

Menu

@ The True Lovers Knot

Starters/Small Plates

BBQ Chicken Wings or Vegan Plant Based

Wings fried crispy wings coated in a honey Korean style BBQ sauce, served on a bed of lettuce **£8.50** or as main with fries **£14.95**

King Prawns sautéed in butter, chilli, garlic, white wine and lemon juice, served on toasted crusty bread **£8.95**

Sticky Pea & Mint Falafels (VG) tasty pea and mint falafels on a bed of lettuce, drizzled with a mild chilli & agave dressing **£7.95**

Mushrooms (VG) cooked in a white wine, cream, thyme and garlic served with crusty bread **£7.75**

Homemade Soup served with crusty bread **£6.95**

Please tell us about any ALLERGENS

Sunday Roast

All our roasts come with honey glazed carrots and parsnips, broccoli, roast potatoes, Yorkshire pudding and gravy

Roast Beef - **£17.95**

Roast Pork - **£16.95**

Nut Roast **£15.95**

Vegan Sausage Roast **£16.50**

Sides: Cauliflower Cheese - **£4.95** or *Pigs in Blankets* - **£4.50**

Burger Wednesday Burger and a drink £16*

Burgers All served in a toasted fluffy sourdough bun and skin on fries

Cheeseburger chuck & brisket beef patty topped with Monterey Jack cheese, lettuce, tomato, gherkins, crispy onions and our house salsa burger sauce **£16.95**

Make it your burger & add the following
Add: bacon **£1.50** *Extra Patty* **£3** *Egg* **£1.50**
Mushrooms **£2.00**

Falafel Burger (VG) smashed pea & mint or Beetroot falafels avocado, rocket, gherkins, tomato, crispy onions and Burmese, lemongrass & vegan mayo **£16.75**

**Small Appetite option
available £9.95**

See overleaf for more dishes

Pasta gluten free vegan pasta available upon request

Classic Prawn Spaghetti king prawns cooked in olive oil, garlic, chilli flakes, lemon zest & juice, white wine and rocket **£18.95**

Classic Spaghetti (VG) in olive oil, garlic, chilli flakes, lemon zest & juice, white wine finished with a little rocket **£12.50**

Sides

Skin on Fries (VG) Rocket Salad (VG)
Cheesy Garlic Bread (V) Haloumi Fries & sweet chilli sauce (V) Cajun Corn Ribs (VG) Mac n Cheese Bites with sweet chilli sauce (V)

Desserts All £6.45

Chocolate Brownie Sundae (V) served warm with chocolate sauce or bailey caramel sauce, vanilla ice cream & whipped cream

Cheesecake of the Day (V) served with a drizzle of double cream

Hot Pudding of the Day (VG) served with custard or vanilla ice cream

Ice Cream £5.95 (V) 3 scoops ask for flavours (Vegan options)

Kids Menu All £8.25

With a glass of squash for children 10 & under

Beef, Chicken or Falafel (VG) **Burger** & fries (add cheese 50p) with house salsa or Burmese mayo

Spaghetti with rustic Italian style tomato sauce (VG)

Battered Chicken Goujons with fries & peas

Fish Fingers with fries & peas

Sausage and mash with gravy on the side

Please ask our team for coffee and tea selection

For **ALLERGENS** and dietary requirements please ask a team member. We do have nuts in the kitchen, so items may contain traces of nuts, although we do our best to not cross contaminate, but can't guarantee. **Vegetarian (V) Vegan (VG) Gluten Free Option (GF)** *not used in conjunction with any other offer, a regular drink, pint, regular wine or soft drink

**Fish Friday F&C or Scampi
& a drink £16***