

THE WINGROVE

Sample Sunday Lunch Menu

Friends 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. 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) 5

STARTERS

WARM HONEY & THYME POACHED PEAR, stilton, candy walnuts. (v)(gfo)(nuts) 10

PAN FRIED KING PRAWNS, in a cherry tomato and red onion sauce, with fresh chillis and coriander, lemon and rocket salad and toasted sea salt focaccia. (gfo) 11.5

CHICKEN LIVER PARFAIT, red onion marmalade, toasted sour dough. (gfo) 9

BROCOLI & BLUE CHEESE SOUP, with warm crusty ciabatta. (v)(gfo) 7

CARROT BHAJI, carrot puree, spiced lentils, pickled carrot. (v)(vg)(gfo) 8.5

MAINS

LEG OF LAMB, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) 25

ROAST SIRLOIN OF BEEF, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) 25

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

PAN FRIED LOCAL COD LOIN, apple, celeriac, mussels & bacon lardons. Served with cider cream and chive sauce. (gf) 29.5

PORCHINI MUSHROOM RISOTTO, wild mushrooms, chive oil, pecorino, rocket salad. (v)(vgo)(gf) 19.5

PESTO BAKED AUBERGINE, crispy polenta, aubergine caponata, red pepper sauce (v)(vg)(gf) 21

SIDE

FRENCH GREEN BEANS (v)(vg)(gf) 5

TENDERSTEM BROCCOLI (v)(vg)(gf) 5

HOUSE GREEN SALAD, apple, celery (v)(vg)(gf) 5

BUTTERED NEW POTATOES (v)(vg)(gf) 5

HOUSE CUT CHIPS (v)(vg)(gf) 5

DESSERTS

MOCHA BRULEE, hobnobs (v)(gfo) 9

WHITE CHOCOLATE MOUSSE, macerated strawberries, toasted marshmallow, caramelised white chocolate crumble. (gfo) 9

AFFOGATO, vanilla ice cream, Tia Maria, crushed hazelnuts, espresso shot. (v)(vg)(gf)(nuts) 9

WARM GINGER SPONGE, butterscotch sauce, clotted cream. (v) 9

SUSSEX CHEESES, seasonal chutney, biscuits. (v)(gfo) 12

(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.

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