

The Royal Oak, Poynings

WHILE YOU WAIT

Mixed Nuts <i>Mixed Wild Garlic Nuts & Wasabi Pea's</i>	£5.00
Marinated Mixed Olives, Bread, Balsamic Vinegar & Oils — GFA & VGA	£6.00
Homemade Hummus, Mixed Olives & Breads GFA - VG	£6.00

SOMETHING TO START WITH

Camembert to Share <i>Whole Baked Camembert in a Box, Infused with, Garlic & Thyme with Warm Sourdough Baguette & Onion Jam</i> — GFA	£10.00
Soup of the Day <i>Served with Sourdough Baguette & Butter</i> — V & GFA	£7.00
Grilled Asparagus <i>Sauté Sliced New Potatoes, Fried Duck Egg & A Parmesan Salad</i> — GF	£9.00
Oxtail <i>Slow Braised Oxtail, Stuffed in a Herb Pancake With Sweetcorn Puree, Port Jus & Micro Cress</i>	£9.50
Posh Scampi <i>Monkfish in Beer Batter With Wild Garlic Mayonnaise</i> — GF	£9.50

DAILY SPECIALS

For specials please see our chalk boards



ROYAL OAK
POYNINGS

THE MAIN EVENT

Royal Oak Cheese Burger <i>Cheddar Cheese, Lettuce & Tomato in a Toasted Bun. Served with Skin on Fries & Coleslaw</i> — Add Bacon For £1 extra GFA	£15.50
Royal Oak Dirty Burger <i>Spiced Beef Brisket, Sauerkraut, Russian Dressing Cheddar cheese, Lettuce & Tomato in a toasted bun. Served with skin on Fries & Coleslaw</i> — GFA	£17.00
Quinoa Burger <i>served on a toasted bun with lettuce, Sweet Chilli Mayo, mixed leaf salad & rustic fries - Vegan</i> — GFA	£14.50
Bangers and Mash <i>Butchers sausages, buttered seasoned mash, garden peas & red onion gravy</i>	£15.00
Fish and Chips <i>Golden Battered Fresh fish, Chunky Chips, Garden Peas & Tartare Sauce</i> — GF	£16.00
Pie of the Day <i>served with gravy, buttered mash & seasonal veg</i>	£15.00
Braised Mushroom & Spelt Warm Salad <i>Braised Mushrooms, Spelt, Charred Baby Gem, Tofu Dressing, Toasted Seeds & Mushroom Powder</i> — VG	£14.00
Vegetable Risotto <i>Butternut Squash, Beetroot & Asparagus Topped With parmesan & Micro Cress</i> — GF & VGA	£15.00
Moules <i>Steamed Mussels in Cider with Leeks & a Nduja (Chorizo) Cream Sauce With Gremolata & Sourdough Baguette</i> — GFA & Non Spicy Version Available	£16.00
Pork & Peaches <i>Pan Roasted Bacon steak (Gammon), Buttered Mash, Roasted Peach & Pan Juice.</i> — GF	£16.00
Venison <i>Saddle Of Venison, Bolangere Potatoe's, Pear & Parsnip Puree, Roasted Hispi Cabbage & Blackberry Jus</i> — GF	£22.00

Please always inform your server of any allergies before placing your order, as not all ingredients can be listed. Detailed allergen information is available upon request and online. We cannot guarantee the total absence of allergens in our dishes. V vegetarian VG vegan N nuts GFA gluten free available

SOMETHING FOR THE LITTLE ONES

Cheese Burger <i>with lettuce and tomato in a toasted bun. Served with fries</i>	£9.00
Fish Fingers and Chips <i>Battered Fresh fish, Chips, Garden Peas</i>	£9.00
Bangers and Mash <i>Butchers Sausages with Buttered Mash & Peas</i>	£9.00
Beef Burger <i>with lettuce and tomato in a toasted bun. Served with fries</i>	£9.00
Vegetable Risotto <i>Butternut Squash, Beetroot & Asparagus Topped With parmesan & Micro Cress</i> — GF & VGA	£9.00

SANDWICHES SERVED EITHER ON
WHOLEMEAL SOURDOUGH OR
SOURDOUGH & SERVED BETWEEN
12PM AND 3PM

Grilled Cheese & Mushroom <i>Sliced Garlic Mushrooms, Red Onion Jam & Smoked Applewood Cheese.</i> — GFA	£9.00
BLT <i>Bacon, Lettuce, Tomato & Mayo</i> — GFA	£9.00
The Reuben <i>Spiced Beef Brisket, Sauerkraut, Cheddar & Russian Dressing</i> — GFA	£9.00
Fish Finger <i>Battered Fish Fingers, Tartare & Baby Gem</i>	£9.00

SOMETHING SWEET TO END WITH

Chocolate Brownie <i>with a Gooley Centre, Served with Fresh Fruits & Vanilla Ice Cream</i>	£7.50
Sticky Toffee Pudding <i>with Butterscotch Sauce & Vanilla Ice Cream</i>	£7.50
Crumble Of The Day <i>served with custard</i>	£7.00
Ice Cream Per Scoop <i>Please Ask for Flavours & Sorbets</i>	£2.50
Bread & Butter Pudding <i>served with custard</i>	£6.50
Cheese Board <i>Three cheese's, Onion Jam, Grapes, Celery, Apple, Crackers & Butter</i> — GFA	£10.00

All our coffees are made using White Cloud
Coffee co.

Who source the best coffee from around the world, to bring back to the UK

Latte <i>Caffe latte is a coffee drink made with espresso and steamed milk.</i>	£3.75
Cappuccino <i>ACappuccino is an espresso-based coffee drink that originated in Italy, and is traditionally prepared with steamed milk foam.</i>	£3.75
Flat White <i>A flat white is a coffee drink consisting of espresso with microfoam</i>	£3.75
Americano <i>Caffe Americano is a type of coffee drink prepared by diluting an espresso with hot water</i>	£3.00
Espresso <i>Espresso is a coffee-brewing method of Italian origin, in which a small amount of nearly boiling water</i> — Double for £3.35	£2.50

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