



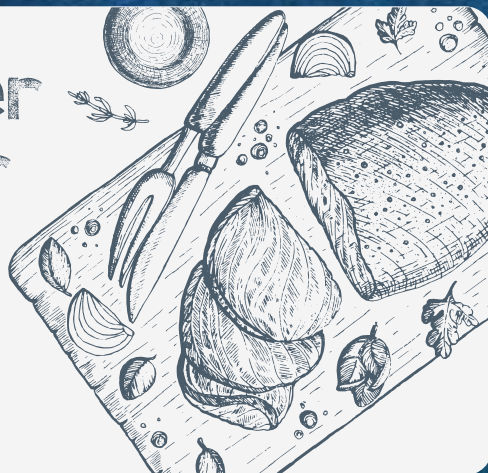
# NEPTUNE

## PUB & CARVERY

14<sup>TH</sup> CENTURY INN



Please order  
and pay for  
your food  
and drinks  
at the bar.





## NIBBLES WHILE YOU WAIT

**Bread with oil and balsamic to dip.** 612 kcal V VE **£4.95**

**Selection of olives.** 191 kcal V VE **£3.75**

**Bread with oil, balsamic dip and olives.** 804 kcal V VE **£7.95**



## SOMETHING TO START WITH

**Soup of the day** **£5.25**  
Served with ciabatta.  
Ask for our gluten free option. GF

**Stuffed Jalapenos** **£5.25**  
Tortilla breaded jalapenos filled with a delicious cream cheese. 227 kcal V

**Whitebait** **£6.95**  
Sustainably caught MSC Whitebait coated in breadcrumbs served with tartare sauce. 343 kcal GF

**Baked Camembert** **£12.95**  
Whole baked Camembert baked to perfection with freshly baked bread & a zingy tomato chutney. Perfect for 2 to share. 1160 kcal V  
Ask for our gluten free option. GF

**Nachos** **£12.95**  
Tortilla corn chips smothered in nacho cheese sauce & gooey cheese topped with jalapenos, salsa, sour cream & guacamole. 790 kcal  
Add BBQ pulled pork. 184 kcal or chargrilled chicken breast. 82 kcal **£3.00**

**Onion ring tower** **£12.95**  
A tower of crispy battered onion rings served with mayo, sweet chilli & bbq dips. Perfect for sharing. 790 kcal

## CARVERY

Choose from our days selection of mouth watering fresh meats, roasted potatoes, freshly cooked vegetables and enjoy our homemade Yorkshire pudding and stuffing. FROM 783 kcal



**Sunday** **£15.95**  
Go Large for an extra **£3.00**

For our vegetarian & vegan guests, try our plant based chesnut & seed roast served with vegan gravy. V VE

Add a pig in blanket. **£1.50 each**

## Room for a pudding?

Our selection of traditional puddings that we all enjoy after our favourite roast...

**Crumble of the Day** **£6.95**  
Flapjack topping crumble of the day served with custard.  
Please ask for kcal details.

**Cake of the Day** **£5.25**  
served with your choice of custard or vanilla ice-cream.  
Please ask for kcal details.

**Sponge Pudding of the Day** **£6.95**  
served with your choice of custard or vanilla ice-cream.  
Please ask for kcal details.

**Carte D'or Ice-Cream**  
One Scoop Tub **£3.00**  
Two Scoop Tub **£4.50**  
Three Scoop Tub **£5.50**

## SPECIALS

Please ask your server for todays specials.



Scan here for allergen info

## WE LOVE TO BE SOCIAL - WHY NOT FOLLOW US @THE NEPTUNECARVERY

ADULTS NEED AROUND 2000 KCAL PER DAY

\*Approximate weight before cooking V Suitable for vegetarians VE Suitable for Vegans GF Gluten free  
For further information please ask a team member. All prices include VAT.

Some of our dishes can be adapted to suit your dietary requirements. Please speak to a member of our team. Please notify our team of any allergies when ordering. We take great care to prevent cross-contamination when preparing food, however please be aware that all our dishes are prepared in kitchens where all known allergens are present, therefore we cannot guarantee that any food item is completely free from allergens.

All items on this menu are subject to availability.  
All prices include VAT at the current rate.