THE ROYAL OAK, POYNINGS

WINTER MENU

NIBBLES

MARINATED MIXED OLIVES - 4 (VG,GF)

RUSTIC BREAD, BALSAMIC VINEGAR, OIL - 6 (VGO,GFO)

PICKLES - 4 (VG,GF)

STARTERS

3 for £23 Monday - Friday

PADRON PEPPERS TOSSED WITH CORNISH SEA SALT & FRESH LEMON -8 (VG,GF)

DUCK GYOZA SERVED WITH DRESSED LEAVES & SWEET CHILLI SAUCE - 9 (DF)

KIMCHI FLATBREAD TOPPED WITH GARLIC MAYO,KOREAN MAYO,SPRING ONIONS AND SESAME SEEDS 8.50 (VG)

KOREAN CHICKEN FLATBREAD KIMCHI FLATBREAD TOPPED WITH KOREAN CHICKEN ,GARLIC MAYO,KOREAN MAYO,SPRING ONIONS AND SESAME SEEDS - 10.50

PULLED BEEF SHIN TACOS SERVED IN SOFT TORTILLAS WITH CHIPOTLE MAYO, BABY GEM LETTUCE, PICKLED PINK ONIONS – 10.50 (DF)

ROASTED RED PEPPER HUMMUS WITH PESTO , ROQUITO PEPPERS DRESSED LEAVES & TOASTED CIABATTA – 8.5 (GF0, VG)

SAUSAGE ROLL SERVED WARM WITH TOMATO CHUTNEY & DRESSED LEAVES – 9.50

SMOKED MACKEREL PATE SERVED WITH CUCUMBER ,PICKLED PINK ONIONS, DRESSED LEAVES AND TOASTED CIABATTA 9.50 (GFO)

CHICKEN TIKKA WINGS WITH CORIANDER AND MINT DIPPING SAUCE 9.5 (GF)

LIGHT BITES

Only **Monday** to **Friday 12 - 2.30**

BBQ BEEF SHIN FOCACCIA MONTEREY JACK CHEESE PICKLED PINK ONIONS,RUSTIC FRIES AND DRESSED LEAVES - 16 (GFO)

FISHFINGER, TARTARE SAUCE, FOCACCIA, RUSTIC FRIES AND DRESSED LEAVES - 15

FALAFEL AND ROASTED RED PEPPER HUMMUS FOCACCIA, RUSTIC FRIES AND DRESSED LEAVES (GFO,VG)

REPLACE FRIES WITH BOWL OF HOMEMADE SOUP - 2

SIDES

SKINNY CHIPS - 5 (VG,GF)

CHUNKY CHIPS - 5.50 (VG,GF)

SKINNY CHEESY CHIPS - 6 (GF)

CHUNKY CHEESY CHIPS - 6.50 (GF)

GARLIC FLATBREAD - 5 (VG)

GARLIC FLATBREAD WITH CHEESE - 6

SIDE SALAD - 4.50 (VG,GF)

GARLIC KALE - 4.50 (VG,GF)

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 | (DF) DAIRY FREE | (DFO) DAIRY FREE OPTION – JUST ASK

MAINS

28 DAY AGED RIBEYE STEAK, CHUNKY CHIPS,TRUFFLED MUSHROOMS, ROASTED VINE CHERRY TOMATOES AND A PEPPERCORN SAUCE-28.50 (GF,DFO)

FALAFEL AND SPINACH BURGER, LETTUCE, TOMATO, PICKLED PINK ONIONS, CHIPOTLE MAYO, DRESSED LEAVES AND SKINNY FRIES – 18 (VG)

OAK CHEESE BURGER, LETTUCE, TOMATO, HOUSE BURGER SAUCE, SKINNY FRIES, DRESSED LEAVES AND COLESLAW – 19.5 (GFO, DFO)
ADD BACON - 1.5 **| ADD BBQ BEEF SHIN** - 3

KOREAN CHICKEN BURGER, LETTUCE, TOMATO, KOREAN MAYO, KIMCHI SLAW FRIES AND DRESSED LEAVES - 18.50 (DF) **ADD BACON - 1.50 ADD CHEESE -1**

GNOCCHI, MARINARA SAUCE, PESTO ROASTED COURGETTE, CRISPY KALE – 18.50 (VG)

SEA BASS, COURGETTE, PEA AND PARMESAN ORZO, SUNDRIED TOMATO CONCASSE, BURNT LEMON, ROCKET AND BASIL OIL - 23

ROASTED SQUASH, PUMPKIN AND ROCKET SALAD, NO NUT PESTO, TOASTED SEEDS, RED ONION - 15 (VG,GF) ADD CRUMBLED FETA - 3

FISH AND CHIPS, CHUNKY CHIPS, BUTTERED PEAS - 19 (GF)

OAK CLASSICS

CHARCUTERIE BOARD, PROSCIUTTO CRUDO, COPPA AND MILANO SALAMI, ROSEMARY AND SEA SALT BUTTER , TOASTED FOCACCIA, SUN DRIED TOMATO AND BASIL QUICHE , SUN DRIED TOMATO CONCASSE , PICKLES , DRESSED LEAVES , PICKLED PINK ONIONS - 18.50

SCAMPI, FRIES, BUTTERED PEAS, BURNT LEMON - 18

PIE OF THE DAY, MASHED POTATO, BUTTERED KALE AND GRAVY - 20

SAUSAGE AND MASH, BUTTERED KALE AND GRAVY -18.50 (GF)

SOUP OF THE DAY, TOASTED CIABATTA, ROSEMARY AND SEA SALT BUTTER - 10

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

THE ROYAL OAK,

CHILDREN'S MENU

TOMATO AND MASCARPONE PASTA TOPPED WITH CHEESE & GARLIC BREAD - 9.50

CHEESEBURGER, TOASTED BUN, LETTUCE, TOMATO & FRIES - 9.50 (GFO)

CHICKEN GOUJONS, PEAS & FRIES - 9.50 (DFO)

FISH FINGERS, PEAS & FRIES - 9.50 (GFO,DFO)

SAUSAGE AND MASH, PEAS AND GRAVY - 9.50 (GF)

DESSERTS

BROWNIE & ICE CREAM - 8.50 (DFO, GF)

STICKY TOFFEE PUDDING, CARAMEL SAUCE, VANILLA ICE CREAM - 8.50 (GF)

TREACLE TART, VANILLA ICE CREAM - 8.50 (VGO)

A SELECTION OF ICE CREAMS - STRAWBERRY, CHOCOLATE OR VANILLA (GF)

A SELECTION OF SORBETS - MANGO & RASPBERRY (GF)

VEGAN ICE CREAMS - VANILLA & CARAMEL

1 SCOOP - 3
2 SCOOP - 6



TEA & COFFEE

Espresso *- 2.95*
Macchiato *- 3.00*
Americano *- 3.95*
Flat White *- 3.95*
Latte - *4*
Cappuccino *- 4*

Irish Coffee *- 8.95*

Selection of Teas

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

Hot Chocolate - *3.95*

Add Kahlua, Baileys - 3.80

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