

Lunch Menu

Mains:

FOUNTAIN BURGER £17.00

Homemade 7oz beef burger with bacon, BBQ sauce & Mozzarella, with chips, salad & slaw.

Gluten or dairy free bun available.

BUTTY BATTERED COD £17.00

Butty Bach ale battered cod fillet with chips, homemade tartare sauce & choice of garden peas or mushy peas.

FORESTER'S CHICKEN £18.00

Pan fried chicken breast in a creamy brandy, mushrooms & sage sauce with new potatoes & vegetables.

Can be made gluten free upon request.

HAM, EGG & CHIPS £15.50

Locally sourced ham with chips, 2 free range eggs & salad.

MOVING MOUNTAINS BURGER VN&D £15.50

Moving Mountains plant based chicken burger with tomato & lettuce, served with chips, salad & Chef's tomato relish. *Add Mozzarella for 50p*

Vegan & dairy free bun available.

SWEET POTATO SAAG VN,G&D £15.00

Chef's sweet potato, garlic & spinach Saag curry served with rice.

Add a small portion of chips for £2.00 or grilled chicken for £3.00

GARLIC MUSHROOM FETTUCCINE V £14.00

Fettuccini pasta with pan fried mushrooms, spinach & red onion in a creamy garlic sauce with garlic bread.

Add grilled chicken for £3.00

GREEK SALAD V&G £15.00

Large house salad with crumbled feta & pitted green olives, tossed in chef's oregano olive oil & drizzled with balsamic.

Add a small portion of chips or crispy bacon for £2.00

Baguettes:

Choose from a brown or white baguette, with salad & chips. Gluten free option available.

BACON, BRIE & CRANBERRY £13.00

THICK CUT HAM & ENGLISH MUSTARD D £13.00

BRIE & CRANBERRY V £12.00

ROAST CHICKEN, LETTUCE & MAYO D £13.00

SMOKED SALMON, CUCUMBER & CREAM CHEESE £14.00

Light Lunches:

WHITEBAIT D £8.00

Breaded whitebait with rocket & lime aioli.

ANTIPASTI VN,G&D £7.50

Green pitted olives, sun dried tomatoes & toasted baguette shards with olive oil & balsamic for dipping.

Can be made gluten free upon request.

BAKED BRIE V&G £7.50

Baked pot of brie with toasted baguette shards, rocket & cranberry.

Can be made gluten free upon request.

CHICKEN GOUJONS D £8.00

Butty Bach ale battered chicken goujons with salad & chef's tomato relish.

Sides Orders:

Chunky Chips £4.00 Cheesy Chips

£5.00 Blue Cheese Chips £6.00

Hand Battered Onion Rings £4.50

Gluten Free Onion Rings £4.50

Garlic Bread £4.50

Cheesy Garlic Bread £5.00

Side Salad with House Dressing £4.00

1/2 Baguette & Butter £1.00

Homemade Slaw £2.00

Seasonal Vegetables £4.50

D - Dairy free G - Gluten free V - Vegetarian VN - Vegan

The Fountain Inn, Parkend