

# THE BENT ARMS

Lindfield



## LIGHT BITES & SIDES

OLIVES **£4.50** (Vgn, DF)

CHIPS **£4.00** WITH CHEESE **£4.50**

SOUP OF THE DAY *with homemade bread* **£6.25/7.95** (VgnO, GFO)

SALT AND PEPPER SQUID *with chilli mayonnaise* **£7.75**

SIDE SALAD **£3.00** (Vgn, GF)

HOMEMADE ROLLS **£4.00** (VO)

## MAINS

FISH AND CHIPS *with peas* **£17.25**

SCAMPI AND CHIPS *with salad* **£14.75**

HAM, EGG & CHIPS *with homemade rolls* **£14.25** (GFO, DF)

MEDALLIONS OF BEEF *with chips, salad/vegetables & a peppercorn sauce* **£17.95** (GF, DFO)

GRILLED SALMON FILLET *with herb crushed new potatoes, vegetables & hollandaise sauce* **£17.25** (GF, DFO)

BRAISED LAMB SHANK *with mashed potato, vegetables & onion gravy* **£21.95**

PLOUGHMAN'S LUNCH **£14.25** (VO, DFO)

*choose from: CHEDDAR, BRIE, STILTON, HAM, MIXED*

3 EGG OMELETTE *with chips & salad* **£14.25** (V, GFO, DFO)

*with 2 of the following:*

HAM, CHEESE, ONION, TOMATO, MUSHROOM

(extra fillings **75p** each)

BREAST OF CHICKEN **£16.95** (GF, DF)

SIRLOIN **£25.50** (GF, DF)

FILLET **£29.00** (GF, DF)

*served with*

CHIPS (GF,DF,Vgn)/MASHED POTATOES (GF)/NEW POTATOES (GF, DFO)

& SALAD (Vgn,GF)/VEGETABLES (VgnO)

*plus 1 of the following:*

FRIED ONIONS & MUSHROOMS (GF, DFO)

PEPPERCORN SAUCE (GF)

GARLIC BUTTER (GF)

BLUE CHEESE SAUCE (GF)

(or extra for **£2.00**)

## **BURGERS** *all served with chips & salad*

BEEF – *beef patty, cheese, bacon, lettuce, onion, tomato* £16.25 <sup>(DFO)</sup>

CHICKEN – *crispy fried chicken, sliced gherkin, lettuce and choice of sauce* £15.95

KOREAN CHILLI / RANCH MAYONNAISE

VEGGIE – *mixed bean patty, lettuce, onion, tomato, relish* £13.95 <sup>(Vgn, DF)</sup>

## **SANDWICHES** *served with salad on our homemade bread*

PRAWN MAYONNAISE £9.75 <sup>(DF)</sup>

CHEDDAR CHEESE £9.25 <sup>(V)</sup>

SAUSAGE £9.75 <sup>(DFO)</sup>

BACON, LETTUCE & TOMATO £9.75 <sup>(DF)</sup>

EGG MAYONNAISE £9.25 <sup>(V, DF)</sup>

HOME COOKED HAM £9.50 <sup>(DF)</sup>

BACON & BRIE £9.75

TUNA MAYONNAISE £9.50 <sup>(DF)</sup>

SMOKED SALMON & CREAM CHEESE £9.75 <sup>(DFO)</sup>

HUMMOUS, ROASTED RED PEPPER & AVOCADO £9.75 <sup>(Vgn)</sup>

FILLET STEAK SANDWICH & CHIPS £15.00 <sup>(DF)</sup>

## **SALADS** *served with homemade rolls*

CHICKEN CAESAR £14.95 <sup>(GFO)</sup>

AVOCADO & PRAWN £12.50 <sup>(GFO, DF)</sup>

GOATS CHEESE & BACON £12.50 <sup>(GFO)</sup>

FETA, OLIVE & TOMATO £12.50 <sup>(V, GFO)</sup>

BRIE & GRAPE £12.50 <sup>(V, GFO)</sup>

SUPERFOOD £12.50 <sup>(Vgn, GFO)</sup>

*(quinoa, broccoli, soya beans, avocado, spinach, toasted pumpkin seeds)*

Salad extras:

HALLOUMI £3.00

CHICKEN £4.00

OLIVES £3.00

## **JACKET POTATOES** *served with salad*

CHEDDAR CHEESE £9.25 <sup>(V, GFO)</sup>

TUNA MAYONNAISE £9.50 <sup>(GFO, DF)</sup>

BACON & BRIE £9.75 <sup>(GFO)</sup>

PRAWN MAYONNAISE £9.75 <sup>(GFO, DF)</sup>

Vgn- VEGAN V - VEGETARIAN GF - GLUTEN FREE DF - DAIRY FREE O - OPTION

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**ALLERGY INFORMATION AVAILABLE ON REQUEST**

All our food is made in house including our mayonnaise which contains raw egg

