

THE TRUE LOVERS KNOT



Lunch Menu

Served Daily / 12pm - 3pm

SANDWICH / RUSTIC BAGUETTE'S

Choice of Thick-cut White or Malted Bloomer Bread (gluten-free available) or a Rustic Baguette, served with a freshly dressed salad and homemade lightly seasoned crisps.

The BLT : Sandwich Baguette

Grilled bacon, Mix leaf & Sliced tomato : £7.50 £8.95

T.L.K Special :

Honey and Mustard Glazed Roast Ham : £7.50 £8.95

Mature British Cheddar & Tomato : £6.95 £7.95 (V)

Atlantic Prawns in Marie Rose Sauce : £7.50 £8.95

T.L.K Chutney & Mature British Cheddar : £7.00 £8.00

Smoked Salmon & Cucumber with Creme Cheese :
£7.50 £8.95

T.L.K SALADS

Served on a bed of dressed mixed salad with buttered bread (gluten-free available).

Grilled Marinated Chicken Breast
with Mayonnaise : £12.75

Atlantic prawns in Marie Rose sause : £13.00

Ploughmans :

T.L.K Honey & Mustard Roast Ham,
Mature English Cheddar & Pickles : £13.50

Olive & Feta
With Garlic and Oregano Olive Oil : £12.50 (V)

Breaded Scampi
with Tartar Sauce & Lemon : £13.50

Smoked Salmon
with a Horse Radish Dressing : £14.50

Mixed Veg Salad : £10.95

Jacket Potatoes

Served with a Dressed Salad

Plain with Butter : £5.50

Mature English Cheddar & Baked Beans : £8.50

Mature English Cheddar : £8.25

T.L.K Honey & Mustard Roast
Ham & Cheddar : £8.75

T.L.K Side of Cider Brazed Pulled Pork &
Cheddar : £9.50

Smoked Salmon and Cream Cheese : £9.95

(Please make staff aware of any allergies or dietary requirements)