



The Fountaine Inn

NIBBLES 3 FOR £15 OR £5.95 EACH

- Fish Goujons – With tartar sauce*
Deep Fried Whitebait – Served with aioli
Greek Salad (V)
Chorizo & Potatoes
Pitted Olives (GF)
Hummus – With bread fingers (V)
Sticky Cumberland Sausages – With a mustard and honey sauce

STARTERS

- Soup of the Day – With your choice of bread £4.50 (V) (Available GF)*
Halloumi Fries – With rose harissa yoghurt £6.95 (V)
Chicken Liver & Brandy Pate – Served with red onion marmalade and toast £6.95 (Available GF)
Red Lentil Pate – Served with red onion marmalade and toast £6.95 (Vgn) (Available GF)
Black Pudding & Haggis Stack – with apple & smoked cheese £7.50
BBQ Spare Ribs – in a bbq sauce £6.95
Thai King prawns – with a red Thai curry paste £7.95 (GF)

Fish Dishes

- Pan Fried Sea Bass – served with a creamy seafood & vegetable risotto £16.95 (GF)*
Cod Steak – Oven roasted vegetables & herb potatoes and a rich tomato sauce £17.50 (GF)
Fountaine Fish Stew – with king prawns, smoked haddock, cod, seabass, chorizo served with chunky bread £18.00 (GF)

FOUNTAIN SALADS

- Salmon, Prawn & Avocado – With Marie Rose sauce £13.50 (GF)*
Chicken & Bacon Caesar – With anchovies, croutons & Caesar dressing £12.50
Feta Cheese, Hummus & Olives £12.50 (GF)
Black Pudding, Chorizo & Potato £12.50

VEGETARIAN & VEGAN OPTIONS

- Gnocchi – with roasted shallots, asparagus, roast peppers and salsa Verdi £13.95 (GF)*
Vegetable Stir Fry – with plum sauce, rice noodles £13.95 (GF)
Red Lentil & Sweet Potato Curry – served with rice £12.50 (GF)
Vegan Burger – tomato, gherkins, lettuce, in a brioche bun served with onion rings & French fries £13.50 (GfA)

Please Turn Over For More

FOUNTAINE FAVOURITES

Steak & Fountaine Ale Pie – With hand-cut chips and a choice of garden peas or mushy peas & rich gravy £13.95

Fountaine Fish, Chips, & Mushy peas – Served with tartar sauce £13.95

Belly Pork – With black pudding ball, sage & smoked applwood mash and an apple sauce £16.50

Pan Fried Chicken Breast – Served with mushroom & pancetta sauce, sautéed new potatoes and roasted carrots & parsnips £16.50 (GF)

Lamb Shoulder – Served with creamy mash, tender stem broccoli & minted gravy £17.95

10oz Gammon Steak – With 2 eggs, hand-cut chips, and garden peas £13.95 (GF)

10oz Sirloin Steak- cooked to your liking With garni chips & peas £24.95

Why not compliment your steak with a Pepper Sauce

Or Blue Cheese Sauce

BURGERS

The F Burger – 2 x 6oz burgers with bacon, cheese, tomato, gherkins, lettuce, in a brioche bun served with onion rings & skinny fries £13.50

BBQ Chicken Burger – chicken Breast, tomato, gherkins, lettuce, in a brioche bun served with onion rings & skinny fries £13.50

SANDWICHES ALL £8.50

(Served in wholemeal, white or gluten free bloomer – All served with Fries & salad)

Mature Cheddar & Pickle

Honey Roast Ham & Tomato

Beef & Red Onion

Chicken Mayonnaise

HOT CIABATTA'S ALL £9.50

(Served with chips & salad garnish)

Cajun Chicken Mayonnaise

Cheese & Tomato -

Fish Butty - Tartare sauce

Fountaine BLT – Bacon lettuce and tomato

Beef & Red Onion Marmalade

SIDES £3.95

Hand-cut Chips

Skinny Fries

Beer Battered Onion Rings

Side Salad

Fresh Vegetables

Bread & Butter £1.00

FOOD ALLERGIES AND INTOLERANCES. Before ordering drinks or food, please speak with a member of our staff about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information. Company reg:00170679