

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 Limousin cross **Beef** is reared on Sussex Farms, 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) 4.5

ROSEMARY FOCACCIA, hummus, garlic oil. (for two) (v)(vg)(gfo) 4

STARTERS

CARROT BHAJIS, carrot purée, spiced lentils, pickled carrot. (v)(vg) 9

GAMBAS CROSTINI, chilli, garlic, white wine, parsley. (gfo) 12

SMOKED HAM HOCK TERRINE, cornichons, plum purée, piccalilli, crostini. 10

SEARED SCALLOPS, butternut squash purée, 'Nduja, pickled pear. (gf) 12

CRISPY SESAME EGG, miso hollandaise, ponzu spring onion. (v) 9

SUNDAY ROAST

LEG OF LAMB, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) 22

ROAST SIRLOIN OF BEEF, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) 22

CHICKEN BREAST, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) 20

MAINS

SOUTH COAST COD FILLET, mussel, leek, potato & sweetcorn chowder, pickled cucumber. (gf) 27

LEMON SOLE (on the bone), tenderstem broccoli, new potatoes, lemon shrimp butter. (gf) 29

PESTO BAKED AUBERGINE, crispy polenta, aubergine caponata, red pepper sauce. (v)(vg)(gf) 19

ROASTED BBQ CAULIFLOWER STEAK, bulgar wheat tabbouleh, sauce verte, olive and tarragon tapenade, courgette ribbons. (v)(vg) 18

SIDES 5

FRENCH GREEN BEANS (v)(vg)(gf)

TENDERSTEM BROCCOLI (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 (vgo) vegan option (gf) gluten free (gfo) gluten free option (nuts) contains nuts
(GFO & VGO can be adapted to GF & VG) Please ask for allergen information.

A 12.5% discretionary service charge will be added to the bill.