

# THE ALFORD ARMS - Dairy Free



GRAIN CONTAINING GLUTEN (2) W=wheat, B=barley, O=oats, R=rye, S=spelt, F=fryer  
Possible unknown nut contamination=10\* Possible unknown shellfish, fish or mollusc contamination=3\*, 5\* & 8\*

*Please ask for help with any allergies*

*\*Some of these dishes may contain eggs. If you would like to go egg free, please just let us know*

## STARTERS

Today's soup *with crusty bread (nv)* £6.25 (1,2WBRO,10\*,12,14)

Rustic **bread**s *with slow-roast garlic, Chiltern rapeseed oil and balsamico (nv)* £5.25 (2WBRO,10\*,12,14)

Salt 'n pepper squid *with chilli jam* £7.75 (2F,3\*,5\*,8,14)

Boxy sweet potato cake *with sweetcorn and chilli salsa and rocket salad (v)* £7.25 (2WF,4,14)

Charred Cornish wild sea bass fillet *with grapefruit, capers, courgettes and Chiltern rapeseed oil* £8.50 (3\*,5,8\*,9,14)

Crispy pig cheeks *with apple purée, crispy shallots and pickled celery* £7.75 (1,2WF,4,14)

Bubble and squeak *with oak smoked bacon and free range poached egg* £7.75/£13.75 (2F,4,14)

## MAIN COURSES

Potash Farm free range coq au vin *with rapeseed oil mash and curly kale* £18.75 (1,14)

Pan-roast sea bream fillet *with parsley and lemon cous cous, braised chicory and salsa verde* £19.50 (2W,3\*,5,8\*,9,14)

Chilli roast butternut squash superfood salad *with pomegranate, quinoa and lentils (v)* £12.75 (9,14)  
..... add sautéed smoked bacon £2.25 (14)

Grilled Cornish pollock *with sea salt baked new potatoes, sprout tops and lentil vinaigrette* £19.75 (3\*,5,8\*)

Today's locally made free range pork sausages *with Chiltern rapeseed oil mash and red wine gravy* £13.25 (1,2W,14)

Ledgemore Farm lamb, leek and rosemary suet pudding *with braised peas and pearl onions* £18.50 (1,2W,14)

Baked Indian-spiced Bucksom Farm pumpkin *with onion bhajis, chard sag aloo and fennel chutney (v)* £14.25 (2F,9,14)

Char-grilled aged 10oz English rib-eye steak *with rocket salad and skinny chips* £26.75 (2WF,9,14)

## SIDES

Seasonal vegetables £3.75 Truffle chilli sprouts £4.00 House salad £3.75 (9,14)

Courgette fries *with garlic aioli* £4.25 (2WF,4,14) Smoked paprika salt hand-cut chips £4.00 (2F)

Skinny chips (2WF) or Chiltern rapeseed oil mashed potatoes £3.75

## PUDDINGS

Spiced apple and pear compôte *with DF (dairy free) vanilla ice cream* £6.75 (4,13)

Baked coconut rice pudding *with mango and mint salsa* £6.75

Banana and raspberry sundae *with DF honeycomb ice cream, raspberry sauce and honeycomb* £7.50 (4,13)

Warm sticky toffee pudding *with DF vanilla ice cream* £7.50 (2W,4,10\*,13,14)

Homemade DF ice cream *(vanilla, strawberry, honeycomb)* £6.00 (4,13)

Homemade sorbets *(apple, pear, lime)* £5.75

Affogato espresso *and DF vanilla ice cream* £5.00 (4,13)



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