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Bread board served with warm sourdough boule & butter (V) 4.00

Glazed mini chorizo sausages (A) 4.50

Starters...

Pan-fried king prawns & chorizo on toasted sourdough 6.00

White balsamic & tomato tarte tatin on an olive & rocket salad (Ve) 5.50

Lightly dusted squid with a sweet chilli glaze 6.00

Devilled whitebait with homemade tartare sauce 5.50

Char-grilled lamb kofta with yoghurt & mint dip, cucumber, pickled red onion & Padrón peppers 6.00

Tomato & basil soup with crème fraiche, pumpkin seeds & sourdough (V) 5.00

Roasts...

All our roasts come with a home-made Yorkshire pudding, seasonal vegetables & braised red cabbage

21-day aged sirloin of beef with roast potatoes & red wine jus (A) 15.00

Half roast chicken with a pig-in-blanket, roast potatoes, gingerbread stuffing & red wine jus (A) 13.50

Nutroast with roast potatoes & vegetarian gravy (V) 12.50

To share - whole roast chicken served with pigs-in-blankets, roast potatoes, stuffing, Yorkshire puddings & red wine jus (A) 23.50

Mains...

Pan-fried salmon & king prawns with buttered samphire & heritage potatoes with basil pesto 16.00

Nourish bowl - warm charred broccoli, beluga lentils, roasted chickpeas, seeds, pomegranate & lemon olive oil (Ve) **10.50** Add king prawns for **2.50**, add pulled chicken for **2.50**

Miso-glazed aubergine, cashews & fried cavolo nero with jasmine rice (Ve) 9.50

Classic cheeseburger - char-grilled beef patty & Barber's Cheddar in a soft linseed bun topped with gherkin & fries **12.00**Add smoked streaky bacon for **1.50**, upgrade to triple-cooked chips for **1.00**

Fish & chips - cod in an ale beer batter with triple-cooked chips, minted crushed peas & tartare sauce 12.50

Rump of lamb served with char-grilled aubergines, cherry tomatoes, sautéed heritage potatoes and a red wine jus (A) 15.50

Fish pie - sole, smoked haddock & salmon in a rich creamy sauce with cheesy mash, green beans & Tenderstem broccoli (A) 11.50

Sides...

Triple-cooked chips 3.75

Pigs-in-blankets 3.50

Grilled aubergine (V) 3.50

Tenderstem broccoli (Ve) 3.50

Side of mash (V) 3.50

Halloumi fries 6.00

Desserts...

Sorbet & berries - coconut & raspberry sorbet (Ve) **5.50**

Baked vanilla cheesecake with fresh berries & raspberry sauce (V) **6.00**

Sticky toffee pudding served with Bourbon vanilla ice cream (V) 5.50

Chocolate tart with coconuticed sorbet and red fruits (Ve) 5.75

Warm chocolate brownie served with hazelnutice cream (V) 5.50

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. A = this dish contains alcohol.