

# The Lazy Trout

We welcome you to The Lazy Trout, where we are passionate about fresh food, made from scratch with ingredients chosen based on quality and integrity. (E.g. our Aberdeen Angus beef, which is purely pasture-fed on Will's family's farm, or our Olive oil which comes from Iraklis's family farm in Greece.)

We hope you enjoy your visit and your feedback, positive or otherwise, is always appreciated.

**This is an EXAMPLE menu. Our menu changes daily however this menu is a good example of the types of dishes we serve.**

**GFA: Gluten free available**

**V: Vegetarian**

**VEA: Vegan available**

## Nibbles

*(All the below are served with warm 'Greek Style' Pitta bread or Toasted Gluten-free bread)*

**Marinated Mixed Greek Olives** 4.95 GFA/V/VEA

**Sundried Tomato Hummus** 4.95 GFA/V/VEA

## Starters

**Soup of the day** served with rosemary croutons and crusty bread. 5.95 GFA/V

**King Prawns** marinated with smoked paprika, oregano and sumac. Mango and pineapple salsa 7.95 GFA

**Chicken Skewers** marinated in turmeric, coriander, and chilli. Peanut Satay sauce. 6.65

**Chicken liver pâté** spiked with port and brandy. Mixed fruit chutney. Toasted Brioche 6.65 GFA

**Mixed Miso Mushroom Crostini.** Parmesan shavings. Rocket. Balsamic glaze. 6.25 GFA/V

**Tomato Bruschetta.** Toasted sourdough. Rocket. Feta cheese. Black olives and Basil oil 6.45 GFA/V/VEA

**Vegan Combo.** Cauliflower Wings crumbed in Panko breadcrumbs and Corn ribs coated in paprika. Served with gochujang chilli and smoked BBQ dipping sauces. 6.45 V/VEA

## *Something Special...*

**Venison Loin Steak** 21.95 GFA

Dauphinoise potatoes. Roasted carrots and parsnips. Braised red cabbage. Port and redcurrant jus.

**Grilled Swordfish Loin** 21.95 GFA

Parmesan Roasted Baby potatoes. Asparagus wrapped in streaky bacon. Caper, olive and herb dressing. Cherry tomatoes on the vine.

**Roasted vegetables stuffed with 'Gigantes Plaki'** 14.95 V/VEA

Butterbeans slow-baked with tomatoes, oregano and a hint of chilli topped with Feta cheese. Baby potatoes roasted with thyme and garlic. Mixed leaf and Olive salad. Tzatziki.

## **Main courses**

**Fish and chips.** 'Beartown beer' battered fresh Grimsby haddock (Approx. 10oz) and chips.  
Mushy peas and tartar sauce 15.45

***Small Portion (Approx 5oz) 12.45***

**Fresh grilled Grimsby haddock** (Approx. 10oz) (Gluten-free) with house butter.  
Chips, mushy peas and tartar sauce 15.45 GFA

**Aberdeen Angus beef and ale pie** topped with our herb and suet crust. Chips, vegetables. 14.95

**Classic Lasagne.** Bolognaise made with Angus mince, slow-cooked tomatoes and plenty of basil between fresh pasta and topped with cheesy béchamel infused with mace and rosemary. Chips, garlic bread and dressed salad 13.95

**Mediterranean Vegetable Lasagne.** Made with fresh pasta and slow-roasted tomato and basil sauce. Topped with cheesy béchamel infused with mace and rosemary. Chips, garlic bread and dressed salad 13.95 V

**King Prawn Linguine** with white wine and parmesan sauce, finished with parsley and a hint of chilli.  
Garlic ciabatta 17.95

**Pulled Beef Brisket Chilli** made with cumin and other Cajun spices. Finished with lime and fresh coriander. Braised rice, cheesy nachos, jalapenos and crème fraiche 14.45 GFA

**Sweet potato, pepper and mixed bean Chilli** made with cumin and other Cajun spices. Finished with Lime and fresh coriander. Braised rice, cheesy nachos and jalapenos 13.95 GFA/V/VEA

**Parmentier Pie.** Porcini and chestnut mushrooms, sundried tomatoes, chickpeas, lentils and rosemary. Chantenay carrots and steamed green panache. Topped with herb and parmesan roasted baby potatoes. 13.95 GFA/V/VEA

### ***Its....Rib Tuesday!!***

*(Served all day every Tuesday)*

**1/2 Rack of Pork Ribs 15.95 GFA**

Slow-roasted with Captain Morgan's rum and coke. Sauce made from a reduction of roasting juices. Corn on the cob. House 'street' slaw. Chips

## **Summer “Salad” bowls**

*Our version of a “Poke” style salad bowl, full of flavour and textures.*

Giant cous cous, sweet potato roasted with fresh herbs, “street slaw”, pickled ginger and Edamame beans. Our teriyaki dressing made with soy sauce, honey and pickling juices. Sriracha mayonnaise

Roasted supreme of Scottish salmon marinated in teriyaki dressing 15.95 GFA

Sautéed strips of Aberdeen angus steak marinated in teriyaki dressing 15.95 GFA

Halloumi marinated with herbs and a little chilli 14.65 V/ GFA

## **Burgers**

*On Rustic Brioche Roll with Biondi leaf, gherkin and tomato. Side of House street slaw. Chips.*

Top any burger with: Smoked streaky bacon 1 .95 And/or Our pulled “Rum and coke” BBQ beef brisket 2.95

**KFC (Kellogg’s fried chicken!!)** Chicken breast in our lightly spiced crushed cornflake coating. Sriracha mayonnaise *(served on the bun unless otherwise requested!)* 13.95

**Half-pound ‘Home-grown’ beef burger** topped with Monterey Jack cheese.

Tomato Relish *(served on the bun unless otherwise requested!)* 14.95 GFA *(On Gluten Free Roll)*

**Roasted aubergine and black bean burger** with smoked paprika, oregano, hint of chilli and fresh coriander. guacamole and jalapeño peppers 14.95 V/VEA

(Available every day except Sunday)

## **From the Grill**

Topped with house butter and served with chips, steamed green and samphire mushroom stuffed with caramelised onions and confit tomato.

**‘Home-reared’, pasture-fed Aberdeen Angus Steak:**

**10oz Sirloin** 21.95 GFA **8oz Fillet** 24.95 GFA **10oz Ribeye** 22.95 GFA

**Dunwood farm’ chicken breast fillet** 13.95 GFA

**Jug of Sauce:** Red Wine and Thyme Gravy 2.95 GFA

Shropshire blue cheese 2.95 GFA

Brandy & Peppercorn 2.95 GFA

*(The following are only available until 5pm)*

### **Flatbreads**

All flatbreads served on Greek pitta bread with Our House street slaw and a handful of chips

#### **Shredded Duck Leg, slow roasted with Hoisin**

Spring onions. Pickled Ginger. Toasted sesame seeds. 14.45

#### **Oyster Mushrooms Baked with Zataar Spice**

Sun-dried tomato Hummus. Buffalo Mozzarella *(unless vegan)* 12.95 V/VEA

### **Crusty Ciabattas**

Served with a handful of chips and our House street slaw

#### **Sausage & Stornoway Black Pudding**

Apple, pear, and saffron chutney. 13.45

#### **C.B.L.T (Chicken, Bacon, Lettuce & Tomato)**

Lemon & thyme chicken and smoked streaky bacon. Confit Garlic Mayonnaise. 13.45 GFA

### **Snacks/Sides**

Home-cut chips (small) 2.95 (large) 3.95 GFA/V/VEA (Add cheese 1.50)

'Beartown beer' battered onion rings 3.95 Vegetables 1.95 GFA/V/VEA

House salad 1.95 GFA/V/VEA

Toasted seeded bread and ciabatta 2.00 GFA/V/VEA

Garlic bread 2.95 GFA/V (Add Cheese 1.50)

House street slaw 1.95

### **Children's Menu**

**Kids Beef Stew** with baby potatoes and vegetables. 6.95

**Classic Lasagne** with chips and garlic bread 6.95

**Mediterranean Vegetable Lasagne** With chips and garlic bread 6.95

The Following come with a choice of baby potatoes **or** home-cut chips **And** Baked beans **or** peas:

**Chicken Nuggets** 5.95

**Breaded Fish Fingers** 5.95 GFA

**Sausages** (Vegetarian sausage available) 5.95 GFA

(Only available on Sundays)

## **Sunday Roasts**

(Lamb & Beef served pink unless otherwise requested)

**Roast Aberdeen Angus Beef** (*Home-grown, pasture fed*) GFA 14.95

**Roasted Leg of Locally Reared Lamb** GFA 14.95

**Roasted Dunwood Farm Chicken Breast** with fresh herb and sausage stuffing GFA 12.95

**Roasted Butternut Squash Nut roast** with Jerusalem artichoke, Cannellini beans, parsnips, dried cranberries, hazelnuts and chestnuts 13.95 V/VEA

**With:** Yorkshire pudding mashed and roasted potatoes, Roasted vegetables, Braised Red cabbage, Wilted Kale, Thyme and red wine gravy.

## **Desserts**

**Cheshire Farm ice cream** 1.95/scoop

(Vanilla, Chocolate, Strawberry, Mint choc chip, Salted Caramel, Honeycomb, Mocha Coffee Bean)

**Warm Triple Chocolate Brownie.** Vanilla ice cream, roasted pecans, and chocolate sauce 5.95 GFA/V

**Salted Caramel Baileys Cheesecake.** Butterscotch sauce. Caramel Popcorn Pouring Cream. 6.45

**Rhubarb, Ginger, Apple, and Strawberry Crumble.** Custard or ice cream 6.45 GFA/V/VEA

**Sticky Toffee Pudding.** Butterscotch sauce. Ice cream or custard 5.95 V

**Affogato.** Ice cream served with an espresso and a shot of Disaronno or try our Lazy Trout version with Thunder Toffee Vodka 6.95 GFA/V/VEA

**Meringue Nest** filled with passionfruit Chantilly cream. Mango and raspberry coulis. Fresh fruit salad. 6.45 GFA/V