

Allergen information

We do our very best to ensure that all meals and ingredients are clearly stated, we cannot ensure that they have been made in an allergen free environment/ factories. Please let us know of any allergies when ordering so we can do everything possible to ensure your meal meets your dietary requirements. We have numbered the following allergens after each dish as follows. We also keep separate menus for gluten free, vegan friendly and dairy free. Please ask a member of staff for any further clarification.

1. Celery
2. Crustaceans
3. Egg
4. fish
5. Gluten/wheat
6. Lupin
7. Milk
8. Molluscs
9. Mustard
10. Nuts
11. Peanuts
12. Sesame seeds
13. Soya
14. Sulphur dioxide (sulphites)

Please see our blackboard for daily specials

- Starters -

Chef's homemade soup of the day served with a warm roll and butter - Please see specials board for details (allergens 1,5 varied depending on recipe/ flavour) - **£4.25**

Deep-fried breaded whitebait served with brown bread and butter and homemade tartare sauce (allergens 4,5,6,7) - **£6.50**

Traditional prawn cocktail served with brown bread and butter (allergens 2,3,5,7,9) - **£6.50**

Duck liver pate with cracked black pepper crust served with warm toasted ciabatta and onion chutney (allergens 5,9) - **£5.50**

Breaded Jalapeno poppers, deep fried with sweet chilli dipping sauce (allergens 5,7) - **£5.95**

- To Share -

Traditional Nachos topped with melted cheese, sour cream, salsa and guacamole (allergens 7) - **£5.95**
Add Chilli beef - £2.50 GF

Baked Camembert topped with walnuts and honey, served with warm ciabatta slices, onion marmalade & sliced celery - **£6.95** (allergens 5,6,7,10)

- Sandwiches/Wraps -

Thick cut brown or white bread, wrap or ciabatta served with tortilla chips, salad garnish and coleslaw.

Brie and Cranberry (allergens 3,5,7,9,13) - **£5.25** add bacon for **£1.00**

Cheddar cheese, tomato and pickle (allergens 3,5,7,9,13) - **£5.25**

Prawn and marie-rose (allergens 2,3,5,7,9,13) - **£6.25**

Honey roast ham, tomato and wholegrain mustard (allergens 3,5,7,9,13) - **£6.25**

Tuna mayo and cucumber (allergens 3,4,5,7,13) - **£5.95**

Bacon, lettuce and tomato (allergens 3,5,7,9,13) - **£5.95**

Cajun chicken with red onion and salad (allergens 3,5,7,9,13) - **£6.25**

Cod goujons and tartare sauce (allergens 3,4,5,7,9,13,14) - **£6.25**

- Salads -

Crofton house salad - Chargrilled chicken and smoked bacon on a bed of mixed leaves, cherry tomatoes and croutons with a blue cheese dressing (allergens 3,5,7,13) - **Small - £7.95 Large - £9.75**

Smoked salmon and crayfish - on a bed of mixed leaves, mixed peppers, cucumber and homemade coleslaw with a honey and mustard dressing (allergens 3,4,7) - **Small - £8.95 Large - £10.95 GF**

Traditional Ploughmans - Cheddar, Stilton and ham served with mixed salad, pickles, coleslaw and ciabatta (allergens 3,5,7,9,14) - **£8.95**

- Sides -

Chips - **£2.50** add cheese for **£1.00** **GLUTEN FREE ON REQUEST**

Sweet potato fries - **£3.50** substitute on any main meal for an extra £1

Curly fries - **£3.50** substitute on any main meal for an extra £1

Onion rings (allergens 3,5,7) - **£3.25**

Garlic bread (allergens 3,5,7) - **£2.95** add cheese for **£1.00**

Ciabatta - **£1.50** or **bread roll** (allergens 5) - **75p**

Portion of vegetables or side salad - **£3.95** (VEGAN & GLUTEN FREE)

Peppercorn sauce, Diane sauce or Blue cheese sauce - (allergens 7) - **£2.50**

- Main Courses -

Homemade beef and ale pie in shortcrust pastry case, with a puff pastry top, served with chips and vegetables. (allergens 5,6,7,9,10,11) - **£11.95**

Homemade Chicken and mushroom pie - with shortcrust pastry case and a puff pastry top, chicken breast with a pan-fried mushroom filling in a white wine and tarragon sauce, with chips and vegetables (allergens 5,6,7,9,14) - **£10.95**

Homemade cottage pie with minced beef, peas and carrots in a rich onion gravy topped with mash potato and melted cheese, served with vegetables. (allergens 7) **small - £8.50 large - £10.50 GF**

Pan-fried lambs liver and bacon with red wine and onion gravy, served with parsley mash potato, vegetables and homemade battered onion rings. (allergens 5,7). **Small - £7.95 Large - £8.50**

Homemade chicken, bacon and blue cheese pasta in a creamy sauce, topped with melted cheese and garlic bread. (allergens 1,3,5,7,9) **small - £9.25 large - £10.95**

Homemade curry of the day served with rice, naan bread, poppadom and tomato and coriander salad. Please see specials board for details. (allergens 5,9,10,11) - **£10.50**

Homemade beef chilli served on a bed of rice with tortilla chips and sour cream (allergens 5) - **£9.50 GF**

Crofton toad in the hole - pork and leek sausages served in a giant Yorkshire pudding with mash, peas and onion gravy. (allergens 3,5,7) - **£9.25**

Hand-carved Ham, egg (two eggs with large) and chips (allergens 3) **small - £7.50 large- £8.95**

FAJITAS - Fajita spiced peppers, onions and mushrooms served with tortilla wraps, sour cream, guacamole and salsa. (allergens 5,7)

Chicken - £11.50 Vegetable - £9.95

Crofton homemade beef burger topped with red onion marmalade and lettuce, served with chips and homemade battered onion rings (allergens 3,5,7,9,12,13) - **£10.50**

Add the following for £1.00 each bacon - egg - cheese - Stilton

Chargrilled 8oz mature sirloin steak with chips, grilled tomato, onion rings and grilled mushrooms (allergens 5,7) - **£15.95**

Chargrilled gammon steak with grilled tomato and chips, topped with grilled pineapple or a fried egg (allergens 3) - **£10.50**

-The Catch-

The Crofton beer battered cod served with chips, mushy peas and homemade tartare sauce
(allergens 3,4,5,7,13,14) **Small - £8.25 - Large - £9.25**

Deep fried breaded wholetail scampi served with chips, peas and homemade tartare sauce.
(allergens 2,3,4,5,7,9,14) - **£10.95**

Fillet of Salmon served on a bed of parsley mash, seasonal vegetables with a creamy mushroom, prawn and white wine sauce (allergens 2,4,7,14) - **£14.50 GF**

-Vegetarian-

Vegetable lasagne served with garlic bread and mixed salad. (allergens 3,5,7,9) - **£8.95**

Brie and cranberry slider served on a brioche bun, with sweet potato fries, salad and coleslaw
(allergens 3,5,6,7) - **£8.95**

Vegetarian toad in the hole served in a giant yorkshire pudding, vegetarian sausages with mash, peas and onion gravy (allergens 3,5,6,7,14) - **£9.25**

Baked Camembert topped with walnuts and honey served with chips and salad - **£9.50** (allergens 6,7,10)
GF

Black Bean Jambalaya Burrito seasoned rice, with black beans, garden peppers, carrots, sweet potato and courgette in a tortilla wrap with salsa and salad garnish - **£9.25** (allergens 5) VEGAN

Sweet potato, spinach and chickpea Curry served in a coconut curry sauce and garden peppers, with rice, poppadom & naan bread - **£9.25** (allergens 5) VEGAN & GF WITHOUT NAAN

Vegetable Hotpot mixed seasonal vegetables in a vegetable sauce, topped with sauteed potatoes and served with chips (allergens none) - **£9.25 VEGAN- GF**

Vegetable fajitas - Fajita spiced peppers, onions and mushrooms served with tortilla wraps, salsa, guacamole and sour cream **£9.95** (allergens 5,7) VEGAN WITHOUT GUACAMOLE & SOUR CREAM

-Sunday Roasts- From 12pm every week

Braised slow-cooked Beef & Yorkshire pudding - £11.50 **Nut Roast and Yorkshire pudding** - £8.50

Roast Turkey Breast & Stuffing - Small £7.95 or Large £9.50 **Vegetable Hotpot** - VEGAN/ GF - £9.25

Roast Gammon - Small £7.95 or Large £9.50

Roast loin of Pork - Small £7.95 or Large £9.50

PLEASE NOTE THAT ALL OUR GRAVY IS GLUTEN FREE - GLUTEN FREE ROASTS WILL NOT INCLUDE STUFFING, YORKSHIRE PUDDINGS OR CAULIFLOWER CHEESE. PLEASE ADVISE STAFF.

- Children's selection -

Homemade Chicken, bacon and blue cheese pasta with garlic bread (allergens 1,3,5,7) - **£5.95**

Homemade tomato pasta topped with cheese and served with garlic bread (allergens 3,5,7) **£5.25**

All the below is served with chips, salad garnish and beans or peas.

Battered chicken nuggets (allergens 3,5,7,13) - **£4.95**

Pork Sausages (allergens 5) - **£4.95** Vegetarian sausages available

Battered cod goujons (allergens 2,4,5) - **£5.95**

Burger in a bun (allergens 5,14) - **£4.95**

Children's ice cream - **£2.50** Chocolate, strawberry or vanilla (allergens 3,5,7)

- Desserts -

Homemade Crumble of the day - please see specials board for details (allergens 3,5,7,13) - **£4.95**

Homemade Bread and butter pudding - please see specials board for details (allergens 5,7) - **£4.95**

Sticky toffee pudding served with custard (allergens 3,5,7) - **£5.25**

Melt-in-the-middle chocolate pudding served with vanilla ice cream. (allergens 3,5,7) - **£5.25**

Eton mess fruit compote, chantilly cream and meringue pieces (allergens 3,7) - **£5.50**

Chocolate profiterole sundae chocolate-coated profiteroles, chocolate ice cream and chocolate sauce with chantilly cream. (allergens 3,5,7,10) - **£5.50**

GLUTEN FREE, VEGAN & DAIRY FREE Blackcurrant Crumble with soya custard (allergens none) **£5.25**

GLUTEN FREE, Belgian chocolate cheesecake with chantilly cream - **£5.25** (allergens 3,7,10,13)

HOMEMADE VEGAN & DAIRY-FREE Lemon drizzle cake with soya vanilla ice cream - **£5.25**

Movenpick ice cream. 2 scoops - **£3.95** or **3 scoops** - **£4.95** Please see specials board for the flavours (allergens 5,7,10)

GLUTEN FREE, VEGAN & DAIRY FREE Soya Vanilla ice cream - **2 scoops** - **£3.95** or **3 scoops** - **£4.95**

Cheese and Biscuit selection Cheddar, Stilton and brie served with crackers, onion chutney and apple (allergens 3,5,6,7,13,14) - **£6.25**

- Hot Beverages -

	regular	large
Coffee black/ white (de-caff available)	£1.80	£2.10
Cappuccino	£2.00	£2.30
Latte	£2.30	
Mocha	£2.40	
Hot chocolate	£2.40	
Tea	£1.50	

