



# LIGHT LUNCH

Available Mondays,  
Wednesdays - Friday  
12-3pm

2 Courses for £16.95 - 3 Courses for £20.95

## *Starters*

### **Chefs soup of the day**

served with warm bread and butter

GFA, DFA, VGA, VA

### **Prawn cocktail**

with Marie Rose sauce, lemon and granary bread

GFA, DFA

### **Creamy garlic mushrooms**

Served with crusty bread

VGA, DFA, GFA, V

## *Mains*

### **Pan fried seabass**

served with crushed new potatoes, greens and  
gazpacho salsa GF, DF

### **Gammon steak**

hand cut chips and a fried egg GFA, DF

### **Grilled chicken breast**

with sauté potatoes, tender stem served with a  
Wexford sauce GFA, DFA

### **Chef's Vegetarian or Vegan dish of the day**

V, VGA

## *Desserts*

### **Sticky toffee pudding**

with toffee sauce and berry compote GFA, DF, V

### **Chocolate brownie**

with chocolate sauce and berry compote GFA, DFA, V

### **Panna Cotta**

and berry compote NCGI, V



theboshawtrout



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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.