



THE ROYAL OAK, POYNINGS

WINTER MENU

NIBBLES

MARINATED MIXED OLIVES - 3 (VG,GF)

RUSTIC BREAD, BALSAMIC VINEGAR, OIL - 5.5 (VGO,GFO)

STARTERS

3 for £20 Monday - Friday

PADRON PEPPERS TOSSED WITH DORSET SEA SALT & FRESH LEMON -5.5 (VG,GF)

DUCK GYOZA SERVED WITH DRESSED LEAVES & SWEET CHILLI SAUCE - 8.5 (DF)

MUSHROOM PATE TOPPED WITH ONION CHUTNEY, SERVED WITH TOASTED CIABATTA AND DRESSED LEAVES - 8 (GFO,VG)

PULLED BEEF BRISKET TACOS SERVED IN SOFT TORTILLAS WITH CHIPOTLE MAYO, BABY GEM LETTUCE, PICKLED PINK ONIONS - 9.5

POYNINGS PUMPKIN HUMMUS WITH ROASTED BUTTERNUT, CUMIN ROASTED CHICKPEAS PESTO & TOASTED CIABATTA - 8.5 (GFO)

SAUSAGE ROLL SERVED WARM WITH CARAMELISED ONION CHUTNEY & DRESSED LEAVES - 9.50

PAN-FRIED PRAWNS MARINATED IN CHILLI, LIME, CORIANDER, GARLIC & LEMONGRASS SERVED IN BABY GEM - 9

LIGHT BITES

Only **Monday to Friday 12 - 2.30**

BBQ BRISKET FOCACCIA MONTEREY JACK CHEESE PICKLED PINK ONIONS AND DRESSED LEAVES - 16 (GFO)

FISHFINGER, TARTARE SAUCE, FOCACCIA, SERVED WITH RUSTIC FRIES SERVED & DRESSED LEAVES - 13

MEDITERRANEAN VEGETABLES, ROMESCO SAUCE, PICKLED PINK ONIONS, FOCACCIA SERVED WITH RUSTIC FRIES & DRESSED LEAVES - 12 (GFO,VG)

SIDES

SKINNY CHIPS - 4.5 (GF)

CHUNKY CHIPS - 5 (GF)

SKINNY CHEESY CHIPS - 5.5 (GF)

CHUNKY CHEESY CHIPS - 6

GARLIC CIABATTA - 4.5

GARLIC CIABATTA WITH CHEESE - 5

SIDE SALAD - 4

GARLIC KALE - 4

Please inform us of any allergies or intolerances before ordering. An allergy menu is available on request. While we take care with every dish, we cannot guarantee our food is completely allergen-free. Please note, fish dishes may contain bones. Deals exclude bank holidays.

(V) VEGETARIAN | (VG) VEGAN | (GF) GLUTEN FREE | (GFO) GLUTEN FREE OPTION - JUST ASK

An optional recommended service of 10% will be added to your bill



MAINS

CLASSIC FISH & CHIPS

CRISPY BATTERED COD WITH CHUNKY CHIPS, BUTTERED GARDEN PEAS - 17.5 (GF, DFO, GFO)

VEGETABLE & LENTIL BURGER

TOASTED BUN WITH LETTUCE, TOMATO, CARAMELISED BALSAMIC ONIONS, MIXED LEAF SALAD, AND SKINNY FRIES - 16.5 (VG, GFO)

CHEESE BURGER

TOASTED BRIOCHE BUN WITH ONION CHUTNEY, BABY GEM, TOMATO, PICKLED PINK ONIONS, AND SKINNY FRIES - 19 (GFO, DFO)

ADD BACON - 1.5 | ADD BBQ BEEF BRISKET - 3

RUMP STEAK

SERVED WITH ROASTED VINE TOMATOES, MUSHROOMS, BUTTERED PEAS, CHUNKY CHIPS, AND PEPPERCORN SAUCE - 24 (GF, DFO)

ADD CHILLI LIME PRAWNS -5

SMOKED HADDOCK CHOWDER

SMOKED HADDOCK WITH LEEK AND BACON, TOPPED WITH A POACHED EGG AND SERVED WITH TOASTED CIABATTA - 18 (GFO)

MISO LEEK & CANNELLINI BEAN RIGATONI

TOPPED WITH PANGRATTATO AND SERVED WITH GARLIC CIABATTA - 17.5 (VG)

PAN-SEARED SEA BASS

SERVED WITH ROASTED BABY POTATOES, MEDITERRANEAN VEGETABLES, ROMESCO SAUCE, AND A BURNT LEMON WEDGE - 19.5 (GF, DF)

CAESAR SALAD

SHREDDED BABY GEM, CROUTONS, BACON, PARMESAN, AND CAESAR DRESSING TOPPED WITH A POACHED EGG - 14.5 (GFO)

ADD BREADED CHICKEN - 5

Please inform us of any allergies or intolerances before ordering. An allergy menu is available on request. While we take care with every dish, we cannot guarantee our food is completely allergen-free. Please note, fish dishes may contain bones. Deals exclude bank holidays.

(V) VEGETARIAN | (VG) VEGAN | (GF) GLUTEN FREE | (GFO) GLUTEN FREE OPTION - JUST ASK

An optional recommended service of 10% will be added to your bill



THE ROYAL OAK,

CHILDREN'S MENU

TOMATO PASTA TOPPED WITH CHEESE & GARLIC BREAD - 9.5

CHEESEBURGER, TOASTED BUN, LETTUCE, TOMATO & FRIES - 9.5 (GFO)

CHICKEN GOUJONS, PEAS & FRIES - 9.5 (DFO)

FISH FINGERS, PEAS & FRIES - 9.5 (GFO,DFO)

DESSERTS

BROWNIE & ICE CREAM - 8.5

TREACLE TART, SERVED WITH ICE CREAM - 7.5

CHOCOLATE LAYERED CHEESECAKE, SERVED WITH VANILLA ICE CREAM - 8.5

A SELECTION OF ICE CREAMS - STRAWBERRY, CHOCOLATE OR VANILLA

A SELECTION OF SORBETS - MANGO & BLACKCURRANT

VEGAN ICE CREAMS - VANILLA & CARAMEL

1 SCOOP - 3 2 SCOOP - 6

TEA & COFFEE

Locally roasted in Brighton, Trading Post Coffee



COFFEE & A SMALL CHOCOLATE BROWNIE - 8.95

Espresso - 2.95

Macchiato - 2.95

Americano - 3.95

Flat White - 3.95

Latte - 4

Cappuccino - 4

Irish Coffee - 8.95

Espresso Martini - 11

Bailey's Espresso Martini - 11

Selection of Teas

English Breakfast, Decaf, Earl Grey, Green, Peppermint, Camomile, Red Berry, Lemongrass & Ginger - 3

Hot Chocolate - 3.95

Add Kahlua, Baileys, Amaretto - 3.5

Please inform us of any allergies or intolerances before ordering. An allergy menu is available on request. While we take care with every dish, we cannot guarantee our food is completely allergen-free. Please note, fish dishes may contain bones. Deals exclude bank holidays.

(V) VEGETARIAN | (VG) VEGAN | (GF) GLUTEN FREE | (GFO) GLUTEN FREE OPTION - JUST ASK

An optional recommended service of 10% will be added to your bill