



Starters

Soup of the day, gluten free bread	5.50
Duck, pork & pistachio terrine	7.75
Shrimp & crayfish cocktail, Marie Rose sauce	7.25
Salt and pepper calamari, sweet chilli jam	7.75

Mains

Tastes of Autumn	
Pan roasted flat iron chicken, garlic butter, sweet potato fries, watercress	14.50
Tiger prawn, Chorizo, chilli & garlic penne pasta	15.25
The Spring's cheeseburger, pickles, coleslaw, fries	13.95
add BBQ pulled pork	1.50
Porcini & wild mushroom risotto, spinach & artichoke crisps	13.50
Fish & chips, mushy peas, tartar sauce	13.95
Gluten free pasta, bacon pesto, rocket	10.50
Welsh lamb shank, slow braised in red wine & rosemary, creamy mash, buttered cavalo nero	16.75

CHARGRILL		
10oz rib eye steak 24.00		8oz fillet steak 26.00
Choice of Stilton or Pepper sauce 1.00		
<i>Our 28-day aged British steaks come with chargrilled tomato and Portobello mushroom, fries & choice of sauce</i>		

Honey glazed carrots

Sides all at 3.75

Chilli broccoli
French fries

Crispy green salad