

THE WINGROVE

Sunday Lunch

Friend's of The Wingrove - helping us provide you with fresh, locally sourced produce, within a 40-mile radius
Our **Vegetables & Dairy** are sourced from local farms across Sussex, delivered to us daily. Our **Fish** comes straight from Newhaven Boats, and our grass-fed dexter **Beef** is supplied by Coopers Farm, using organic and sustainable principles. Our locally sourced **Lamb** is reared on the South Downs, with an organic grass-fed diet, giving us those succulent flavours. Our **Charcuterie** is supplied by Beal's Farm, a family run business based in Mid-Sussex.
Plus, we love our **local cheeses**, please ask us where they come from!

NIBBLES

- MIXED OLIVES marinated in garlic & herbs. (v)(vg)(gf) **4**
BEAL'S FARM SALAMI, thinly sliced. **5**
FLINT-OWL SOURDOUGH BREAD, butter, horseradish cream. (for two) (v) **3**

STARTERS

- GOCHUJANG BEEF TARTARE, egg yolk, sesame tuile, radish & fennel salad. **12**
GAMBAS CROSTINI, chilli, garlic, white wine, parsley. (gfo) **11**
SWEET POTATO CAKE, lightly spiced vegetable & lentil ragu. (v)(vg) **8**
DUCK LIVER PARFAIT, orange chutney, toasted sourdough. (gfo) **8**
SEARED SCALLOPS, black pudding bhaji, apple, cauliflower purée. **12**
FETA, honey, pistachios, rosemary focaccia, apple salad. (v) **9**

SUNDAY ROAST

- LEG OF LAMB, roasted carrots, cauliflower cheese, garden peas, roast potatoes, Yorkshire pudding, mint sauce. (gfo) **20**
ROAST SIRLOIN OF BEEF, roasted carrots, cauliflower cheese, garden peas, roast potatoes, Yorkshire pudding, horseradish. (gfo) **22**
CHICKEN BREAST, roasted carrots, cauliflower cheese, garden peas, roast potatoes, Yorkshire pudding. (gfo) **19**

MAINS

- SOUTH COAST LEMON SOLE (on the bone), parsley & shrimp butter, new potatoes. (gf) **25**
PAN FRIED HAKE, crispy squid, charred leek, saffron potatoes, bouillabaisse sauce, greens. **25**
ROASTED CAULIFLOWER STEAK, lentils, spiced harissa hummus, roasted garlic mash. (v)(vg)(gf) **18**
MISO MUSHROOM, pearl barley, tofu, pumpkin seed pesto, grilled baby gem, tenderstem broccoli. (v)(vg) **18**

SIDES 4.5

- FRENCH GREEN BEANS (v)(vg)(gf)
TENDERSTEM BROCCOLI (v)(vg)(gf)
HONEY GLAZED HERITAGE CARROTS (v)(vgo)(gf)
HERITAGE TOMATO, sumac pickled onions, pine nuts, basil (v)(vg)(gf)
HOUSE GREEN SALAD, apple, celery (v)(vg)(gf)
BUTTERED NEW POTATOES (v)(vg)(gf)
ROASTED GARLIC MASH (v)(gf)
HOUSE CUT CHIPS (v)(vg)(gf)

(v) vegetarian (vg) vegan (gf) gluten free (gfo) gluten free option (vgo) vegan option (GFO & VGO can be adapted to GF & VG)
Please ask for allergen information.

A 10% discretionary service charge will be added to the bill.