

The Prae Wood Arms

~ Tuesday 21st September 2021 ~

While you wait

Pomme Spritz Double Jus Calvados with Fever Tree Elderflower tonic, fresh rosemary and lemon	5.95
Rose & peach Spritz Haymans rose and peach cup with Fever Tree apricot and grape soda	5.95

Starters

Carrot and orange soup , coriander, crispy shallots	5.95
Sticky char sui, chilli, pork ribs	6.75
Carrot and red onion bhaji , coconut yoghurt, mango chutney (vg)	6.50
Grilled sardines on toast , spicy tomato ketchup, salsa	6.95
Smoked mackerel rillettes with cucumber and fennel salad and seeded brown melba toast	7.95
Chicken liver pâté , carrot and apricot chutney, toast	6.95

Nibbles

BBQ chicken wings 5.75	Red pepper hummus, warm pitta (vg) 4.95
King prawns with garlic and coriander 6.95	Crispy baby squid, sweet chilli sauce 5.95
Halloumi fries, tomato salsa 5.95	Warm chorizo sausage, roquito peppers 5.95

Mains

10oz ribeye , Dijon and tarragon butter, portobello mushrooms, tomato, chips	25.95
10oz rump , Dijon tarragon butter, portobello mushrooms, tomato, chips	23.95
Steak burger, grilled bacon, Cheddar , spiced tomato mayonnaise, coleslaw, fries	13.95
Malaysian chicken curry with coconut rice and steamed pak choi	14.95
Steak and ale pie , mash, buttered greens, red wine gravy	14.95
Deep fried cod in beer batter , chips, mushy peas, tartare sauce	14.95 / 10.95
Mushroom bourguignon pie , red wine gravy, sauteed greens (vg)	13.95
Buttercross farm pork, chilli and fennel sausages , buttered mash potatoes, onion gravy	13.95 / 10.95
Pumpkin tortellini , butternut squash puree, pickled shallots, toasted walnuts	13.95
King prawn and chorizo linguine with capers and rocket, tomato sauce	14.95
Smoked haddock and salmon fishcakes , tomato and spring onion salad	13.95 / 10.95
Crispy beef salad , sweet chilli sauce, roasted cashew nuts	13.95
Duck breast , rhubarb purée, hasselback potatoes, red wine jus	18.95
Pan roasted sea trout, crushed potatoes samphire, pink grapefruit and pickled fennel salad, gribiche sauce	17.95

Sides

Chunky chips 3.75	Peppercorn sauce 2.50	Mixed salad (vg) 3.95
Truffle and parmesan Fries 4.75	Garlic bread 3.95	
Sauteed tender stem with chilli 3.95	Garlic bread with cheese 4.50	

We are happy to provide allergen guidelines for all our menu items, for more detailed information or our gluten free menu please speak to a member of the team. We take additional measures when told about allergens but as our food is prepared and freshly cooked to order in our kitchen, we cannot guarantee all traces of allergens and gluten are completely removed. Please ask for our gluten free menu.

Light Bites

Open prawn , Marie Rose on seeded bloomer	8.95
Rump steak sandwich , Dijon tarragon mayonnaise, onions and fries	11.95
Steamed vegetable parcels in wild mushroom, soy and miso broth vg	8.95
Broccoli and Stilton quiche , crème fraîche new potatoes, baby gem, grapes, caramelised pecans	9.95
Crayfish and avocado salad with new potatoes, orange and a saffron, buttermilk and chive dressing	11.25

Puddings

Triple chocolate brownie , chocolate sauce, vanilla ice cream	6.95
Toasted waffle with warm summer berry compote and raspberry ripple ice cream	6.95
Coconut panna cotta , pineapple salsa, granola, passion fruit sorbet	6.75
Bread and butter pudding with clotted cream and apricot sauce	6.95
Sticky toffee pudding , toffee sauce, vanilla ice cream	6.95
A selection of British farmhouse cheese , biscuits, chutney, celery	6.95

Ice Creams and Sorbets

Cheshire Farm ice cream choose from; strawberry, chocolate, vanilla, raspberry sorbet, lemon sorbet or Bramley apple sorbet

One scoop of ice cream or sorbet 1.95

Two scoops of ice cream or sorbet 3.90

Three scoops of ice cream or sorbet 5.85

Coffees and Hot Drinks

Espresso 1.50

Double espresso 2.95

Americano 2.95

Cappuccino 2.95

Flat white 2.95

Latte 2.95

Cafetiere of coffee 2.95

Selection of tea 2.70

Childrens Mains

Fish fingers, chips, peas 6.95

Chicken goujons, chips, peas 6.95

Beef burger, cheese, chips 6.95

5oz rump steak, chips, peas 8.95

Tomato and basil pasta, cheese 5.95

Childrens Puddings

Chocolate brownie, vanilla ice cream 3.95

Sticky toffee pudding, vanilla ice cream 3.95

Toasted waffle with warm winter berry compote and raspberry ripple ice cream 3.95

The Prae Wood Arms

With Allergen Information

~ Tuesday 21st September 2021 ~

If you are reading our allergen menu you will probably have an allergy or sensitivity to a particular ingredient.

Can you please make this clear when ordering food so that we can ensure that the chefs are aware.

Where certain allergens are highlighted the allergen may relate to just one component of the dish, such as bread served with soup for instance, which may easily be substituted or removed. For more information please ask one of our crew.

While you wait

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Pomme Spritz Double Jus Calvados with Fever Tree Elderflower tonic, fresh rosemary and lemon £5.95

Rose & peach Spritz Haymans rose and peach cup with Fever Tree apricot and grape soda £5.95

Starters

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Carrot and orange soup, coriander, crispy shallots £5.95

Contains: Gluten, Milk, Celery

Sticky char sui, chilli, pork ribs £6.75

Contains: Sesame

Carrot and red onion bhaji, coconut yoghurt, mango chutney (vg) £6.50

Contains: Mustard

Grilled sardines on toast, spicy tomato ketchup, salsa £6.95

Contains: Gluten, Fish

Smoked mackerel rillettes with cucumber and fennel salad and seeded brown melba toast £7.95

Contains: Gluten, Fish, Milk, Mustard, Sulphur Dioxide

Chicken liver pâté, carrot and apricot chutney, toast £6.95

Contains: Gluten, Egg, Milk, Sulphur Dioxide

Nibbles

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BBQ chicken wings £5.75

Contains: Celery, Mustard

King prawns with garlic and coriander £6.95

Contains: Crustaceans, Milk

Halloumi fries, tomato salsa £5.95

Contains: Egg, Milk

Red pepper hummus, warm pitta (vg) £4.95

Contains: Gluten, Sesame

Crispy baby squid, sweet chilli sauce £5.95

Contains: Gluten, Molluscs

Warm chorizo sausage, roquito peppers £5.95

Contains: Soya, Milk

Mains

.....
10oz ribeye, Dijon and tarragon butter, portobello mushrooms, tomato, chips £25.95

Contains: Milk, Mustard, Sulphur Dioxide

10oz rump, Dijon tarragon butter, portobello mushrooms, tomato, chips £23.95

Contains: Milk, Mustard, Sulphur Dioxide

Steak burger, grilled bacon, Cheddar, spiced tomato mayonnaise, coleslaw, fries £13.95

Contains: Gluten, Egg, Soya, Milk, Mustard, Sulphur Dioxide

Malaysian chicken curry with coconut rice and steamed pak choi £14.95

Contains: Sulphur Dioxide

Steak and ale pie, mash, buttered greens, red wine gravy £14.95

Contains: Milk, Sulphur Dioxide

Deep fried cod in beer batter, chips, mushy peas, tartare sauce £14.95

Contains: Egg, Fish, Sulphur Dioxide

Mushroom bourguignon pie, red wine gravy, sauteed greens (vg) £13.95

Contains: Celery, Sulphur Dioxide

Buttercross farm pork, chilli and fennel sausages, buttered mash potatoes, onion gravy £13.95

Contains: Milk, Celery, Sulphur Dioxide

Pumpkin tortellini, butternut squash puree, pickled shallots, toasted walnuts £13.95

Contains: Gluten, Nuts, Celery, Sulphur Dioxide

King prawn and chorizo linguine with capers and rocket, tomato sauce £14.95

Contains: Gluten, Crustaceans, Soya, Milk, Sulphur Dioxide

Smoked haddock and salmon fishcakes, tomato and spring onion salad £13.95

Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide

Crispy beef salad, sweet chilli sauce, roasted cashew nuts £13.95

Contains: Nuts, Soya, Celery

Duck breast, rhubarb purée, hasselback potatoes, red wine jus £18.95

Contains: Soya, Milk, Sulphur Dioxide

Pan roasted sea trout, crushed potatoes samphire, pink grapefruit and pickled fennel salad, gribiche sauce £17.95

Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide

Sides

Chunky chips £3.75

Truffle and parmesan Fries £4.75

Contains: Milk

Sauteed tender stem with chilli £3.95

Contains: Milk

Peppercorn sauce £2.50

Contains: Milk, Celery, Mustard, Sulphur Dioxide

Garlic bread £3.95

Contains: Gluten, Milk

Garlic bread with cheese £4.50

Contains: Gluten, Milk

Mixed salad (vg) £3.95

Light Bites

Open prawn, Marie Rose on seeded bloomer £8.95

Contains: Gluten, Crustaceans, Egg, Milk, Mustard

Rump steak sandwich, Dijon tarragon mayonnaise, onions and fries £11.95

Contains: Gluten, Egg, Mustard, Sulphur Dioxide

Steamed vegetable parcels in wild mushroom, soy and miso broth vg £8.95

Contains: Gluten, Soya, Sesame

Broccoli and Stilton quiche, crème fraîche new potatoes, baby gem, grapes, caramelised pecans £9.95

Contains: Egg, Nuts, Milk, Celery

Crayfish and avocado salad with new potatoes, orange and a saffron, buttermilk and chive dressing £11.25

Contains: Crustaceans, Egg, Milk, Mustard

Puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream £6.95

Contains: Egg, Soya, Milk

Toasted waffle with warm summer berry compote and raspberry ripple ice cream £6.95

Contains: Gluten, Egg, Soya, Milk, Sulphur Dioxide

Coconut panna cotta, pineapple salsa, granola, passion fruit sorbet £6.75

Contains: Sulphur Dioxide

Bread and butter pudding with clotted cream and apricot sauce £6.95

Contains: Gluten, Egg, Soya, Milk, Sulphur Dioxide

Sticky toffee pudding, toffee sauce, vanilla ice cream £6.95

Contains: Egg, Soya, Milk

A selection of British farmhouse cheese, biscuits, chutney, celery £6.95

Contains: Gluten, Egg, Milk, Celery, Sulphur Dioxide

Ice Creams and Sorbets

Cheshire Farm ice cream choose from; strawberry, chocolate, vanilla, raspberry sorbet, lemon sorbet or Bramley apple sorbet

One scoop of ice cream or sorbet 1.95

Two scoops of ice cream or sorbet 3.90

Three scoops of ice cream or sorbet 5.85

Coffees and Hot Drinks

Espresso £1.50

Contains: Milk

Double espresso £2.95

Contains: Milk

Americano £2.95

Contains: Milk

Cappuccino £2.95

Contains: Milk

Flat white £2.95

Contains: Milk

Latte £2.95

Contains: Milk

Cafetiere of coffee £2.95

Contains: Milk

Selection of tea £2.70

Contains: Milk

Childrens Mains

Fish fingers, chips, peas £6.95

Contains: Egg, Fish, Milk

Chicken goujons, chips, peas £6.95

Contains: Egg, Milk

Beef burger, cheese, chips £6.95

Contains: Gluten, Soya, Milk

5oz rump steak, chips, peas £8.95

Tomato and basil pasta, cheese £5.95

Contains: Milk

Childrens Puddings

Chocolate brownie, vanilla ice cream £3.95

Contains: Egg, Soya, Milk

Sticky toffee pudding, vanilla ice cream £3.95

Contains: Egg, Milk

Toasted waffle with warm winter berry compote and raspberry ripple ice cream £3.95

Contains: Gluten, Egg, Soya, Milk, Sulphur Dioxide

Cheshire Farm ice cream choose two scoops from; £3.90

Contains: Milk

Cheshire Farm ice cream choose one scoop from; £1.95

Contains: Milk

Cheshire Farm ice cream choose three scoops from; £5.85

Contains: Milk

Hot waffle, banana, honeycomb ice cream £3.95

Contains: Gluten, Egg, Soya, Milk

SEVENROOMS NO SHOW SEVENROOMS NO SHOW £10.00