Sunday
MENU
THE BAY

# Sunday Roasts

AVAILABLE FROM 12 MIDDAY ONCE IT'S GONE, IT'S GONE

All freshly prepared, roasted, & hand-carved by our team of chefs, served with homemade Yorkshire pudding, herb roasted potatoes, swede mash, roasted carrots, maple glazed parsnips & greens with proper homemade gravy)
**(gfi option available)**

**ROAST TOPSIDE OF BEEF WITH HORSERADISH SAUCE** 1617kcal **17.95**

**ROASTED PORK SHOULDER WITH APPLE SAUCE** 1504kcal **17.95**

**LAYERED VEGETABLE GRATIN v (vg option available)** 1426kcal **16.95**

**KID'S ROASTS ALSO AVAILABLE 8.95**

# The Bay Classics

**TOMATO & BASIL SOUP v 7.50**
**(vg & gfi option available)**
Velvety smooth tomato & basil soup served with herb croutons, crusty roll & butter 437kcal

**OVEN BAKED BEEF LASAGNE 12.50**
Served with garlic bread & mixed side salad 598kcal

**MEDITERRANEAN VEGETABLE LASAGNE v 11.95**
Served with garlic bread & mixed side salad 490kcal

**BEER BATTERED FISH & CHIPS 13.50**
Hand battered and served with chunky chips, garden peas, homemade tartare sauce and a wedge of lemon 1,238kcal

**CHICKEN GOUJONS 12.50**
Four breaded chicken goujons served with thick cut chips & a mixed side salad 852kcal

**THE BAY'S FULL ENGLISH 10.50**
Butcher's sausage, two back bacon rashers, fried egg, slice of toast, roast tomato, mushroom, baked beans & potato puffs 1,003kcal

**THE VEGGIE BREAKFAST v 9.95**
Two Quorn sausages, fried eggs, slice of toast, roast tomato, mushroom, baked beans & potato puffs 754kcal

# Sides

**CHUNKY CHIPS vg, gfi** 782kcal **3.95**
**CHEESY CHIPS v, gfi** 968kcal **5.25**
**SIX ONION RINGS vg** 355kcal **4.50**

# Food Allergy Notice

Please ask your server or scan here to see full allergen information

Please be aware that we do use all 14 allergens in our kitchens, although we take every precaution to avoid cross contamination traces may be present. All weights are approximate before cooking. Fish may contain small bones.

**Adults need around 2000kcal a day**

# Filled Deli Rolls / Sandwiches

ALL SERVED WITH SALAD GARNISH

**CORONATION CHICKEN & CRISP GEM LETTUCE 9.75** 763kcal **/ 8.50** 653kcal

**PRAWN MARIE ROSE 9.75** 747kcal **/ 8.50** 641kcal

**GRATED CHEDDAR & GOOSEBERRY CHUTNEY v 8.75** 739kcal **/ 7.50** 682kcal

# Baked Jacket Potatoes

ALL SERVED WITH A SALAD GARNISH

**PLAIN WITH BUTTER v gfi** 462kcal **7.95**
**BAKED BEANS & CHEDDAR CHEESE v gfi** 788kcal **8.95**
**PRAWN MARIE ROSE gfi** 792kcal **9.50**
**CORONATION CHICKEN gfi** 814kcal **9.50**

# Salads

A delicious bowl of dressed salad leaves, tomatoes, cucumber, red onion & crunchy croutons **(gfi option available)**
Topped with your choice of:
**CHEDDAR CHEESE & CHUTNEY v** 590kcal **9.50**
**CORONATION CHICKEN** 524kcal **9.75**
**PRAWN MARIE ROSE** 505kcal **9.75**

# Kids' Kitchen

**ADD A CAWSTON PRESS, NINJU JUICE OR VIVA FLAVOURED MILK TO ANY KIDS' MEAL FOR 1.35**

**3 oz BEEF BURGER 7.50**
Griddled Butcher's burger served in an unseeded bun with French fries on the side 856kcal

**FISH FINGERS 7.50**
Two fish fingers served with chips, peas & wedge of lemon 584kcal

**BUTCHER'S SAUSAGES gfi 7.50**
**(vg option available)**
Served with chunky chips & a choice of beans or peas 904kcal

**BREADED CHICKEN GOUJONS 7.50**
Two breaded chicken goujons, chunky chips & a choice of beans or peas 624kcal

SAFE TO TRADE™

**v** Vegetarian | **vg** Suitable for vegans
**gfi** Gluten free ingredients

**Please note some dishes may be adapted for special dietary requests**