken wings, prawns & chorizo in garlic butter, lamb koftas, feta-stuffed bell peppers and a stone-baked garlic flatbread £15.75*

*Box-baked camembert\* topped with cider-soaked raisins, served with celery and rustic bread (v) £10.75*

*Handmade dough sticks served with garlic butter, pesto and a chipotle chilli mayonnaise (v) £4.95*

*Stone-baked flatbread topped with garlic butter (v) £4.75  
Add: Cheddar cheese (v) £1*

## Starters

*Oven-baked button & portobello mushrooms in a garlic & mature cheddar sauce served with rustic bread (v) £5.25*

*Duo of pâté\* - coarse pork & Madeira pâté and duck liver parfait served with Bramley apple butter, baby gherkins and rustic bread £5.95*

*Salt & pepper calamari with chorizo-flavour seasoning and chipotle chilli mayonnaise £5.25*

*Chargrilled lamb koftas served with tzatziki and dressed slaw £5.50*

*Today's soup with rustic bread (v) £4.25*

*Prawn & lobster cocktail\* dressed with lobster mayonnaise, served with rustic bread £5.95*

*Black pearl scallops & prawns baked in garlic butter, served with rustic bread £7.95*

### **Main courses**

*Lamb duo\* - pan-fried lamb rump and a cheddar-topped shepherd's pie, with seasonal vegetables and a red wine jus £14.50*

*Steak & mushroom pie\* - slow-cooked beef in a red wine sauce, topped with puff pastry, served with mash, seasonal vegetables and a jug of gravy £11.25*

*Chicken & thyme pie\* in a creamy chenin blanc sauce, topped with puff pastry, served with spring onion mash and seasonal vegetables £10.25*

*Hunter's chicken - chargrilled chicken breast, topped with smoked cheddar and a 4oz gammon steak, served with triple-cooked chips and barbecue sauce £11.25*

*Roasted butternut squash & portobello mushroom tart with caramelised red onions and Blacksticks Blue cheese sauce, served with a dressed side salad (v) £9.95*

*Salmon & spring onion fishcake\* in a kale crumb with broccoli, roasted vegetables and a basil dressing. Small £7.75, large £10.75*

*Yorkshire ham and free-range egg served with triple-cooked chips. Small £7.75, large £10.75*

*Fish & chips\* - beer-battered cod with triple-cooked*

*chips, mushy peas and a tartare sauce £11.50*

*Seared fillet of sea bass\* with crushed baby potatoes, asparagus and a lobster & samphire sauce £16.50*

*Slow-cooked ham hock\* with a whisky & orange marmalade glaze. Served on spring onion mash with honey-roasted carrots and a white wine cream sauce  
£10.95*

*Roasted salmon with bell peppers, green beans, baby potatoes and a basil dressing £12.50*

### **Steaks**

*Our steaks are aged for a minimum of 28 days for superb flavour and tenderness & come served with triple cooked chips, homemade onion rings & a thyme roasted tomato.*

*8oz Rump £11.95, 10oz ribeye £18.95, 7oz fillet £20.95*

*Add: Garlic prawns £3, oven-baked garlic & cheese mushrooms (v) £2.50, extra homemade onion rings (v)  
£2.50*

*Add: Béarnaise\*, beef dripping sauce, Blacksticks Blue cheese or brandy peppercorn sauce\* £1.50*

### **Burgers**

**All served with triple-cooked chips.**

*7oz British beef burger served in a brioche bun, topped with smoked cheddar, served with bacon chutney and homemade onion rings £10.50*

*Wagyu burger premium beef, specially bred for its unique texture and mouthwatering flavour, served in a*

*brioche bun, with a spicy tomato salsa, homemade onion rings and mixed leaf & horseradish salad £12.95*  
*Add: Bacon chutney £1, smoked cheddar £1, sweet cured streaky bacon £1*

*Spiced chickpea, aubergine & spinach burger served in a rustic roll, dressed with a spiced red pepper sauce, served with a pesto and tomato dip (v) £9.95*

### **Stone-baked pizzas & salads**

*All our pizzas are made with hand stretched dough, stone-baked to order and are served with triple-cooked chips.*

*Spicy diablo pepperoni, chorizo, Guindilla chilli peppers, mozzarella and a chipotle chilli jam £11.75*

*Meat feast chicken, pork & fennel sausage, crispy bacon, mozzarella and a red onion chutney £11.75*

*Roasted vegetable & pesto red pepper, butternut squash, red onion, spinach and mozzarella (v) £10.50*

*Caesar salad dressed cos lettuce with bacon lardons, anchovies and Gran Moravia cheese, served with a stone-baked garlic flatbread £8.25*  
*Add: Chargrilled chicken breast £3, salmon fillet £3, chargrilled halloumi £3*

*Wholefood salad broad bean houmous, honey-roasted carrots, feta cheese, avocado and pomegranate (v), small £7.75, large £9.75*  
*Add: Chargrilled chicken breast £3, salmon fillet £3, chargrilled halloumi (v) £3*

### **Sandwiches**

**All our sandwiches are served on a rustic roll with skin on fries or triple-cooked chips. Available until 5pm. Monday - Saturday.**

*Cod fish finger\* - beer-battered cod goujons and tartare sauce £5.95*

*Chicken BLT - chargrilled chicken breast, sweet cured streaky bacon, gem lettuce and tomato £6.25*

*Ham and cheese melt served warm from our stone-baked oven £6.25*

*Chargrilled rump steak with horseradish mayonnaise and fried onions, 4oz £7.25, 8oz £9.25*

*Spicy vegetable wrap - tomato, aubergine, spinach and kidney beans, served in a tortilla wrap with Asian slaw (v) £6.50*

*Add: Upgrade to sweet potato fries for £50p*

### **Sides**

*Triple-cooked chips (v) £2.50*

*Sweet potato fries (v) £3*

*Baby potatoes (v) £2.50*

*Seasonal vegetables (v) £2.50*

*Dressed side salad (v) £2.50*

*Homemade onion rings (v) £2.50*

*Garlic & cheese mushrooms (v) £2.50*

*Tenderstem broccoli with Blacksticks Blue cheese sauce  
(v) £3*

**Puddings**

*Classic vanilla crème brûlée (v) £5.25*

*Crumble of the day (v) £5.75*

*Toffee & nut trio\*† £6.75*

*Chocolate ganache tart (v) £5.25*

*Belgian chocolate brownie\* (v) £4.95*

*Melba mallow mess (v) £5.75*

*Pudding tasting platter\*† (v) £8.95*

*Coconut milk sorbet (v) £5.25*

*Bramley apple pie (v) £4.95*

*Raspberry milkshake cheesecake (v) £5.25*

*Sticky toffee & apple pudding\* £4.95*

*British cheese board\*† (v) £7.95*

**Hot drink and a mini pudding £4.95**

*Choose one of our hot drinks with one of these mini  
puddings. Add a liqueur to your hot drink for an extra  
£1.35*

*Bourbon pecan pie\*† (v), Melba mallow mess (v),*

*Bramley apple pie (v), crème caramel panna cotta,  
Belgian chocolate brownie\*(v)*

*Contains alcohol. † Contains tree nuts and/or peanuts*