



## THE MILL HOTEL

### SMALL PLATES

OLIVES 158 kcal	🌱 🌱 🌱	3.95
HUMMUS AND PITTA 305 kcal	G 🌱 🌱	4.95
HALLOUMI AND SWEET CHILLI SAUCE 439 kcal	M 🌱 🌱	6.45
PORK AND APPLE SAUSAGE ROLL, RED ONION CHUTNEY 348 kcal	G,E,M,S,SO,C	4.95
1/2 A PINT OF PRAWNS, MANGO SALSA, LEMON 97 kcal	CR 🌱	6.95
CHORIZO BON BONS 657 kcal	M,G,E	4.95

### SANDWICHES (SERVED 12PM- 5PM)

TANDOORI CHICKEN 589 kcal	🌱	7.95
mint yoghurt, sliced cucumber, onion salad inside a naan bread G,M		
SMOKED SALMON & CREAM CHEESE BAGEL 400 kcal		7.95
F,G,M		
THE MILL CLUB SANDWICH <i>your choice of white or brown</i> 1425 kcal	🌱	10.95
chicken, bacon, egg mayonnaise, cheese, lettuce & tomato, including fries G,E		
FISH FINGER SANDWICH <i>your choice of white or brown</i> 677 kcal		6.95
cod goujons, tartar sauce G,F		
GRILLED COURGETTE AND BABA GHANOUSH SANDWICH	🌱 🌱 🌱	6.95
<i>your choice of white or brown</i> 780 kcal		
feta and pomegranate SO,M,SE		
SALT BEEF BAGEL 445 kcal		7.95
salted beef, sliced gherkin, mustard mayonnaise and roquette G,MU		

### SALADS

GRILLED CHICKEN AND BACON CAESAR SALAD 721kcal	🌱	10.95
anchovies, garlic and herb croutons, shaved parmesan G,E,M,F		
CHICKPEA AND QUINOA SALAD 695 kcal	🌱 🌱 🌱	9.95
dried tomato, grilled sweetcorn, pomegranate, roquette and toasted pine nuts SO		

### SHARING PLATTERS


PLOUGHMAN'S 1608 kcal		17.95
smoked ham, smoked dapple wood, honey roast ham, Lincolnshire poacher, scotch egg, pickled onions, cornichons, pork pie, homemade sausage roll, crusty bread and piccalilli G,MU,M,SO		
SEAFOOD PLATTER 1242 kcal		22.95
shell on prawns, crevettes, smoked mackerel, cured sea trout, oysters, pickled cockle meat, shallot vinegar, garlic mayo, rosemary focaccia G,E,FCR,MO,SO		
BAKED CAMEMBERT 977 kcal	🌱 🌱	12.95
red onion chutney, flaked almonds, crusty bread G,N,M,SO		
LOCALLY BAKED BREAD SELECTION 1270 kcal	🌱 🌱	6.95
balsamic and olive oil, flavored butters- chilli and paprika, garlic and herb, citrus butter G,SO,M,E		


## STARTERS

**MALDON ROCK OYSTER** 45 kcal  3.45 each  
shallot vinegar & lemon **MO,SO**

**THE MILL'S SPRING SOUP** 6.95  
toasted focaccia *(please speak with a member of the team for allergen information)*

**GARLIC GAMBAS PRAWNS** 412 kcal  9.95  
lime chilli, avocado, and mango salsa **CR,M**

**BREADED BRIE** 543 kcal  8.45  
orange and hazelnut salad, chilli jam **G,N,M,S,SO**

**MOULES MARINIERE** 619 kcal  9.95  
cider, ginger, lemongrass, chilli and cream, toasted sourdough **G,M,MO,SO**

**SCOTCH EGG** 773 kcal 7.95  
tomato and red pepper chutney, apple and rocket salad **G,E,M,SO**


**CHICKEN AND CHORIZO TERRINE** 400 kcal 7.45  
piccalilli, crostini **MU,M,SO**


**BRAISED PORK CHEEK** 617 kcal 7.95  
carrot puree, apple and chilli compote, chorizo bon bon, crackling **SO,E,G,M**

**CURED SEA TROUT** 728 kcal 7.95  
fennel, pickled cucumber, saffron aioli, radish, toasted hazelnuts **SO,F,MU,E,N**

## MAINS


**NETHERGATE BEER BATTERED COD** 698 kcal 13.95  
hand cut chips, minted peas and tartare sauce **G,E,F,SO**


**THE MILL HOUSE BURGER** 1719 kcal  14.95  
cheddar cheese, streaky bacon and garlic mayo, served with coleslaw, onion rings and fries **G,E,SO,M**

**8OZ FILLET STEAK** 689 kcal  27.95  
hand-cut chips, flat mushroom, roasted tomato, red onion and watercress **M,SO** | add peppercorn or blue cheese for 1.50

**THE MILL PIE** 1415 kcal 15.95  
chicken and vegetables in a white wine sauce served with creamy mash & buttered vegetables **G,C,M**

**ROASTED PORK BELLY** 863 kcal  16.95  
apple mash, celeriac puree, sautéed tenderstem broccoli, crispy carrots, cider jus **G,M,SO**

**PAN FRIED SEABASS** 825 kcal  17.95  
potato terrine, roasted cauliflower, pak choi, grilled courgette, chive beurre blanc **M,F,SO**

**THAI RED VEGETABLE CURRY** 1222 kcal   13.95  
peppers, courgette, broccoli, cauliflower, flaked almonds, basmati rice and naan bread **G,N,MU**

**PAN FRIED CALVES' LIVER** 641 kcal  14.95  
roasted new potatoes, sautéed red onion, capers, garlic puree, prosciutto, port jus **M,SO**

**SEAFOOD LINGUINE** 1073 kcal 16.95  
sea trout, salmon, haddock, prawns and mussels, garlic and cream sauce **G,M,F,CR,MO,SO**

**BRAISED LAMB SHANK** 1000 kcal 18.95  
cous cous, olives, peppers, lamb jus, aubergine puree, coriander and flaked almonds **N,C,G**

**THAI RED DUCK CURRY** 1513 kcal 16.95  
duck breast, peppers, courgette, broccoli, cauliflower, basmati rice, flaked almonds and naan bread **G,MU**

**SPRING GARDEN RISOTTO** 1072 kcal    12.95  
peas, broccoli, pak choi, basil oil, parmesan crisp **M**



## THE MILL HOTEL

## SIDES

**TRUFFLE AND PARMESAN FRIES** 4.95  
540 kcal **M**

**HAND CUT CHUNKY CHIPS** 3.95  
253 kcal


**BEER- BATTERED ONION RINGS** 3.95  
168 kcal **G,SO**

**HOUSE SALAD** 3.95  
127 kcal **SO**

**SEASONAL VEGETABLES** 3.95  
53 kcal **M**

**MASH POTATO** 3.95  
426 kcal **M**

 Veggie on request

 Vegan on request

 Gluten free on request

Please speak with your server if you require vegan or gluten free

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

### Allergen Key

<b>C</b> celery	<b>G</b> gluten
<b>F</b> fish	<b>CR</b> crustaceans
<b>E</b> eggs	<b>MO</b> molluscs
<b>M</b> milk	<b>SE</b> sesame seeds
<b>N</b> nuts	<b>MU</b> mustard
<b>P</b> peanut	<b>SO</b> sulphur dioxide
<b>L</b> lupin	<b>S</b> soya