

SUNDAY MENU

Served Sundays 12 noon - 6pm
last orders 5:45pm

Starters

Soup of the day	£7.95
With warm mop up bread and butter GFA, DFA, VGA, V	
Creamy garlic mushrooms	£7.45
Served with crusty bread and salad VGA, DFA, GFA, V	
Prawn and avocado cocktail	£7.95
Served with Marie Rose sauce, granary bread, lemon and butter 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	

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	
Crispy skin salmon fillet with noodles	£19.95
Served in a thai and coconut sauce, pak choi and fresh chillies VGA, VG, DFA, GFA	
Smokey three bean chilli	£18.95
Served with white rice, avocado, dairy free yogurt and lime GF, DF, VG, V	

*Please see board for
Chef's Specials*

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 served with egg or pineapple (choose both for an extra £1.50)	£18.95

Sunday Roasts

Our traditional Sunday roasts are all served with
homemade Yorkshire pudding, roast & mashed
potatoes & accompanied by seasonal vegetables
Gluten free and Dairy free Yorkshire puddings availability not guaranteed

Roasted Silverside of Beef	£19.95
Roasted Turkey with stuffing	£18.95
Honey Roasted Gammon	£18.45
Vegetarian Roast of the day	£17.95
Trio of Cut Meats	£22.95
Sunday Sharer for two	£49.95
with all the cut meats, all the trimmings and stuffing, pigs in blankets and cauliflower cheese	

Sunday Sides

Cauliflower cheese GF, V	£4.95
Roast potatoes GFA, V	£4.45
Pigs in blankets GFA, DFA	£4.95
Extra Yorkshire pudding GFA, V	£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



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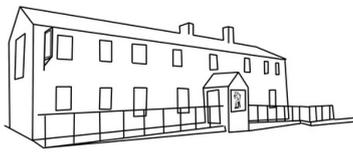


boshawtrout@gmail.com



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

- Bacon cheese burger** £18.95
Homemade beef burger with bacon and smoked cheddar topped with burger sauce
- Plain homemade beef burger** with burger relish £16.95
- Plain or cajun chicken burger** with mayonnaise £16.95
- Boshaw garden burger** £15.95
A spiced mix of beans, peas and spinach coated in a herb crumb VG, V, DF, DFA

Salad's

- Greek salad** £15.95
with lettuce, tomatoes, cucumbers, red onion, feta cheese, olives, mint dressed with an oregano vinaigrette V, VGA, GF, DFA
- Gammon ham and egg salad** £15.95
with tomatoes, lettuce, cucumbers, radish and dressed with salad cream DFA, GF

Sides

- Nacho's** £7.95
With salsa, jalepenos 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, jalepenos and chive sour cream GFA, DFA, VGA, V
- Potato Gratin** £4.95
With chives GF, V
- Buttered Greens** GF, DFA, VGA, V £4.95

Children's

£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** £11.95
Chef's selection of cheeses, grapes, Nook Ale chutney and crackers GFA, DFA, VGA, V

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