



SMALLS

Young's Special Welsh Rarebit on toast 175kcal	8
Grilled Sardines, Tomato Salsa 280kcal	7
Chestnut Mushroom, Jalapeno Poppers (v) 229kcal	5

PUB BANGERS

Fish & Chips, Battered Haddock, Triple Cooked Chips, Tartare Sauce & Mushy Peas 1090kcal	17
Red Lion Beef Burger, Sesame Bun, Cheese, Pickles, Burger Sauce, Crispy Onions & Fries 1281kcal	16
Red Lion Plant Burger, Sesame Bun, Cheese, Pickles, Burger Sauce, Crispy Onions & Fries (vg) 1076kcal	16
Pan-fried Salmon, New Potatoes, Charred Fennel, Green Beans & Chive Butter 557kcal	18.5
Hertfordshire Chicken Caesar Salad, Cos Lettuce, Anchovies, Brioche Croutons & Soft St Ewes Egg 917kcal	16

SUNDAY ROASTS

All served with roast potatoes, root puree, braised red cabbage, Maple roasted Carrots & parsnips, double yolk Yorkshire pudding & gravy

Dingley Dell Pork Belly served with crackling and apple sauce 1146Kcal	19
Roast Half Chicken served with pig in blanket 811Kcal	18
West Country Rump of Beef served with horseradish 1772Kcal	21
Vegan Wellington <i>*not served with a Yorkshire Pudding</i> (vg) 1134kcal	16.5

SUNDAY SIDES

Cauliflower Cheese 141kcal	4
Fennel, Peanut & Kohlrabi Slaw (vg) 416Kcal	5
Charred Creamed Leeks, Parmesan kcal	8.5
Charred Fennel & New Potatoes kcal	9.5
Pigs in Blankets 259kcal	3

PUDDINGS

Black Cherry Creme Brulee 516kcal	6
Chocolate Brownie & Vanilla Ice Cream (vg Gf) 542kcal	6
Summer Pudding 689kcal	5
Baked Deconstructed Crumble, Vanilla Ice Cream kcal	9
Scoops [Jude's Ice Cream] Strawberry & Cream (133kcal) Chocolate (107kcal) Vanilla (107kcal) Salted Caramel (103kcal) Lemon sorbet (35kcal) Blood Orange sorbet (33kcal)	
1 scoop for £2.5 2 for £4 3 for £6	