



THE  
WHITE HORSE

## MAIN MENU – WINTER 2018

This is just a guide to the type of food we produce. Please contact us for a current up-to-date menu.  
NOTE: We have added a new range of Vegetarian and Vegan meals. Please see page 3 for details.  
Updated 11 January 2018

While you wait: Selection of breads with olive oil, butter & balsamic vinegar 3.95, bowl of olives 2.75

### STARTERS

Freshly made Soup of the day, warm tin loaf 5.50 (g/f)

Chinese style duck, layered with spring onion, cucumber & wonton pastry drizzled with Plum & Hoi sin sauce 7.25

French goose rillettes/paté, date & fig chutney, warm tin loaf 7.25 (g/f)

Smoked fish, (salmon, trout & mackerel) pancakes topped with a Cheddar cheese sauce, browned under the grill 7.95

Panzerotti pasta "half-moons" stuffed with Porcini mushrooms with a spicy Arrabiata tomato sauce 7.95

Grilled Portobello mushrooms stuffed with crispy bacon & blue cheese 6.95 (g/f)

Breaded English sprat filets with garlic aioli for dipping 7.95

Deep fried, bread crumbed, wedges of Normandy Camembert, served with redcurrant jelly 7.25 (g/f)

Devon white crab meat, confit lemon, pickled pear & fennel 7.95 (g/f)

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### "THE SKIPPER'S CATCH"

Please remember to look at our fish board, for a choice the freshest, most sustainable & wonderful fish we can find, simply grilled or pan fried with a choice of potatoes, vegetables & parsley butter.

## MAIN COURSES

Our pies of the day, seasonal vegetables, roast baby new potatoes, pot of gravy 13.95 (see blackboard)  
All our pies are hand made for us and are a "proper" full pastry pie

Pan fried, bread crumbed, chicken "schnitzel", topped with a fried hen's egg, dressed salad & skin on fries 13.95 (g/f)

Lightly battered cod fillets served with thick cut chips, mushy peas & freshly made tartar sauce 12.95 (g/f)

Full rack of pork ribs in a Bar-B-Q sauce, s0law & skin on fries 14.95 (g/f)

Lamb's Liver & Bacon in a rich onion gravy, creamy mashed potato, petit pois peas 12.95 (g/f)

Salmon & Watercress pastry pie, with a sliced potato & Cheddar cheese topping, seasonal vegetables, roast baby new potatoes, 13.95

Chicken & Mango curry, Naan bread, Pilau rice & Poppadum 13.95 (g/f)

White Horse burger topped with Monterey Jack cheese, streaky bacon, burger sauce & dill pickle & skin on fries 12.95

10oz Smoked Gammon steak, pineapple & black pepper chutney & fried hen's egg, cherry vine tomatoes, thick cut chips 13.95 (g/f)

28 day aged, grass fed, 10oz English sirloin steak, Portobello mushroom cherry vine tomatoes, rocket salad, skin on fries 21.95 (g/f)

Thickly cut, 9 hour slowly cooked, English beef brisket, chantenay carrots, creamy mashed potato & rich beef gravy 13.95 (g/f)

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## A BIT ON THE SIDE

**All at 3.00**

Skin on fries, Thick cut chips, Sweet potato fries, Garlic Bread, Onion Rings, Cole slaw,  
Dressed rocket & Parmesan salad, Portobello Mushrooms, Balsamic roasted cherry vine tomatoes

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## SPECIALS BOARD:

We always have a steak on our *Specials Board*.

Please see the blackboard for the steak of the day and all our other specials

# NEW: VEGETARIAN & VEGAN MENU

KEY: (v) vegetarian | (vg) vegan | (g/f) gluten free

All meals that are marked (g/f) are or can be gluten free, please specify at the time of order

## STARTERS

Freshly made Soup of the day, granary tin loaf 5.25 (g/f) (vg)

Panzerotti pasta "half-moons" stuffed with Porcini mushrooms with a spicy Arrabiata tomato sauce 7.95 (v)

Grilled Portobello mushrooms stuffed blue cheese 6.95 (g/f) (v)

Deep fried, bread crumbed, wedges of Normandy Camembert, served with redcurrant jelly 7.25 (g/f) (v)

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## MAIN COURSES

Our vegetarian pie of the day, seasonal vegetables, roast baby new potatoes, jug of vegetarian gravy 13.95 (v)

Mac'n'Cheese, topped with brioche breadcrumbs & Cherry vine tomatoes, dressed green salad & garlic bread 12.95 (v)

Halloumi cheese burger, with grilled mushroom & tomato in a ciabatta roll with skin on fries & dressed leaves 12.95 (v)

Cajun style Jambalaya, with red peppers, black beans & sweet potato topped with okra, mixed salad 12.95 (g/f) (vg)

North African butternut & red onion tagine served with roast vegetable couscous 12.95 (g/f) (vg)

Thai spiced potato, chickpea & sweet corn burger, ciabatta roll with skin on fries & dressed leaves 12.95 (vg)

Spanish style Paella with cashew nuts, sweetcorn, mixed peppers, garlic & basil, mixed salad 12.95 (g/f) (vg)

Sweet potato, spinach & chickpea curry, with Pilau rice, naan bread & poppadum 12.95 (g/f) (v)

### **Important Notes & Allergy Advice:**

*Fish meals may contain bones. All our food is prepared in a kitchen where nuts, cereals containing gluten & other allergens are present.*

*Some meals contain gluten, but can be changed slightly to make them gluten free, please ask for details.*

*Our chips are gluten free but are fried in oil that may have previously been used to fry products containing gluten.*

*We only have one fryer with common fryer oil & one grill.*

**Please speak to a member of staff if you have a food allergen or food intolerance.**

**A full list of allergens that could be on our menu is available at the bar.**

*All weights are pre-cooked, all meals are subject to availability, for any other dietary requirement, please ask.*

Why not get our *Newsletter*, via email, which shows all our functions, special offers and new menus.

Just leave your email address at the bar, or sign-up via our website:

[www.whitehorseampfield.co.uk](http://www.whitehorseampfield.co.uk)

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