

# THE ROYAL OAK - Dairy Free



*Please ask for help with any allergies  
\*Some of these dishes may contain eggs. If you would like to go egg free,  
please just let us know*

## STARTERS

*Today's soup with crusty bread (nv) £5.75*

*Rustic breads with slow-roast garlic, Chiltern rapeseed oil and balsamico (nv) £4.75*

*Sautéed squid with hot 'n sour noodle salad, miso dressing and peanuts (n) £7.75/£14.50*

*Heritage tomato and melon salad with crispy bacon and basil oil (v) £6.50*

*Pan-fried pigs' head terrine with pickled local rhubarb and crackling £7.25*

*Sautéed wild mushrooms on toast with truffle mayonnaise (v) £6.75/£12.50*

*Grilled Cornish mackerel fillet with home-smoked beetroot and blood orange salad £6.75*

*Bubble and squeak with oak smoked bacon and free range poached egg £7.50/£13.75*

## MAIN COURSES

*Braised beef cheeks with Chiltern rapeseed oil mash and glazed heritage carrots £16.75*

*Moroccan spiced vegetable curry with pickled cucumber and pilaf rice (v) £11.75*

*..... add sautéed chilli and garlic tiger prawns £4.50*

*Slow-cooked free range pork belly with sautéed new potatoes, choucroute and cider apple jus £16.75*

*Courgette, leek and walnut crumble with wilted spinach (nv) £13.50*

*Pan-roast sea bream with Bombay potatoes, roast cauliflower, madras mayonnaise and pickled shallots £17.25*

*Three bean cassoulet with herb crust, new potatoes and wilted spinach (nv) £13.75*

*Pan-roast Cornish hake fillet with crispy polenta, scorched baby gem, local asparagus and sauce vierge £16.75*

*Char-grilled 28-day, dry-aged 10oz Hereford rib-eye steak with skinny fries and house salad £25.75*

## SIDES

*Seasonal vegetables £3.75   Skinny fries or creamy mash £3.50*

*Cobb salad £3.75   Sautéed potatoes £4.00*

*Grilled baby gem with smoked bacon and tomato oil £4.25*

## PUDDINGS

*Poached Bucksum rhubarb and brown sugar meringue sundae with dairy free (DF) vanilla ice cream £6.50*

*Garden honeycomb with caramelised bananas and almond crumble (n) £6.75*

*Warm carrot and walnut cake with blood orange sorbet £6.25*

*Marinated pineapple with mango, rum syrup and raspberry sorbet £6.50*

*Homemade DF ice cream (vanilla, strawberry) £5.75*

*Homemade sorbet (lemon, raspberry, blood orange) £5.50*

*Affogato espresso and DF vanilla ice cream £4.50*

*All puddings and ice creams are made with Laceys' Farm milk and cream*