

SPRING MENU 2024		VEGETARIAN	VEGAN	DAIRY FREE	GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULFUR DIOXIDE	
STARTERS	Seasonal soup of the day, artisan bread, South Downs butter	✓				ASK A MEMBER OF STAFF FOR THE DAILY SOUP ALLERGEN INFORMATION														
	Chargrilled Kibbutz flat bread, smoked beetroot butter	✓					X					X								
	Salt roasted beetroots, mint, celeriac and yellow lentil salad, pesto hummus, crispy kale	✓	✓	✓	✓										X		X			
	Duck bon bons, sweet chilli, plum and coriander sauce, pickled ginger, cucumber & radish slaw						X		X			X								
	Crab, chervil & chive filo tartlet, Parmesan crumbs, lollo lettuce, lemon balm, red amaranth, shrimp salad						X	X	X			X								
	Smoked aubergine, chargrilled baby gems, radish, pickled cucumber and crispy caper salad, pumpkin seed, avocado salsa	✓	✓	✓	✓														X	X
	Tea smoked, citrus salmon fillet, baby new potato, fennel, orange & mizuna salad with crispy capers, dill mustard dressing				✓					X				X						
	Chicory, fennel, pear & pecan salad, Brighton Blue cheese, land cress, red wine, rape seed vinaigrette	✓			✓							X			X					X
Lobster & crayfish ravioli with lobster, chive, chili butter, rocket cress and Parmesan salad						X	X		X		X									

MAIN COURSES	Eggs in a pan, black beans, avocado, siracha & onion jam, feta and fennel salad	✓			✓				X			X								X
	Pancetta wrapped scallops, artichoke puree, grilled artichokes, sorrel cress, pomegranate dressing				✓								X							X
	Zatar rubbed chicken thighs, giant couscous, mint pomegranate, parsley chickpea salad, baba ganoush hummus, saffron, mint yoghurt						X					X					X			
	Grilled fresh mackerel, purple potato, confit fennel, land cress, roasted red pepper, horseradish crème fraiche				✓					X		X								
	Aged sirloin steak with rosemary and garlic salted crispy potatoes, Café de Paris butter, lambs leaf & daikon salad, Dijon dressing				✓							X		X						

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MAIN COURSE CONTINUED	Guinea fowl supreme, pork & sage stuffing, swede, turnip & potato hash, lemon spinach, apple jus						X		X			X									
	Homemade TMH beef burger, smoked bacon, cheese, skinny fries, mayo, tomato chutney						X		X			X		X						X	
	Halloumi burger with baby gem, field mushroom, chimichurri & skinny fries	✓					X					X									
	Pistachio crusted seabass with spinach, spring onion mash, dill & lemon leeks, Pernod cream						X			X		X				X					
	Bitter beer-battered cod, skinny fries, minted pea puree, charred lemon, lemon-thyme tartare sauce						X		X	X		X									
	Venison medallions, parsnip puree, horseradish and orange crème fraiche, baby onions, purple sprouting broccoli, jus vinaigrette				✓								X								X
	Red pepper schnitzel, lime pesto courgetti, sweet potato fries, chargrilled lemon	✓	✓	✓	✓		X									X					
	Spinach & ricotta pancakes with burnt honey toasted nuts, harissa crème fraiche, mizuna shoot salad	✓			✓				X				X			X	X				
ROAST	SUNDAY ROAST WITH THE MOST - ROAST OF THE DAY					ASK A MEMBER OF STAFF FOR THE WEEKLY ROAST ALLERGEN INFORMATION															
PUDDING	Vegan chargrilled chilli & palm sugar pineapple, kefir lime leaf coulis, vegan ice cream	✓	✓	✓	✓																
	Rhubarb & ginger crème brulee, almond cantucci biscuits	✓					X		X			X									
	Marmalade and rosemary drizzle cake, honeycomb ice cream	✓					X		X			X									
	Hazelnut & chocolate tart, passionfruit cream	✓					X		X			X			X						
	Pistachio nut and candied peel filled cannoli, salt caramel sauce	✓					X					X			X						
	Passionfruit & lemon curd fool, biscoff crumb, lemon sherbet	✓					X		X												
	Seasonal ice creams from Northiam Dairy	✓					X		X			X									
	Seasonal sorbets	✓		✓					X												
	Selection of local cheeses, buttermilk, wheat & charcoal biscuits, dried fruit, apple cider chutney	✓					X					X				X					X

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TMH GOLD TOP CHEESE BOARD, Three cheeses, frozen grapes, dried fruit & nut mix, buttermilk, wheat & charcoal crackers & a shot of port	✓					✗					✗			✗				✗
CHILDREN MAINS	Battered mini fish & chips, garden peas			✓		✗		✗	✗									
	Mini cheese burger, chips, Tommy K					✗		✗			✗							
	Grilled chicken, giant spinach cous cous			✓		✗												
	Tomato & basil, halloumi, courgetti spaghetti	✓			✓						✗							
PUDDINGS	Sugared waffle, chocolate ice cream, caramel sauce	✓				✗		✗			✗						✗	
	Rhubarb & Custard	✓						✗			✗							
	Chargrilled pineapple, vegan ice cream	✓	✓	✓	✓													
	Ice cream pots: chocolate, strawberry or vanilla	✓			✓						✗							

