

## Lunch Menu

Available Monday to Saturday until 2.30pm

### CRUSTY BAGUETTES *with chips & salad*

- BLT or Ham, Rocket & Wholegrain Mustard Mayo ..... £5.95  
Tuna, Salad Cream, Spring Onion and Cucumber ..... £5.45  
Cheddar, Celery, walnuts and Apple Mayo ..... £5.95

### AMERICAN SUB *with chips & salad*

- Cheese Steak (sliced beef, sautéed onions,  
red pepper and cheese) ..... £6.95  
Beer Battered fish, tartare sauce and mushy peas ..... £6.95  
Falafel, houmous and red pepper ..... £6.25

### SANDWICHES *with chips & salad*

- Prawn and Marie Rose sauce ..... £5.95  
Tuna Mayo and spring onions ..... £5.95  
Chicken Salad ..... £5.95  
BLT ..... £5.90  
Cheddar and Bacon ..... £5.90

## Seaside Salads

All £7.95

Perfect sunshine meals to enjoy on our suntop patios!

Choose from

TUNA NIÇOISE, VEGETABLE COBB SALAD  
OR CLASSIC CAESAR SALAD

## Desserts

- CLASSIC APPLE CRUMBLE ..... £4.25  
GOOEY STICKY TOFFEE PUDDING ..... £4.25  
CHOCOLATE BROWNIE ..... £4.25  
*with ice cream and chocolate sauce*  
ICE CREAMS ..... 1 scoop £1.50 • 2 scoops £2.75 • 3 scoops £3.95  
*Please ask about today's selection.*

*Please see the blackboard for  
the chef's dessert specials*

## Hot beverages

- CAPPUCCINO ..... £2.10  
LATTE ..... £2.10  
MOCHA ..... £2.10  
FRESH GROUND COFFEE ..... £1.95  
ESPRESSO ..... £1.75  
TEA ..... £1.75

THE  
**LOCK  
& BARREL**  
F r i n t o n - o n - S e a

# Menu





## Starters

- CHEF'S SOUP OF THE DAY .....£4.25V  
*with crusty bread*
- LITTLE FISHES.....£5.25  
*Deep fried crispy whitebait with garlic bread and mayonnaise*
- BUFFALO CHICKEN WINGS.....£5.45small / £8.50 large  
*Choose from barbecue flavour with sour cream & herb dip or spicy flavour with a blue cheese dip, served with crunchy carrot and celery sticks.*
- GARLIC & CHILLI BREADED MUSHROOMS.....£4.25V  
*With roasted garlic mayonnaise.*
- HOUSE BREAD BASKET .....£3.95  
*Add olives for £2*

## Sharing Platters

- LOCK & BARREL HOT PLATTER .....£10.95  
*Potato wedges, onion rings, barbecue chicken wings, crispy whitebait and garlic & chilli breaded mushrooms, all with dips.*
- VEGETARIAN MEZZE PLATTER.....£8.95V  
*Marinated olives, houmous, tzatziki, vegetable batons, spicy tomato salsa, warm pitta and naan bread.*
- SEASIDE PLATTER.....£12.95  
*Smoked salmon, prawns, crayfish and smoked mackerel pâté served with tartare sauce, lemon mayonnaise and crusty bread and butter.*

## Pub Classics

- STEAK AND CHIPS *Prime steak, grilled to your liking, with chips, peas, grilled tomato and mushroom.*  
*Add peppercorn sauce, blue cheese sauce or garlic butter for £1*
- 8OZ RUMP *in our special marinade*.....£12.95
- 8OZ SIRLOIN ..... £14.95
- LOCK & BARREL BURGER .....£9.50  
*8oz pure beef patty with lettuce, mayonnaise and beef tomato in a toasted brioche bun, served with chips.*
- CHOOSE FROM CLASSIC, BLUE CHEESE OR CHEDDAR & BACON.
- CHEF'S SPECIAL PIE OF THE DAY .....£9.25  
*Daily changing filling in crisp shortcrust pastry with creamy mash, steamed vegetables and proper gravy.*
- BARBECUE RIBS.....£9.95  
*Marinated and slow cooked pork ribs in a rich barbecue sauce, with skinny fries and coleslaw.*
- PROCTER'S FARM SAUSAGE AND MASH.....£7.95  
*Prime local sausages with buttery mash, garden peas and red onion gravy.*
- HUNTER'S CHICKEN.....£9.45  
*Prime chicken breast in our special barbecue marinade topped with melted cheese, served with chips and salad.*
- FISH & CHIPS.....£9.75  
*Traditional seaside favourite, catch of the day in our own ale batter with chips, garden peas and tartare sauce.*
- SCAMPI & CHIPS .....£9.95  
*Breaded wholetail scampi with chips, tartare sauce and garden peas.*
- VEGETABLE LASAGNE.....£8.95V  
*Our own special recipe, roasted vegetables layered with creamy bechamel, pasta and melted cheese, served with garlic bread and dressed salad.*
- MUSHROOM STROGANOFF .....£8.45V  
*A medley of forest mushrooms in a cream & brandy sauce with black pepper and onion, served with fluffy rice.*

## Sides

- CHIPS .....£2.50
- BREAD AND BUTTER.....£1.75
- POTATO WEDGES .....£2.75
- OLIVES .....£2.00
- STEAMED VEGETABLES.....£2.00
- ONION RINGS .....£2.50
- GARLIC BREAD .....£2.75
- GARLIC BREAD WITH CHEESE.....£3.25
- MIXED SALAD .....£2.25
- COLESLAW .....£2.50

### *For the little ones...*

*The same quality ingredients as our main menu,*

*all served with peas or baked beans £3.95*

*SAUSAGE AND MASH*

*CHICKEN DIPPERS AND CHIPS*

*FISH GOUJONS AND CHIPS*

*CHEESY PENNE PASTA*

### *Traditional Sunday Lunch*

*Come and enjoy a freshly cooked Sunday roast served with*

*all the trimmings, every Sunday from noon until 6pm.*

*£9.95 (CHILDREN £4.95)*

*Book a table to avoid disappointment....when it's gone, it's gone!*



**FOOD SERVICE TIMES - MONDAY TO THURSDAY 12-2.30/6-8.30 • FRIDAY & SATURDAY 12-8.30 • SUNDAY 12-6**

All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know in advance. Fish dishes may contain bones. All weights approximate when uncooked. Written allergy information is available on request. 0315