

# *the Mag's Head Sunday Lunch*

## **Starters**

**Soup** - please ask a member of staff for our soup of the day

**Prawn Cocktail** - served with a "Bloody Mary" spicy sauce, crispy lettuce and fresh bread

**Chicken Liver Parfait** - with toasted sourdough bread, red onion chutney and salad

**Roasted Red Pepper Hummus** - with pitta bread, vegetable batons and salad (vg)

## **Mains**

**Roast Silverside Pembrokeshire Beef** - thinly sliced (gf)

**Roast Pembrokeshire Turkey Breast** - thinly sliced (gf)

**Seabass Fillet** – on a bed of new potatoes with greens and lemon caper butter sauce (gf)

**Beetroot Nut Roast** - a polenta, beetroot and mixed nut roast (cn, vg, gf)

*The roasts above are served on a bed of seasonal greens with roast potatoes, butter glazed carrots, cauliflower cheese, honey & thyme roasted parsnips, port & apple braised red cabbage, mashed swede, Yorkshire pudding, pork sage & onion stuffing and homemade gravy*

## **Desserts**

**Milk Chocolate Pudding** s/w honeycomb, chocolate shards and white chocolate ice cream (v)

**Crème Brûlée** - Merlin liqueur flavoured set custard with a caramelised sugar crisp top (v)

**Cheesecake** - please ask a member of staff for our current selection (v or vg)

**Fruit Crumble** - s/w crème anglaise - ask a member of staff for our crumble of the day

## **Children's Menu**

### **Mains**

**Children's Roast** - half size portion of the adult's choices listed above

**Chicken Lollipops** - baked (gf) or breaded chicken fillets

**Sausages** - pork or veggie (v)

**Scampi** – breaded and deep fried

*All served with a choice of chips, or the adult vegetables listed*

**Please speak to a member of staff if you have a food allergy or intolerance**  
(s/w = served with, v = vegetarian, vg = vegan, gf = gluten free, df = dairy free, cn = contains nuts)

**Adults £14 one course, £18 two courses and £22 three courses**

**Children £7 one course, £10 two courses and £12 for three courses**