



Three Horseshoes

HELIONS BUMPSTEAD

MENU

STARTERS

Searched scallops, miso, broth, pak choi, fennel, spring onion	£14.00
Baked goats cheese, parma ham, garlic, rosemary foccacia, honey glazed fig	£8.50
Sweet potato, coconut, coriander soup	£6.50
Smoked salmon, horseradish fishcake, béarnaise sauce, pickled cucumber salad	£8.50
Sweet chilli chicken tempura, toasted sesame seeds, cashew nut salad	£9.00
Wild mushroom, pancetta risotto, parmesan crisp, truffle oil	£9.00

MAIN COURSES

8oz rib eye steak, tomato, mushroom, chips, pepper sauce	£26.00
Calves liver, hash brown, buttered kale, grilled bacon, roasted onions	£22.00
Crispy battered haddock, hand cut chips, mushy peas, tartare sauce	£16.00
Grilled fillet of Hake, roasted pepper, tomato, olive orzo, king prawns, spinach, herb pesto	£22.00
Roasted Lamb rump, potato, celeriac, truffle oil mash, braised red cabbage, green beans	£25.00
Potato gnocchi, butternut squash, courgettes, spinach, burrata, toasted pine nuts, sage butter	£16.00
6oz burger, apple wood smoked cheddar, bacon, toasted brioche bun, fries, coleslaw	£16.00

SIDES

Hand cut Chips/Fries /Mixed Salad/ Baked bread and oil	£4.00
Sweet potato fries	£5.00

SANDWICHES (AVAILABLE LUNCHTIME ONLY)

BAKED CIABATTA OR MULTISEED BAGUETTE, SERVED WITH SALAD GARNISH, COLESLAW, CRISPS	
Crispy battered fish finger, baby gem, tartare sauce	£8.50
Crayfish tail, Marie Rose sauce	£8.50
Grilled smoked bacon, brie, cranberry	£8.50
Cheddar cheese, tomato, chutney	£6.50

DESSERTS

Vanilla pannacotta, passion fruit, mango, pineapple salsa, coconut meringue	£7.50
Sticky toffee pudding, fudge sauce, clotted cream ice cream	£7.50
Hot chocolate fondant, chocolate sauce, vanilla ice cream, kirsch marinated cherries	£7.50
Selection of ice cream	£6.50
Honeycomb, cheesecake, white chocolate, raspberry coulis	£7.50
<i>Dessert wine</i> <i>Saussignac, Chateau Miaudoux, France</i> <i>100ml glass £6.50</i>	
Selection of British cheeses from Ben and Ella's farm shop, biscuits, chutney <i>Lagarada Tawny port N.V 100ml glass £6.50</i>	£9.50

TEA & COFFEE

Latte / Cappuccino / Flat white	£2.90
Americano	£2.60
Espresso	£1.90
Double Espresso	£2.90
Tea	£2.30
Herbal Tea	£2.50

**PLEASE LET US KNOW OF ANY ALLERGIES OR INTOLERANCE WHEN ORDERING
AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO TABLES OF 8 OR MORE**