



## The Royal Oak, Poynings

#### WHILE YOU WAIT

Mixed Nuts
Mixed Wild Garlic Nuts & Wasabi Pea's

Marinated Mixed Olives, Bread, £6.00

Balsamic Vinegar & Oils

— GFA & VGA

Homemade Hummus, Mixed Olives & £6.00

GFA - VG

#### SOMETHING TO START WITH

Camembert to Share £10.00
Whole Baked Camembert in a Box, Infused with, Garlic &
Thyme with Warm Sourdough Baguette & Onion Jam

Soup of the Day
Served with Sourdough Baguette & Butter

£7.00

Served with Sourdough Baguette & B

- V & GFA

- GFA

Grilled Asparagus £9.00

Sauté Sliced New Potatoes, Fried Duck Egg & A Parmesan Salad

— GF

Oxtail £9.50

Slow Braised Oxtail, Stuffed in a Herb Pancake With Sweetcorn Puree, Port Jus & Micro Cress

Posh Scampi £9.50

Monkfish in Beer Batter With Wild Garlic Mayonnaise

\_ GF

#### DAILY SPECIALS

For specials please see our chalk boards



ROYAL OAK

POYNINGS

#### THE MAIN EVENT

Royal Oak Cheese Burger

£15.50

Cheddar Cheese, Lettuce & Tomato in a Toasted Bun. Served with Skin on Fries & Coleslaw

— Add Bacon For £1 extra

**GFA** 

Royal Oak Dirty Burger

£17.00

Spiced Beef Brisket,Sauerkraut, Russian Dressing Cheddar cheese, Lettuce & Tomato in a toasted bun. Served with skin on Fries & Coleslaw

- GFA

Quinoa Burger

£14.50

served on a toasted bun with lettuce, Sweet Chilli Mayo, mixed leaf salad & rustic fries - Vegan

-GFA

Bangers and Mash

£15.00

Butchers sausages, buttered seasoned mash, garden peas & red onion gravy

Fish and Chips

£16.00

Golden Battered Fresh fish, Chunky Chips, Garden Peas & Tartare Sauce

-GF

Pie of the Day

£15.00

served with gravy, buttered mash & seasonal veg

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£14.00

Braised Mushroom & Spelt Warm Salad Braised Mushrooms, Spelt, Charred Baby Gem, Tofu Dressing,

Toasted Seeds & Mushroom Powder

— VG

Vegetable Risotto

£15.00

Butternut Squash, Beetroot & Asparagus Topped With parmesan & Micro Cress

- GF & VGA

Moules

£16.00

Steamed Mussels in Cider with Leeks & a Nduja (Chorizo) Cream Sauce With Gremolata & Sourdough Baguette

- GFA & Non Spicy Version Avalible

Pork & Peaches

£16.00

Pan Roasted Bacon steak (Gammon), Buttered Mash, Roasted Peach & Pan Juice.

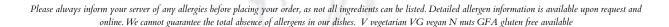
- GF

Venison

£22.00

Saddle Of Venison, Bolangere Potatoe's, Pear & Parsnip Puree, Roasted Hispi Cabbage & Blackberry Jus

— G









## SOMETHING FOR THE LITTLE ONES

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

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

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

### SOMETHING SWEET TO END WITH

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Chocolate Brownie with a Gooey Centre, Served with Fresh Fruits & Vanilla Ice Cream	£7.50
Sticky Toffee Pudding with Butterscotch Sauce & Vanilla Ice Cream	£7.50
Crumble Of The Day served with custard	£7.00
Ice Cream Per Scoop Please Ask for Flavours & Sorbets	£2.50
Bread & Butter Pudding served with custard	£6.50
Cheese Board Three cheese's, Onion Jam, Grapes, Celery, Apple, Crackers & Butter — 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	k to the UK
<b>Latte</b> Caffe latte is a coffee drink made with espresso and steamed mili	£3.75

Cappuccino

ACappuccino is an espresso-based coffee drink that originated in

Italy and is traditionally proposed with steamed with form

Italy, and is traditionally prepared with steamed milk foam.

Flat White

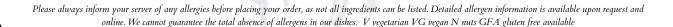
A flat white is a coffee drink consisting of espresso with microfoam

Americano

Casse Americano is a type of cossee drink prepared by diluting an espresso with hot water

**Espresso**Espresso is a coffee-brewing method of Italian origin, in which a small amount of nearly boiling water

- Double for £3.35





£3.75

£3.00

£2.50