

# Menu



This is a sample of the items we normally have on our main menu

Nocellara olives <b>GF, DF</b>	Blanche bait & tartare sauce	
Freshly baked breads, extra virgin olive oil <b>**</b> , <b>DF</b>	Pigs in blankets in honey & grain mustard <b>GF, DF</b>	
Roasted red pepper hummus & flat breads <b>**</b> , <b>DF</b>	Semolina halloumi, vine tomato sauce <b>GF, V</b>	3.75 each or 3 for 10.00
Roasted beetroot, red onion, pesto, goats curd & toasted hazelnut <b>GF, **</b> , <b>V, Δ</b>		8.00
Prawn & crayfish cocktail, Bloody Mary mayo, brown bread <b>**</b> , <b>DF</b>		8.50
Roast Mediterranean vegetable bruschetta, hummus, focaccia <b>**</b> , <b>DF, V</b>		7.50
Asparagus, Italian burrata <b>GF, V, Δ</b>		7.50

## To share...or not!

R&C Anti pasti – cured meats, nocellara olives, roasted artichoke heart, roasted red pepper, burrata, semolina halloumi, borettane onions, focaccia <b>**</b>		8.00/16.00
Fish platter - Chalk stream oak smoked trout, mackerel pate, shell on prawns, pickled cockles, celeriac remoulade, fennel & apple salad, toasted ciabatta <b>**</b>		16.00
Poached hake, clams, chorizo, baby spinach, samphire, tiger prawns, mussels, new potatoes <b>GF</b>		18.00
Jerk seasoned chicken, white cabbage slaw, mango, chilli & pineapple chutney, sweet potato fries		16.00
Pappardelle, courgette, spinach, pesto cream, roasted pumpkin seed <b>V, Δ</b>		15.00
Pork loin on the bone, topped with BBQ pulled pork, apple slaw, beer battered asparagus chips		18.00
Superfood salad with jumbo cous cous, red pepper, broccoli, pomegranate, spinach, rocket, cherry tomatoes, pumpkin seeds <b>V, DF, Vegan **</b>		11.50
	Add grilled halloumi	4.00

## R & C Classics...

Breaded whole tail scampi, fries, tartare sauce		14.00
R&C burger, smoked bacon, cheddar, sweet onion chutney, burger mayo, fries <b>**</b>		14.50
Beer battered haddock, hand cut chunky chips, tartare sauce, minted crushed garden peas <b>DF, **</b>		14.50
21 day dry aged 10oz ribeye steak, vine tomatoes, hand cut chips, peppercorn sauce <b>GF</b>		25.00

## Side orders all at 4.00

Skinny fries • Beer battered onion rings • Hand cut chunky chips • Sweet potato fries •  
Mixed green vegetables • Green salad • Garlic & cheese ciabatta **\*\***

*For information on possible allergens please speak to a member of staff, or ask to see our Allergen file*

**GF= Gluten Free, DF= Dairy Free, V= Vegetarian, \*\* = Gluten Free version available on request, Δ = Vegan on request**  
**All of our dishes may contain traces of nuts**

Service is not included but a discretionary charge of 10% will be added to parties of eight or more