

DESSERTS

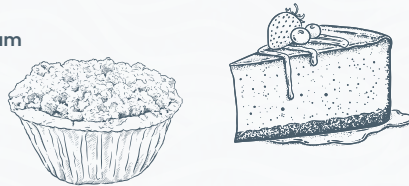
Our selection of traditional puddings that we all enjoy after our favourite roast . . .

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

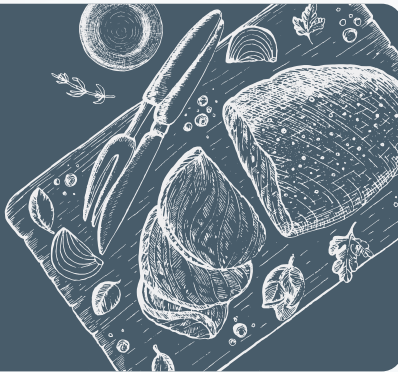
Cake of the Day £5.25
served with your choice of custard or vanilla ice-cream.
Please ask for kcal details.

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



**BOOK NOW
FOR YOUR
SUNDAY
CARVERY**



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



Scan here
for allergen info



NEPTUNE PUB & CARVERY

14TH CENTURY INN

EAT



DRINK



ENJOY

NIBBLES

Bread with oil and balsamic to dip 630 kcal **V** **VE** **£4.95**

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

Bread with oil, balsamic dip and olives 821 kcal **V** **VE** **£7.95**

Garlic Bread **£3.95**
slices of toasted bread with buttery garlic topping 245 kcal **V**

Cheesy Garlic Bread **£4.95**
slices of toasted bread with buttery garlic topping and grated cheese 410 kcal **V**

STARTERS

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 and a zingy tomato chutney. Perfect for 2 to share. 1160 kcal **V** **GF**
Ask for our gluten free option. **GF**

Nachos **£7.95**
Tortilla corn chips smothered in nacho cheese sauce and gooey cheese topped with jalapenos, salsa, sour cream and guacamole. 790 kcal **V**
Add bbq pulled pork 184kcal or chargrilled chicken breast. 82kcal **£3.00**

Onion ring tower **£9.99**
A tower of crispy battered onion rings served with mayo, sweet chilli and bbq dips.
Perfect for sharing. 1087 kcal **V**

SIDES

Sweet potato fries 451 kcal **VE** **£4.95**

Chips 415 kcal **VE** **£3.95**

Homemade slaw 148 kcal **V** **£3.95**

Seasonal vegetables 63 kcal **VE** **£3.95**

Onion rings 288 kcal **VE** **£4.95**

Dirty house fries **£7.99**
Chips topped with homemade bbq pulled pork, gooey cheese and onion. 853 kcal



FAVOURITES

Simply Plant Vegetable Tagine Tart **£14.95**
A vegan & gluten free short crust pastry tart filled with a grilled vegetable sauce, & topped with a mix of roasted butternut squash, pumpkin seeds & quinoa served with rockette and tomato salad. Perfect for those that prefer something lighter. 562 kcal **VE** **GF**

Lasagne Bolognese **£13.95**
A comforting rich British beef, tomato sauce & white pasta layers covered with cheese sauce & topped with cheese. Served with 2 slices of garlic bread or rocket & tomato salad 712 kcal

Vegetable Lasagne **£13.95**
Delicious layers of white pasta filled with a rich tomato & roasted vegetable sauce covered with a cheese sauce & topped with cheese. Served with 2 slices of garlic bread or rocket & tomato salad 721 kcal **V**

FROM THE GRILL

100% British Steak Burger **£12.95**
21 day aged British steak burger in a toasted bun topped with lettuce, tomato & melting cheese. Served with chips and homemade slaw. 1241 kcal
Ask for our gluten free option. **GF**

Chargrilled Chicken Burger **£12.95**
2 Chargrilled chicken breasts served in a toasted bun, topped with lettuce & tomato. Served with chips & homemade slaw. 916 kcal
Ask for our gluten free option. **GF**

Planet Burger **£12.95**
Plant based burger served in a toasted bun topped with lettuce and tomato. Served with chips and onion rings. 1040 kcal **VE**

Stack your burger!
Extra Steak Burger **£4.00**
BBQ Pulled Pork or a Chargrilled Chicken Breast **£3.00**
Extra Cheese **£2.00**
Bacon **£2.00**
Jalapenos **£0.70**
BBQ Sauce **£0.70**

8oz Sirloin Steak, British & Red Tractor **£20.95**
28 day matured Sirloin steak served with chips & peas. 681 kcal **GF**
Add peppercorn sauce 36 kcal **£2.95**

BBQ Half or Whole Roasted Chicken **£14.95 / £20.95**
Slow Roasted Half or whole Chicken smothered in our BBQ Sauce served with chips and homemade slaw. 1810 kcal / 2965 kcal

Mixed Grill **£24.95**
4oz Sirloin Steak, 5oz Gammon steak, Cumberland sausage ring and a chargrilled chicken breast served with chips, onions rings and peas. 1203 kcal

10oz Gammon steak **£17.95**
Topped with 2 fried eggs served with chips and peas. 999 kcal

Upgrade to sweet potato fries on any of the above. +36 kcal **VE** **£2.00**



DAILY ROAST

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

Monday - Saturday Roast (only available until 4pm on Wednesdays)
Sunday Carvery **£12.95**
Go Large for an **extra £3.00** **£15.95**

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

Add a pig in blanket. **£1.50 each**



PUB CLASSICS

Fish & Chips **£14.95**
Our signature hand battered skinless chunky white fish fillet served with chips, mushy peas and tartare sauce. 774 kcal **GF**

Ham, Egg & Chips **£12.50**
Hand carved cold Gammon Ham topped with 2 fried eggs, served with chips. 922 kcal

Steak & Ale pie **£14.95**
Served with mash, seasonal veg and gravy. 1148 kcal
Swap Mash for Chips. +81kcal

Phat Sweet Potato, Spinach and Goats cheese pie **£14.95**
Served with mash, seasonal veg and gravy. 1172 kcal **V** **GF**
Swap Mash for Chips. +81kcal

British & Red Tractor Cumberland Sausage Rings **£14.95**
served on a bed of buttery mash with seasonal veg and gravy. 1169 kcal

Plant based Cumberland sausages **£14.95**
served with chips, seasonal veg and vegan gravy. 879 kcal **VE**

Scampi & Chips **£13.95**
Breaded scampi served with chips, peas and tartare sauce. 850 kcal

All day brunch **£12.95**
2 Bacon, Whole Cumberland Sausage Ring, 2 Fried Eggs, Beans, Tomatoes and Chips. 1148 kcal

Upgrade to sweet potato fries on any of the above. 36 kcal **VE** **£2.00**

CURRY NIGHT

EVERY WEDNESDAY FROM 5PM

(Daily Roast not served on this evening)

One of the days selections of curry served with Long Grain Rice, Naan, Poppadum and Mango Chutney. Includes one of the following - Pint of Fosters or John Smiths or Inches, 125ml glass of wine or a refillable soft drink.

£18.99

ADULTS NEED AROUND 2000 KCAL PER DAY