

MAIN MENU

Served
Mon, Wed & Thurs 12 - 8pm
Tues 5-8
Fri & Sat 12 - 9pm

Sharing Boards For 2 People to share

- Honey Baked Feta** £18.95
served with flatbreads, crudités, tzatziki, walnuts,
Olives and crackers VGA, GFA, DFA, V
- Charcuterie board** £22.95
A selection of cured meats, selection of cheeses, grapes,
pickles, side salad and crackers GFA,DFA

Starters

- Soup of the day** £6.95
served with warm bread and butter
GFA, DFA, VGA, V
- Baked goats cheese** £7.95
served on a toasted crumpet with red onion
chutney and side salad GFA, VGA, DFA, V
- Creamy garlic mushrooms** £7.45
served with crusty bread and side salad
VGA, DFA, GFA, V
- Prawn and avocado cocktail** £7.95
served with Marie Rose sauce, brown bread and
salad DFA, GFA
- Homemade ham hock and pea terrine** £7.95
served with piccalilli, crusty bread and salad
GFA, DF
- Caprese salad** £7.45
with mozzarella, beef tomatoes, basil and a
pesto dressing VGA, GF, DFA, V

Salads

- Chicken Caesar salad** £17.95
with bacon, garlic and herb croutons, lettuce,
Caesar dressing and parmesan GFA
- Greek salad** £15.95
with lettuce, tomatoes, cucumbers, red onion,
feta cheese, olives, mint dressed with an
oregano vinaigrette V, VGA, GF, DFA
- Goats cheese and beetroot salad** £15.95
with house salad, walnuts and a herby vinaigrette
V, VGA, GF, DFA
- Gammon ham and egg salad** £15.95
with tomatoes, lettuce, cucumbers, radish and
dressed with salad cream DFA, GF

Mains

- Boshaw steak and Nook ale pie** £17.95
served with hand cut chips, gravy, mushy or
garden peas GFA, DF
- Chef's Three cheese and onion pie** £16.95
served with hand cut chips, vegetarian gravy,
mushy or garden peas GFA, V
- Our Nook beer battered whale on a plate** £18.95
served with hand cut chips, tartare sauce,
lemon, garden or mushy peas GFA, DFA
- Our Nook beer battered small Fish & Chips** £16.95
served with hand cut chips, tartare sauce,
lemon, garden or mushy peas GFA, DFA
- Moroccan spiced lamb kofta kebab** £21.95
served on a flatbread with a crispy salad, mint
yogurt, fries and lemon GFA, DFA
- Roasted salmon fillet** £19.95
served on a bed of Thai coconut noodles,
grilled pak choi and chilies DFA, GFA, VGA
- Vegan alternative with siracha tofu** £18.95
- Pan fried chicken breast stuffed with pistachio cream** £20.95
served with potato gratin and mixed greens
DFA, GF
- Smokey three bean chilli**
served with white rice, avocado, vegan yogurt £16.95
and lime GF, DF, VG, V
- Sea food platter**
with whitby wholetail scampi, salt and pepper £22.95
squid, garlic king prawns, Thai crabcake,
haddock goujons, fries, salad and dipping
sauces GFA, DFA

From the Grill...

- All served with hand cut chips, onion rings, Caesar
salad and a vine roasted tomatoes
- 8oz Ribeye steak** GFA, DFA £24.95
- 8oz Sirloin steak** GFA, DFA £25.95
- Add a sauce - Peppercorn, Blue Cheese,
or Garlic butter £1.50
- 10oz gammon steak** GFA, DFA £18.95
served with egg or pineapple (choose both for £1.50)

V/VA = Vegetarian/Vegetarian Available VG/VGA = Vegan/Vegan Available

GF/GFA = Gluten Free/Gluten Free Available DF/DFA = Dairy Free/Dairy Free Available NGCI = Non Gluten Containing Ingredients



theboshawtrout



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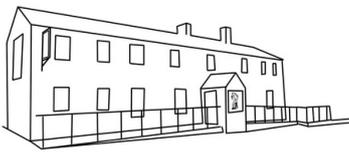


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theboshawtrout.co.uk

IMPORTANT INFORMATION: All our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen. Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a member of staff before placing an order. Full allergen information is available. Management can advise of all ingredients used.



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Burgers

All served in a Brioche bun with salad, chip spice fries and coleslaw

All available gluten free and dairy free

- The New Yorker burger** £19.95
homemade beef burger, pastrami, melted cheese, pickles and a horseradish mayo GFA, DFA
- Bacon cheese burger** £18.95
homemade beef burger with bacon and smoked cheddar topped with burger sauce GFA, DFA
- Chicken parm burger** £19.95
breaded chicken breast with tomato sauce and coated in parmesan GFA, DFA
- Plain homemade beef burger** with burger relish £16.95
GFA, DFA
- Plain or cajun chicken burger** with mayonnaise £16.95
GFA, DFA
- Boshaw garden burger** £15.95
A spiced mix of beans, peas and spinach coated in a herb crumb VG, V, DFA, GFA

DOUBLE UP FOR £2.50

Sides

- Nacho's** £7.95
with salsa, jalapenos and chive sour cream
GFA, DFA, VGA, V
- Skinny fries** £4.95
with chip spice GFA, DF, VG, V
- Hand cut chips** GFA, DF, VG, V £5.95
- Onion rings** £5.95
with BBQ sauce GFA, DF, VG, V
- Dirty fries** £6.95
with salsa, jalapenos and chive sour cream
GFA, DFA, VGA, V
- Potato Gratin** £4.95
with chives GF, V
- Buttered Greens** GF, DFA, VGA, V £4.95

Please see board for today's
Chef's Specials

Childrens

£7.95

- Chicken goujons**
with fries and peas or beans GFA, DFA
- Fish goujons**
with fries and peas or beans GFA, DFA
- Mini cheese pizza**
with fries and peas or beans V
- Mini beef burger**
with fries and peas or beans GFA, DFA
- Sausage and mash**
with gravy, peas or beans GFA, DFA, VA, VGA
- Jelly and ice-cream** GF, DFA, V, VGA £3.95

Homemade Desserts

Accompanied with your choice of ice-cream, custard or cream

- Sticky toffee pudding** £6.95
with toffee sauce and berry compote
GF, DF, V
- Chocolate brownie** £6.95
with chocolate sauce and berry compote
GF, DF, V
- Chef's apple and summer berry crumble** £6.95
GF, DF, VG, V
- Vanilla Panna cotta** £6.95
served with berry compote and cream
- Cherry bakewell tart V** £6.95
- Ice-cream selection** £4.95
Choose two from Vanilla, chocolate or strawberry
GF, DFA, V
- Yorvale Ice-cream or sorbet** £5.95
Choose 2 flavours from our board selection
GFA, DFA, V, VGA
- Cheese Board** £10.95
Chef's selection of cheeses, grapes,
Nook Ale chutney and crackers
GFA, DFA, VGA, V

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