

# THE BENT ARMS

*Lindfield*



## LIGHT BITES & SIDES

OLIVES **£3.95** (Vgn, GF, DF)

CHIPS **£3.75** WITH CHEESE **£4.25**

SOUP OF THE DAY *with homemade bread* **£5.75/7.25** (VgnO, GFO)

SIDE SALAD **£3.00** (Vgn, GF)

HOMEMADE ROLLS **£3.50** (VO)

## MAINS

FISH AND CHIPS *with peas* **£14.75**

SCAMPI AND CHIPS *with salad* **£12.95**

HAM, EGG & CHIPS *with homemade rolls* **£12.50** (GFO, DF)

MEDALLIONS OF BEEF *with chips, salad/vegetables & a peppercorn sauce* **£15.95** (GF, DFO)

GRILLED SALMON FILLET *with herb crushed new potatoes, vegetables & hollandaise sauce* **£14.25** (GF, DFO)

BRAISED LAMB SHANK *with mashed potato, vegetables & onion gravy* **£17.50**

PLOUGHMAN'S LUNCH **£12.50** (VO, DFO)

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

3 EGG OMELETTE *with chips & salad* **£12.50** (V, GFO, DFO)

*with 2 of the following:*

HAM, CHEESE, ONION, TOMATO, MUSHROOM

(extra fillings **75p** each)

BREAST OF CHICKEN **£13.95** (GF, DF)

SIRLOIN **£21.95** (GF, DF)

FILLET **£25.50** (GF, DF)

*served with*

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

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

*plus 1 of the following:*

FRIED ONIONS & MUSHROOMS (GF, DF)

PEPPERCORN SAUCE (GF)

GARLIC BUTTER (GF)

BLUE CHEESE SAUCE (GF)

(or extra for **£1.50**)

## BURGERS *all served with chips & salad*

BEEF – beef patty, cheese, bacon, lettuce, onion, tomato **£14.75** <sup>(DFO)</sup>

CHICKEN – crispy fried chicken, sliced gherkin, lettuce and choice of sauce **£14.25**

KOREAN CHILLI / RANCH MAYONNAISE

VEGGIE – mixed bean patty, lettuce, onion, tomato, relish **£12.50** <sup>(Vgn, DF)</sup>

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

PRAWN MAYONNAISE **£8.50** <sup>(DF)</sup>

CHEDDAR CHEESE **£8.00** <sup>(V)</sup>

SAUSAGE **£8.50** <sup>(DFO)</sup>

BACON, LETTUCE & TOMATO **£8.50** <sup>(DF)</sup>

EGG MAYONNAISE **£8.00** <sup>(V, DF)</sup>

HOME COOKED HAM **£8.25** <sup>(DF)</sup>

BACON & BRIE **£8.50**

TUNA MAYONNAISE **£8.25** <sup>(DF)</sup>

SMOKED SALMON & CREAM CHEESE **£8.50** <sup>(DFO)</sup>

HUMMOUS, ROASTED RED PEPPER & AVOCADO **£8.25** <sup>(Vgn)</sup>

FILLET STEAK SANDWICH & CHIPS **£13.75** <sup>(DF)</sup>

## SALADS *served with homemade rolls*

CHICKEN CAESAR **£13.25** <sup>(GFO)</sup>

AVOCADO & PRAWN **£11.25** <sup>(GFO, DF)</sup>

GOATS CHEESE & BACON **£11.25** <sup>(GFO)</sup>

FETA, OLIVE & TOMATO **£11.25** <sup>(V, GFO)</sup>

BRIE & GRAPE **£11.25** <sup>(V, GFO)</sup>

SUPERFOOD **£11.25** <sup>(Vgn, GFO)</sup>

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

Salad extras:

HALLOUMI **£2.00**

CHICKEN **£3.00**

OLIVES **£2.00**

## JACKET POTATOES *served with salad*

CHEDDAR CHEESE **£7.75** <sup>(V, GF)</sup>

TUNA MAYONNAISE **£8.00** <sup>(GF, DF)</sup>

BACON & BRIE **£8.25** <sup>(GF)</sup>

PRAWN MAYONNAISE **£8.25** <sup>(GF, DF)</sup>

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

98 HIGH STREET, LINDFIELD, RH16 2HP • 01444 483146 • howard@thebentarms.co.uk • www.thebentarms.co.uk

**ALLERGY INFORMATION AVAILABLE ON REQUEST**

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



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