# LIGHTBITES

# BAGUETTES, WRAPS & MELTS

Served with one of the following toppings

Sweet Chilli Chicken

Prawn Marie Rose

Bacon & Brie

Cheese or Ham Salac

Tuna & Red Onio

Fish Fingers & Tartare Sauce

Chilli Con Carne



#### JACKET POTATOES 7.50

Includes one of the following

Sweet Chilli Chicken

Prawn Marie Rose

Bacon & Brie

Cheese

Curry

Deulis

Cillin Con Carrie

Tuna Mayo and Red Onion

**Extra toppings** may be added at £2.00 per topping

## SALADS

Chicken Caesar Salad

13.90

Fresh salad leaves, croutons, chicken strips, tossed together and drizzled with a Caesar dressing, topped with anchovies an

The Town Mills Salad - Ham or Chees

13.90

Mixed leaves, tomato, cucumber, red onion, beetroot with a side

#### Gluten Free - Some dishes can be made available as Gluten-free:

ask for more details and please mention this dietary requirement when ordering.

# I M P O R T A N T INFORMATION

#### IF YOU HAVE ANY ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten-free menu, are gluten-free. All weights are approximate before cooking. Full allergen information is available upon request. Fish dishes may contain small bones.

We aim to support local farmers and growers from the Assured Food Standards Association. 0617 / 1.



# THE TOWN MILLS

MENU



MEAT-FISH-VEGETARIAN-VEGAN LIGHT BITES-DESSERTS-TEA-COFFEE SUNDAY CARVERY

# MAINS



5.65

# MENU

| QUICK LOO          | K |
|--------------------|---|
| • APPETISERS       | 2 |
| · MAINS            | 2 |
| • STEAKS           | 3 |
| • BURGERS          | 3 |
| • SPICY            | 3 |
| • SHARING PLATTERS | 3 |
| • VEGGIE/VEGAN     | 3 |
| • DESSERTS         | 3 |
| • LIGHT BITES      | 4 |
| • JACKET POTATOES  | 4 |
| • SALADS           | 4 |

#### APPETIZERS

|  | 3.03               |
|--|--------------------|
| Atlantic Prawn Cocktail  | 6.50               |
| Homemade Soup of the Day: please ask for details                             | 5.75               |
| Halloumi Fries   | 6.25               |
| Whitebait  | 6.25               |
|  |                    |
| MAINS  |                    |
| Meatballs  | 13.50              |
| Homemade meatballs in a rich tomato and garlic sauce, on a bed of spaghetti  |                    |
| Beef Stroganoff  | 13.75              |
| Home cooked beef stroganoff, cooked with fresh onions and mushrooms          |                    |
|  |                    |
| Hunger Buster Breakfast  | 12.50              |
| Bacon, sausage, fried egg, black pudding, hash brown, baked beans, mushroo   | om, tomato & toast |
| Town Mills Cod & Chips   | 14.75              |
| Served in our own 6X crispy beer batter, chips and garden or mushy peas      |                    |
| Home Gammon Ham  | 13.25              |
|  |                    |
| Butchers Cumberland Sausages & Mash  | 13.50              |
| Trio of British Cumberland sausages served on mashed potato with garden pec  |                    |
| Omelette   | 12.00              |
| Three-egg Omelette served with your choice of two toppings, and chips: Onion |                    |
| Tomato, Cheese, Ham, Mushroom, Chicken (extra toppings £1.00 each)           |                    |
| Scampi, Chips and Peas (choose Garden or Mushy peas)                         | 13.00              |
| Ham Tagliatelli Carbonara  | 13.75              |
|  |                    |
| Steak & Ale Suet Pudding   | 14.20              |
|  |                    |
| Salmon & Prawn Fishcakes   | 13.75              |
|  |                    |
| Hunters Chicken  | 14.00              |
| Served with chips and peas   |                    |

# STEAKS, BURGERS, SPICY & DESSERTS

### GO STEAK-SIDE

All Steaks cooked to your liking

| 8oz Rump Steak   | 16.00 |
|------------------|-------|
| Sirloin          | 18.00 |
| Extras:          |       |
| Peppercorn Sauce | 2.50  |
|                  | 4.00  |
|                  |       |

# DUDCED CHACK

| DUKGEK SHACK  |       |
|---|-------|
| 6oz Angus Beef – our own seasoned burger                    | 12.50 |
| Breaded Chicken Burger                                      | 11.75 |
|   |       |
|   |       |
| Extras: Cheese, bacon, mushroom, fried onions, or fried egg |       |

12.00

# TOUCH OF SPICE

| Mexican Chicken Fajita Chicken, onions and peppers sauteed with herbs and spices, finished with a dash of white wine and served a cast iron plate and sent sizzling to your table | 14.2 |
|---|------|
| House Curry: please ask for this week's options   | 13.5 |
| Chilli con carne & Rice   | 13.7 |
| Katsu Chicken Curry<br>Served with chips or wild basmati rice   | 13.7 |

# DARE TO SHARE

| For 2 People: Nachos: Cheese, Salsa, Guacamole, | 14.70 |
|---|-------|
| Sour Cream & Jalapenos                          |       |
| Chilli topping                                  | 2.50  |

# DESSERTS

| Churros  | 6.75 |
|--|------|
| Jam Sponge   | 6.75 |
| Chocolate Fudge Cake                                 | 6.75 |
| Apple & Blackberry Crumble                           | 6.75 |
| Cheesecake – Please ask for the flavour of the week  | 6.75 |
| Spotted Dick   | 6.75 |
| Ice Cream: Choice of Vanilla Chocolate or Strawberry | 4.50 |



# SIDES

| Fries  | 3.50 |
|--|------|
| Chunky Chips   | 3.50 |
| Curly Fries  | 4.50 |
| Sweet Potato Fries   | 4.50 |
| Why not add a topping to your fries?<br>Cheese, Gravy or Curry Sauce | 1.50 |
| Garlic Ciabatta  | 4.25 |
| Cheesy Garlic Ciabatta   | 5.25 |
| Beer Battered Onion Rings  | 4.00 |
| Side Salad   | 4.50 |
|  |      |

# VEGGIE & VEGAN

| Mac 'n' Cheese       | 12.50 |
|----------------------|-------|
| Vegetable Curry      | 12.50 |
| Veggie Burger        | 11.75 |
| Veggie Fajitas       | 13.50 |
| Mushroom Stroganoff  | 13.75 |
| Vegetarian Breakfast | 11.50 |
| Vegetarian Chilli    | 13.00 |
|                      |       |

#### ALLERGENS & DIETARY NEEDS

PLEASE LET US KNOW BEFORE ORDERING if you have any allergies or special dietary requirements

See back page for full details.