

## CHEF'S MESSAGE

Ben and his team love what they do and our food is cooked fresh so let us know if you are in a hurry. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made with no added gluten, please ask a member of our team who will be able to advise you.



"One cannot think well, love well, sleep well, if one has not dined well!"

VIRGINIA WOOLF

## GRAZING & SHARING

### RED LEICESTER FRITTERS

Bacon & chilli jam  
D, G, SD, L, E

### HONEY & MUSTARD ROASTED SAUSAGES

G, L, MU

### RUSTIC BREADS

Garlic & rosemary oil G, L

### SOUP OF THE SEASON

Rustic breads CE, D, G, L £5

### WARM GOAT'S CHEESE

Heritage tomatoes, basil pesto  
D, N, SD £6

### WARM MARINATED OLIVES

SD, MU

### BATTERED FISH BITES

Tartare sauce D, F, MU, E, G

### CLASSIC HOUMOUS

Grilled pitta D, E, G, L, SE

### CHICKEN, ASPARAGUS & EARL GREY TERRINE

Balsamic dressing SD, D, E, G £7

### OAK SMOKED SALMON

Avocado mousse, pickled cucumber  
F, SD £7

### CHICKEN & CHORIZO SKEWERS

Sweet chilli dip SD

### ROASTED LAMB CROQUETTE

Minted yogurt G, E, D, SD, L

### GRILLED HALLOUMI

Lime & coriander dip D, SD

### GARLIC MUSHROOMS

Pancetta, toasted sourdough, poached hen's egg  
SD, D, G, L, E £6

### MARINATED COURGETTE & BEETROOT SALAD

Roasted sunflower seeds, houmous  
SD, VEGAN £6

£4.50 EACH OR 3 FOR £12

Mix and match with any side

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## MAINS

### MEAT & GRILL

#### THE THREE SWANS BURGER

Smoked bacon, Edam cheese, onion & chipotle mayonnaise, brioche bun, coleslaw, skinny fries, onion rings G, D, E, MU £14

#### CAJUN SPICED PULLED JACKFRUIT BURGER

Floured bun, skinny fries, onion rings G, MU, S, VEGAN £13

Make your burger skinny – no bread or chips just add a house salad MU, SD

#### 100z D-CUT GAMMON STEAK

Tomato & rocket salad, hand cut chips, onion rings G, L £14

#### 80z SIRLOIN STEAK

Tomato & rocket salad, hand cut chips, onion rings G, L, D £22

Why not add... a brace of hen's eggs £2, a peppercorn or Blue cheese sauce C, CE, D £2

### SIDES

£4.50 each or 3 for £12

HAND CUT CHIPS G SKINNY FRIES G  
ONION RINGS G, SD TOMATO & RED ONION SALAD  
SEASONAL VEGETABLES D CREAMED SPINACH D  
GARLIC MUSHROOMS D BAKED SWEET POTATO D

### SEASONAL

#### CONFIT PORK BELLY

Burnt apple purée, spinach, thyme hassleback potatoes CE, D £16

#### RUMP & BRAISED SHOULDER OF LAMB

Peas, mint, baby carrots CE, D, SD £18

#### ROASTED CHICKEN SUPREME

Fondant potatoes, pancetta, tenderstem broccoli, pan gravy CE, D, SD £15

#### PAN ROASTED FILLET OF COD

Chorizo, ratatouille F, D, SD, MU £17

#### ROASTED RED PEPPER RISOTTO

Parsley, Goat's cheese D £13

#### CARROT, LEEK & LENTIL WELLINGTON

Celeriac purée, seasonal vegetables  
G, L, S, VEGAN £14

### CLASSICS

#### BEER BATTERED FISH & CHIPS

Mushy peas, tartare sauce, lemon F, D, SD, MU, G, E £14

#### CHEF'S PIE OF THE DAY

Hand cut chips or mashed potato, seasonal vegetables G, CE, MU, D, E £13

#### BANGERS & MASH

Mustard mash, peas, onion gravy D, G, SD, CE £13

#### PAN FRIED LAMB'S LIVER & BACON

Mashed potatoes, seasonal vegetables G, D, SD, CE, MU £13

#### PASTA CARBONARA

Pancetta crisp, garlic bread G, D, E £12

### SALADS

#### CHICKEN CAESAR SALAD

Croutons, anchovies, crispy Parma ham D, E, G, SD, F £14

#### SUPER SALAD

Avocado, spinach, rocket, beetroot, tomato, sunflower seeds SD, VEGAN £12

Add chicken breast or grilled salmon fillet F £4

#### CRAYFISH TAIL & SMOKED SALMON SALAD

Lemon & dill dressing SD, F, C £14

## DESSERTS

#### MILLIONAIRES SHORTBREAD

Shortbread caramel parfait, chocolate G, D, E, S £6

#### TEXTURES OF RASPBERRY

Mousse, sorbet, white chocolate G, D, S £7

#### VANILLA CRÈME BRÛLÉE

Lemon butter biscuit E, D £6

#### STICKY TOFFEE PUDDING

Toffee sauce, vanilla ice cream  
G, D, E £6

#### BRITISH CHEESE SELECTION

Chutney, celery, biscuits  
CE, D, SD, G, E £9

#### ROCKY ROAD

Marshmallow, biscuit, chocolate ice cream  
D, G, E, S £7

#### SALTED CARAMEL

Salted caramel, vanilla ice cream, shortbread D, G, E £7

#### SUMMER BERRY

Fruit compote, sorbet, cream D, G, E £7

#### MALTESER

Chocolate ice cream, vanilla ice cream, raspberry & toffee sauces D, G, E, S £7

#### AFFOGATO

Frangelico, vanilla ice cream, espresso D, E, N £7

Liqueur coffee available

We include a 10% discretionary service charge for all parties of 8 people or over. 100% of all service charges go directly to our teams.

**ALLERGIES AND INTOLERANCES:** If you or any member of your party are affected by any food allergies or intolerances, please advise a member of our team.

We cannot guarantee that any items are completely allergen free due to them being produced in a kitchen that contains ingredients with allergens. All allergens correct at time of printing.

C: Crustaceans / CE: Celery / D: Dairy / E: Eggs / F: Fish / P: Peanuts / G: Gluten / L: Lupin / N: Nuts / MO: Molluscs / MU: Mustard / S: Soya / SD: Sulphur dioxide / SE: Sesame seeds

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**THE  
THREE  
SWANS**

**Market Harborough**