



Summer Menu - Allergens

If you have a food allergy or intolerance, please inform a member of the team before placing your order.
Gluten free bread available.

Please be aware that all our dishes are prepared in a mixed kitchen where nuts and gluten are present, as well as other allergens, therefore we cannot guarantee that any food item is completely 'free from' traces of allergens.

C-CELERY G-GLUTEN CR-CRUSTACEAN E-EGGS F-FISH L-LUPIN M-MILK MO-MOLLUSCS

MU-MUSTARD N-NUTS P-PEANUTS SE-SESAME S-SOYA SU-SULPHITES

Roasted tomato and chilli soup, granary bread (VE)	C/G/L/SU
Rosemary and garlic baked Camembert, red onion jam, granary toast (V)	G/L/M/SU
Cod, prawn and chilli fishcakes, lemon mayonnaise	G/CR/E/F/L/M/MU/SU
Smoked ham hock terrine, homemade pickles, celery, sourdough toast	C/G/L/MU/SU
Glass noodle and vegetable spring roll, Asian salad, ginger and soy dipping sauce (VE) (DF)	C/SE/SO
Cross Keys traditional, cheese topped fish pie with prawns, salmon, smoked haddock, local market fish, seasonal vegetables (GF)	G/CR/F/L/M/SU
Local 'Long horn' pulled beef brisket chilli con carne, sour cream, cheddar, tortillas, rice	G/L/M
Salter and King's honey glazed ham, two Gate Farm free range eggs, chips (DF)	E/MU
Warm salad of quinoa, roasted butternut squash, aubergine & spinach, toasted seeds and pine nuts (VE) (GF)	N-pine nuts
Deep-fried breaded scampi tails, chips, minted peas (DF)	G/CR/E/L/M/MU/SU
Chickpea and herb falafel, chargrilled pitta bread, tzatziki, pickled vegetables (V)	G/L/M/SU



Burgers

Served on a seeded bun, with chips and salad.

Sweet potato and tofu bhaji ciabatta, mango chutney, pickles (VE)

G/L/MU/SE/S/SO/SU

Chargrilled rump steak burger, Monterey Jack cheese, caramelised onion and bacon jam, mustard mayo

C/G/E/L/M/MU/SE/SU

Grilled Cajun chicken breast burger, curried lime mayo

C/G/E/L/M/MU/SE/SU

Sharing boards (for two people)

Fish; hot smoked salmon, sesame prawn toast, crispy whitebait, smoked mackerel pate, dill crème fraiche, homemade pickles, sourdough toast

G/CR/E/F/L/M/SE

Cheese and meat; baked Camembert, smoked ham hock terrine, cured meats, marinated olives, homemade pickles, Broadside chutney, sourdough toast

G/L/M/SU

Sandwiches

Served with salad and salted crisps, on your choice of white or granary bread

Salter & King honey glazed ham, English mustard

G/L/MU/SU

Smoked salmon and crayfish, Marie Rose sauce

G/CR/E/F/L/M/MU/SU

Grilled halloumi, tomato jam, homemade pickles – toasted (V)

G/L/M/MU/SU

Toasted Penny Bun seeded bagel, hot smoked salmon, dill crème fraiche, homemade pickles, herb French fries

G/F/L/M/SE/SU



Little plates for little people

Mini Cross Keys fish pie, seasonal vegetables	G/CR/F/L/M/SU
Chicken goujons, chips, peas	G/E/L/M
Mac and cheese, side salad (V)	G/L/M/MU/SU
Ham, egg and chips (DF)	E/MU
Two scoops of ice cream	G/L/E/M

Homemade Puds

Dark chocolate and date brownie, pistachio crumb, salted caramel ice cream	G/E/L/M
Glazed lemon tart, raspberries, vanilla cream	G/E/L/M/N
Selection of local ice cream (three scoops), wafers	G/L/E/M