

The Royal Oak, Poynings

WHILE YOU WAIT

Mixed Nuts	£5.00
<i>Mixed Wild Garlic Nuts & Wasabi Pea's</i>	
Marinated Mixed Olives, Bread, Balsamic Vinegar & Oils	£6.00
— GFA & VGA	
Cheese Straws	£6.50
<i>Served with Sour Cream & Chive Dip</i>	

SOMETHING TO START WITH

Camembert to Share	£10.00
<i>Whole Baked Camembert in a Box, Infused with, Garlic & Thyme with Warm Sourdough Baguette & Fig Jam</i>	
— GFA	
Duo of Salmon	£9.00
<i>Beetroot & Juniper Cured Salmon Gravalax, & Poached Salmon Mousse, Sourdough Bread, Pickled Cucumber, Pickled Beetroot & Micro Herb Salad</i>	
— GFA	
Soup of the Day	£6.50
<i>Served with Sourdough Baguette & Butter</i>	
— V & GFA	
Terrine of the Day	£8.00
<i>With Butter, Sourdough Toasts, Fig Jam & Micro Cress</i>	

MAINS

Royal Oak Cheese Burger	£15.50
<i>Cheddar Cheese, Lettuce & Tomato in a Toasted Bun. Served with Skin on Fries & Coleslaw</i>	
— Add Bacon For £1 extra	
GFA	
Quinoa Burger	£14.50
<i>served on a toasted bun with lettuce, burger relish, mixed leaf salad and rustic fries - Vegan</i>	
Bangers and Mash	£15.00
<i>Butchers sausages, buttered seasoned mash, garden peas & red onion gravy</i>	
Macaroni Cheese Burger	£15.00
<i>Lettuce & Tomato in a Toasted Bun. Served with Skin on Fries & Coleslaw</i>	
— V	
Fish and Chips	£16.00
<i>Golden Battered Fresh fish, Chunky Chips, Garden Peas & Tartare Sauce</i>	
— GFA	

Pan Fried Seabass Fillet	£16.00
<i>served with herb crushed rolled new potatoes, tenderstem broccoli & a caper beurre noistte</i>	
— GF	

Wild Mushroom Risotto	£15.00
<i>Topped with Parmesan, Tuffle oil & a Crispy Hens Egg</i>	
— GF	

Warmed Butternut Squash & Pearl Barley Salad	£15.00
<i>Roasted Butternut Squash, Combined With Pearl Barley, Tenderstem Broccoli, Sun Blushed Tomato's, Red Onion, Capers, Olives & Toasted Mixed Seeds with a Balsamic, Mustard & Garlic Dressing.</i>	
— VG	

SUNDAY ROAST

Roast Beef	£18.00
<i>Roast Potatoes, Roast Vegetables, Yorkshire Pudding and Lashings of Meat Gravy - (GF option available)</i>	
— GFA	

Roast Leg of Lamb	£17.00
<i>Roast Potatoes, Roast Vegetables, Yorkshire Pudding, and Lashings of Meat Gravy - (GF option available)</i>	
— GFA	

Roast Chicken	£16.00
<i>Roast Potatoes, Roast Vegetables, Yorkshire Pudding, Pork Stuffing wrapped in Bacon, and Lashings of Meat Gravy - (GF option available)</i>	
— GFA	

3 Meats Roast	£19.50
<i>Beef, Lamb and Chicken, Roast Potatoes, Roast Vegetables, Yorkshire Pudding, Pork Stuffing wrapped in Bacon, and Lashings of Meat Gravy - (GF option available)</i>	

Wild Mushroom & Cashew Nut Wellington	£15.00
<i>served with roast potatoes, seasonal veg & lashings of vegan gravy</i>	



ROYAL OAK
POYNINGS

Please always inform your server of any allergies before placing your order, as not all ingredients can be listed. Detailed allergen information is available upon request and online. We cannot guarantee the total absence of allergens in our dishes. V vegetarian VG vegan N nuts GFA gluten free available

SOMETHING FOR THE LITTLE ONES

Mac and Cheese Burger and Chips	£9.00
<i>with lettuce and tomato in a toasted bun. Served with fries</i>	
Cheese Burger	£9.00
<i>with lettuce and tomato in a toasted bun. Served with fries</i>	
Warmed Butternut Squash & Pearl Barley Salad	£9.00
<i>Roasted Butternut Squash, Combined With Pearl Barley, Tenderstem Broccoli, Sun Blushed Tomato's, Red Onion, Capers, Olives & Toasted Mixed Seeds with a Balsamic, Mustard & Garlic Dressing. - VG</i>	
Bangers and Mash	£9.00
<i>Butchers Sausages with Buttered Mash & Peas</i>	
Fish Fingers and Chips	£9.00
<i>Battered Fresh fish, Chips, Garden Peas</i>	
Risotto	£9.00
<i>Wild mushroom risotto topped with parmesan & crispy hens egg - GF</i>	
<i>- V & GF</i>	
Kids Roasts	£10.00
<i>Choose any of the meats in a small size roast</i>	

SIDES

Cauliflower Cheese	£4.00
<i>- GF</i>	
Extra Yorkshire Pudding	£1.00

SOMETHING SWEET TO END WITH

Chocolate Brownie	£7.50
<i>with a Gooley Centre, Served with Fresh Fruits & Vanilla Ice Cream</i>	
Sticky Toffee Pudding	£7.50
<i>with Butterscotch Sauce & Vanilla Ice Cream</i>	
Crumble Of The Day	£7.00
<i>served with custard</i>	
Cheese Board	£10.00
<i>Three cheese's, Fig Jam, Grapes, Celery, Apple, Crackers & Butter</i>	
<i>- GFA</i>	
All our coffees are made using White Cloud Coffee co.	
<i>Who source the best coffee from around the world, to bring back to the UK</i>	
Latte	£3.75
<i>Caffe latte is a coffee drink made with espresso and steamed milk.</i>	
Cappuccino	£3.75
<i>ACappuccino is an espresso-based coffee drink that originated in Italy, and is traditionally prepared with steamed milk foam.</i>	
Flat White	£3.75
<i>A flat white is a coffee drink consisting of espresso with microfoam</i>	
Americano	£3.00
<i>Caffè Americano is a type of coffee drink prepared by diluting an espresso with hot water</i>	
Espresso	£2.50
<i>Espresso is a coffee-brewing method of Italian origin, in which a small amount of nearly boiling water</i>	
<i>- Double for £3.35</i>	
Hot Chocolate	£3.75
<i>served with cream and Marshmellow</i>	

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