

## FOOD SERVING TIMES

**Saturday**  
Food served all day  
Breakfasts 10am - 5pm  
Full menu 12pm - 10pm

**Sunday**  
Food served all day  
Breakfasts 10am - 5pm  
Full menu 12pm - 8.30pm

**Monday - Thursday**  
12pm - 2pm & 6pm - 9pm

**Friday**  
12pm - 2pm & 6pm - 10pm

## STARTERS

Some dishes are available as main course portions please ask for details of how the main courses are served

- SOUP OF THE DAY** 4.95  
served with multiseed bread
- MISTOLIVA AND CRESPO OLIVES** 4.50  
in parsley and garlic oil with fresh bread **V**
- CRISPY HALLOUMI, WATERMELON AND ROCKET SALAD** 5.75 / 10.95  
with a Balsamic and honey dressing **V**
- POTTED SALMON WITH LEMON AND DILL** 5.50  
with toasted ciabatta and caperberries
- PANKO CRUSTED MOZZARELLA** 5.50  
with chilli and tomato jam **V**
- CRAB, AVOCADO AND CELERIAC TIAN** 5.95  
with red pepper syrup and sourdough crispbreads **DF**
- HONEY AND MUSTARD GLAZED CHICKEN LIVER AND SMOKED BACON SALAD** 5.50 / 9.95 **GF DF**
- GREEN THAI SPICED CHICKEN SKEWER** 5.50 / 10.95  
with spring onion jasmine rice and a coconut and coriander dipping sauce **GF DF**

## PUDDINGS

- CHOCOLATE AND ROASTED HAZELNUT POT** 5.50  
served with salted caramel ice cream **GF V**
- APPLE, HONEY AND APRICOT CRUMBLE** 5.50  
served with vanilla ice cream **GF DF Ve**
- LEMON POSSET** 5.25  
served with orange shortbread and strawberry and mint salsa **V**
- WHITE CHOCOLATE CHEESECAKE** 5.50  
served with pistachio ice cream **V**
- CARIBBEAN SPICED PINEAPPLE** 5.75  
served with coconut glaze 'ice cream' **V GF DF Ve**
- THREE SCOOPS OF ICE CREAM** 4.50  
choose from white chocolate, dark chocolate, vanilla, rum & raisin, salted caramel or strawberry ice cream and lemon, mango or blackcurrant sorbet **V**
- CONTINENTAL AND LOCAL CHEESE SELECTION** 6.95  
with celery, crackers, chutneys and relishes

## MAIN COURSES

- HONEY AND WHOLEGRAIN MUSTARD GLAZED HAM HOCK** 12.25  
with roast garlic and parsley mash and cider creamed leeks **GF**
- BUTTERNUT SQUASH, GOAT'S CHEESE AND SAGE RISOTTO BALLS** 10.75  
with rocket, walnut and sun-blush tomato salad **V**
- SWANNINGTON FARM-TO-FORK PORK SAUSAGES AND MASH** 9.95  
with rich onion gravy, roasted root vegetables and Savoy cabbage  
**V** Also available with vegetarian sausages
- HOMEMADE CHICKPEA BURGER** 9.95  
topped with Cheddar cheese in a sesame bun with salad, mango mayonnaise, tomato and thyme relish and fries **V**
- PAN-FRIED, CORN-FED CHICKEN SUPREME** 12.50  
with fondant potato and butternut squash, wilted spinach and tarragon cream sauce
- CLASSIC HOMEMADE UNTHANK BURGER** 10.50  
topped with Cheddar or blue cheese in a sesame bun with mayonnaise, chilli jam and fries  
Add char-grilled smoked back bacon 1.50
- BUTTERNUT SQUASH, SWEET POTATO AND SPINACH CURRY** 10.95  
with fragrant pilau rice, onion bhaji, raita and mango chutney **V DF GF**
- SALMON FILLET** 12.75  
with coconut, chilli and lime and beansprout, mangetout and coriander noodles **DF**
- ROASTED PEPPER, AUBERGINE, SHALLOT AND GREEN LENTIL SALAD** 10.95  
with a balsamic dressing **Ve**
- LAMB SOUVLAKI SKEWER** 12.95  
with a chickpea, cucumber, red onion, Greek yoghurt and mint salad and warm pitta
- CATCH OF THE DAY IN ADNAMS' BATTER** 10.95  
with handcut chips, homemade tartar sauce and minted mushy peas
- FLAT-IRON STEAK** 16.50  
served medium-rare with a garlic flat mushroom, roasted tomato, salad and fries **GF**

## THE UNTHANK ARMS LUNCH CLUB

Collect 5 stamps and lunch is on us the next time you visit!

Speak to your waiter/waitress for more information

# The Unthank

May 2017

## BREAKFASTS

Monday-Friday 12-2 Saturday and Sunday 10-5

- UNTHANK BREAKFAST** 6.75  
Sausage, back bacon, fried egg, sautéed mushrooms, grilled tomato, baked beans and fried bread.
- VEGGIE BREAKFAST** 6.75  
Grilled tomato, veggie sausages, sautéed mushrooms, fried egg, fried bread, baked beans and hash brown **V**
- THE WORKS** 8.95  
Sausages, back bacon, fried eggs, fried bread, hash brown, grilled tomato, baked beans, sautéed mushrooms and toast.
- SMOKED SALMON & SCRAMBLED EGGS** 6.50  
on toasted multiseed bread.
- SAUTÉED MUSHROOMS & SCRAMBLED EGGS** 5.75  
on toasted multiseed bread **V**

## SIMPLY DELICIOUS

- SPANISH PAPRIKA CHICKEN CASSEROLE**  
with warm bread **DF** ..... 7.95
- HAM HOCK, TURKEY AND MUSHROOM PUFF PASTRY PIE** with mashed potato and roasted root vegetables..... 7.95
- BEEF CHILLI AND AVOCADO BURRITO**  
with fries **DF**..... 7.50
- TOASTED MOZZARELLA AND TOMATO SANDWICH**  
with fries **V** ..... 6.50
- ROAST CHERRY TOMATO & BASIL LINGUINI** **DF Ve** 7.50
- TRIPLE LAYER UNTHANK CLUB SANDWICH**  
with fries..... 6.50

## Cocktails

- LYNCHBURG LEMONADE PITCHER** 15.00 GLASS 5.50  
Jack Daniels, Triple Sec, sours mix, fresh lemon & lemonade
- PIMMS PITCHER** 14.50 GLASS 4.75  
summer in a jug with strawberries, cucumber and mint  
Ask to see our small (but perfectly formed!) cocktail list

## Sunday Roasts

Available Sundays Noon - 8.30pm

Served with carrots, braised cabbage, smashed swede, roast potatoes, parsnips, Yorkshire pudding and delicious homemade gravy

- BLYTHBURGH SHOULDER OF PORK** 9.95
- ROAST NORFOLK CHICKEN WITH STUFFING** 9.95
- SWANNINGTON FARM TO FORK BEEF** 11.50
- HOMEMADE NUT ROAST** 9.95  
with vegetarian gravy **V**
- ALL THE MEATS** 16.95  
with extra roast potatoes and two Yorkshire puddings
- CHILDREN'S ROAST** 5.95

## EXTRAS

- HANDCUT CHIPS** **V DF** ..... 3.75
- SKINNY FRIES** **V DF** ..... 3.25
- SWEET POTATO FRIES** **V DF** ..... 3.75
- CHIPS WITH MELTED CHEESE** ..... 4.50
- MIXED SALAD** **V DF GF** ..... 3.50  
dressed with lemon juice and olive oil
- SPRING ONION JASMINE RICE** **V DF GF** ..... 2.75
- CIDER CREAMED LEEKS** **V** ..... 2.75
- ROCKET, WALNUT AND SUN-BLUSH TOMATO SALAD** **V GF** ..... 3.75
- HONEY ROASTED ROOTS** **GF** ..... 2.75
- ONION RINGS** **V DF** ..... 2.75
- ONION BHAJI AND RAITA** **V DF GF** ..... 2.75
- GARLIC CIABATTA BREAD** **V** ..... 3.95
- VEGETABLE SELECTION** **V** ..... 3.50

## > HOT DRINKS <

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|--------------------------------|---|
| <b>ESPRESSO</b> 1.75           | <b>COFFEE LIQUEURS</b>  |
| <b>AMERICANO</b> 2.00          | <b>IRISH</b> Jameson's  |
| <b>DOUBLE ESPRESSO</b> 2.20    | <b>ENGLISH</b> Gordon's Gin   |
| <b>LATTE</b> 2.40              | <b>FRENCH</b> Grand Marnier   |
| <b>CAPPUCCINO</b> 2.40         | <b>CALYPSO</b> Tia Maria  |
| <b>COFFEE &amp; CREAM</b> 2.50 | <b>SULTAN</b> Baileys   |
| <b>MOCHA</b> 2.50              | <b>ROYALE</b> Brandy  |
| <b>POT OF TEA</b> 2.00         | All liqueurs prepared using freshly ground coffee and topped with fresh cream |
| <b>PEPPERMINT TEA</b> 2.00     | <b>5.50 each</b>  |
| <b>HOT CHOCOLATE</b> 2.50      |   |

All coffees also available as decaf.

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