



# Three Horseshoes

HELIONS BUMPSTEAD

## MENU

### STARTERS

Garlic, herb crostini, grilled king prawns, chorizo, tomato, chilli sauce (GFO)	£9.50
Butternut squash, minted pea, goats cheese risotto, herb pesto (GFO)	£8.50
Braised pork belly, miso, sweet chilli, soy glaze, toasted sesame seeds, pickled vegetable salad	£9.00
Crispy fried halloumi, Harissa, mint yoghurt, tomato salsa (GFO)	£8.50
Steamed mussels, leek, garlic, white wine cream, crusty bread (GFO)	£9.50
Tomato, avocado, parma ham salad, toasted pumpkin seeds, burrata, balsamic dressing (GFO)	£8.00

### MAIN COURSES

8oz rib eye steak, tomato, mushroom, chips, pepper sauce (GFO)	£27.00
Grilled sea bass fillet, potato and crab croquettes, spiced tomato, red pepper coulis, spinach, samphire (GFO)	£26.00
Crispy battered haddock, hand cut chips, mushy peas, tartare sauce (GFO)	£17.50
Baked fillet of hake, new potatoes, green beans, roasted fennel, cider, crayfish, herb butter sauce (GFO)	£25.00
Roasted lamb rump, dauphinoise potato, carrot puree, buttered kale, baby turnips (GFO)	£26.00
Roasted vegetable tarte tatin, toasted pine nut parmesan salad, tomato pesto	£18.00
6oz burger, apple wood smoked cheddar, bacon, toasted brioche bun, fries, coleslaw	£17.50

### SIDES

Hand cut Chips/Fries /Mixed Salad	£5.00
Baked bread and oil / Garlic bread	
Sweet potato fries	£5.50

### SANDWICHES (AVAILABLE LUNCHTIME ONLY)

<b>BAKED WHITE CIABATTA OR MULTISEED BREAD, SERVED WITH SALAD GARNISH, COLESLAW, CRISPS</b>	
Crispy battered fish finger, baby gem, tartare sauce	£9.00
Crayfish tail, Marie Rose sauce	£9.50
Grilled smoked bacon, brie, cranberry	£9.00
Mature Cheddar cheese, plum tomato, chutney	£8.00

### DESSERTS

Warm lemon, bakewell tart, raspberry coulis, vanilla ice cream	£8.00
Sticky toffee pudding, fudge sauce, clotted cream ice cream	£8.00
Espresso pannacotta, shortbread, chocolate sauce, candied walnuts (GFO)	£8.00
Selection of ice cream (GFO)	£7.50
Iced mango, pineapple, passion fruit parfait, coconut cookie (GFO)	£8.00
Sauvignac, Chateau Miaudoux, France, 100ml glass	£6.50
Selection of cheeses, crackers, chutney	£9.50
Lagarada Tawny port N.V. 100ml glass	£6.50

### TEA & COFFEE

Latte / Cappuccino / Flat white	£3.40
Americano	£3.00
Espresso	£2.20
Double Espresso	£3.20
English breakfast Tea/Herbal Tea	£2.90

GFO = Gluten free option

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