



Three Horseshoes

HELIONS BUMPSTEAD

SUNDAY LUNCH MENU

Starters

Seared scallops, pea and mint puree, black pudding, pancetta (GFO)	£14.00
Thai chicken soup, coconut milk, egg noodles, baby corn, shitake mushrooms (GFO)	£9.50
Garlic, herb flatbread, grilled halloumi, roasted peppers, cherry tomatoes, rocket, hot honey.	£8.50
Chilli beef nachos, guacamole, tomato salsa, sour cream (GFO)	£11.00
Crispy king prawn tempura, sweet chilli sauce, toasted sesame seeds (GFO)	£10.00
Spinach, ricotta, goats cheese terrine, balsamic dressing, poached pear, hazelnut salad (GFO)	£9.50

Main course

Vegetable, cranberry nut roast, roast potatoes, vegetables, Yorkshire pudding (GFO)	£18.00
Roast leg of lamb, roast potatoes, vegetables, Yorkshire pudding (GFO)	£21.00
Roast rib eye of beef, roast potatoes, vegetables, Yorkshire pudding (GFO)	£22.00
6oz burger, bacon, smoked apple wood cheddar, brioche bun, fries, salad, coleslaw	£18.50
Roasted vegetable risotto, taleggio, toasted pinenuts (GFO)	£18.00
Battered Haddock, chips, mushy peas, tatar sauce (GFO)	£18.50
Grilled sea bass fillet, wild mushroom, chorizo, roasted pepper tagliatelle, parmesan, herb pesto (GFO)	£25.00
Grilled plaice fillet, new potatoes, tenderstem broccoli, crayfish, caper butter sauce, samphire (GFO)	£25.00

Desserts

Lemon, lime cheesecake, poached blueberries	£8.00
Hot chocolate orange fondant, chocolate sauce, vanilla ice cream	£9.00
Warm apple and almond tart, crème anglaise, rhubarb ice cream	£8.00
Selection of ice cream (GFO)	£7.50
Sticky toffee pudding, fudge sauce, clotted cream ice cream	£8.00
Cheeseboard, chutney, crackers	£9.50

Tea & Coffee

Latte / Cappuccino / Flat white	£3.40
Americano	£3.00
Espresso / Macchiato	£2.20
Double espresso	£3.20
Liqueur coffee	£7.50
English breakfast tea/Herbal tea	£2.90

PLEASE LET US KNOW OF ANY ALLERGIES OR INTOLERANCE WHEN ORDERING | AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO TABLES OF 6 OR MORE