

THE WINGROVE

Dinner Menu

Welcome to The Wingrove Restaurant. We appreciate everyone's forbearance and kindness as we all navigate our way around this brave new world. Thank-you for your continued support & understanding.

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**
- CHILLED TOMATO CONSOMMÉ, heritage tomatoes, balsamic pearls. (v)(vg)(gf) **8**
- DUCK LIVER PARFAIT, orange chutney, toasted sourdough. (gfo) **8**
- MACKEREL RILLETTE, ginger, lime, cucumber & jalapeño relish, tortilla. (gf) **9**
- WHIPPED FETA, honey, pistachios, rosemary focaccia, apple salad. (v) **9**

MAINS

- SOUTH COAST LEMON SOLE (on the bone), parsley & shrimp butter, new potatoes. (gf) **25**
- 230g FILLET OF BEEF matured for 28 days. French green beans. Garlic mash or triple cooked chips. (gf) **32**
Served with peppercorn sauce (gf) or Béarnaise sauce.
- PAN SEARED DUCK BREAST, dark cherry sauce, sautéed bok choy, bulgar wheat. (gfo) **26**
- ROASTED CAULIFLOWER STEAK, lentils, spiced harissa hummus, roasted garlic mash. (v)(vg)(gf) **18**
- PAN FRIED HAKE, crispy squid, charred leek, saffron potatoes, bouillabaisse sauce, greens. **25**
- 230g SOUTH DOWNS LAMB RUMP, tenderstem broccoli. Garlic mash or triple cooked chips. (gf) **29**
Served with redcurrant sauce (gf) or chimichurri. (gf)
- CORN-FED CHICKEN BREAST, kale, chestnut mushroom, pancetta, pea purée, roasted garlic mash. (gf) **24**
- 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.

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!

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