

THE
OLD SCHOOL
INN
Epworth

In association with



To share (all with no bread)

Mediterranean board, selection of Parma ham and salamis, sundried tomatoes, Olives & Mediterranean marinated vegetables £10.50

Traditional Ploughman's, selection of traditional meats, goats cheese, salad of shredded carrot, raisins & lemon juice & homemade pickles * £10.50

Seafood

Mussels Marinere

As a starter £7.95 or as a main £14.95
add rocket & watercress salad £2.50

Starters

Soup of the day (no bread) £3.00 ✓

Smoked Duck & Orange salad, baby leaves, honey and wholegrain mustard dressing ** £6.00

Dill marinated **Smoked Salmon**, lime & rhubarb salad £6.00

Roasted **Butternut Squash**, dressed with fresh raspberries, toasted pine nuts & rocket salad (V) £5.95 ✓

Pub classics

Old School Burger, homemade 100% beef burger (no bread), dressed with grilled goats cheese, sun dried tomato, caramelized onions, parsnip chips and rocket & watercress salad £13.50

Gammon steak, poached egg, & parsnip chips, watercress salad £12.50

Mains

Pan fried **rump of lamb**, tomato salsa * & mint sauce roasted butternut squash & rocket & lemon salad £15.95

Pan fried **Sea bass** fillet, Pan fried Gambas, Mediterranean marinated vegetables, Salsa Verde £16.50

Cajun Chicken Salad, balsamic dressing and paprika lemon £ 12.00

Roasted **Fillet of Cod**, ratatouille, rocket salad £14.50

Roasted peppers & crumbled goats cheese, rocket & watercress salad, roasted pine nuts & herb dressing £12.50 ✓

From the Grill

10oz Rump/20oz **Rump** 10oz **Sirloin** 10oz **Ribeye**

£15.50/£26.50

£17.50

£19.50

Chicken breast

Salmon fillet

£14.50

£14.95

Roasted butternut squash, roasted tomato, flat cap mushroom, watercress salad and either

Garlic butter or Salsa Verde.

Puddings

Selection of Home-made sugar free ice cream or frozen yogurts

(please ask for today's' flavours) £3.25

Chocolate Tart *** served with Greek Yogurt and fresh raspberries £5.25

*Small portion containing approx. 25% sugar/75% fruit

** Separately made dressing from our main menu alternative, made with just honey and no added sugar

*** Specific no sugar recipe using dates and avocado, please ask for details.

✓ Vegetarian dish; please ask staff to discuss options with the kitchen if alternative vegetarian dishes are required.

All our food is, wherever possible locally sourced and freshly prepared on a daily basis.

As we keep up with seasonal produce our menus are therefore subject to change and do so on a regular basis.

Our kitchen does store products that do contain both nuts and dairy; if you are unsure on any items please feel free to ask a member of staff.