

## THE MILL SMALL PLATES | 3 FOR £15

MARINATED OLIVES 255 kcal	🌱🌱🌱	4.95
TEMPURA PRAWNS 310 kcal sweet chilli sauce	G,CR	5.95
SALT AND PEPPER SQUID 469 kcal lemon aioli	G,E,MO,S	5.95
HOUMMOS & PITTA 408 kcal	G,SE,P 🌱🌱	5.25
DUCK SPRING ROLLS 269 kcal sweet chilli oyster sauce	G,MO,SE,S,P	6.25
ONION BHAJI 351 kcal	🌱🌱🌱	5.25
spiced mango chutney	G,MO,SE,S,P	
BUTTERMILK CHICKEN THIGH BITES		6.25
choice of <i>Bourbon BBQ</i> 498 kcal or <i>Buffalo sauce</i> 491 kcal	G,S,F,P	

## SANDWICHES (SERVED 12PM- 5PM)

Served with side salad and crisps, upgrade to fries for 2.00

NEW YORK BAGEL 731 kcal salt beef, swiss cheese, sauerkraut & Frenchie's mustard	G,MU,SO,M,E	8.45
CROQUE MONSIEUR 745 kcal	🌱	7.95
Suffolk ham, cheddar cheese and béchamel sauce	SO,G,E,M,MU	
SMOKED SALMON BAGEL 424 kcal lemon & dill crème fraiche, rocket	G,M,F,SE	8.45
EGG & WATERCRESS 792 kcal	G,E,S 🌱🌱	7.00
SMASHED AVOCADO BAGEL 433 kcal	🌱🌱	6.95
tomato, mixed seeds, rocket, red pepper	G	
FISH FINGER SANDWICH 581 kcal cod fingers, baby gem, tartare sauce	G,E,M,F,SO	8.95
BACON, LETTUCE & TOMATO 1140 kcal	G,S,E	8.50

## SIDES

HAND CUT CHUNKY CHIPS 253 kcal		4.00
SWEET POTATO FRIES 297 kcal		5.00
ONION RINGS 168 kcal	SO,G	4.00
HOUSE SALAD 127 kcal	SO 🌱🌱🌱	4.00
SEASONAL VEGETABLES 196 kcal	M 🌱🌱🌱	4.00

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

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



Veggie on request



Vegan on request



Non gluten on request



## THE MILL HOTEL

### STARTERS

<b>SOUP OF THE DAY</b> 3 icons (gluten-free, dairy-free, nut-free) warm bread & butter <i>please ask for allergy &amp; dietary requirements</i> G,M,S	6.95
<b>BUTTERNUT SQUASH ARANCINI</b> 315 kcal 1 icon (nut-free) pumpkin purée, crispy sage, aged parmesan cheese G,E,M,C,SO	7.25
<b>BREADED BRIE</b> 531 kcal chunky chilli chutney, dressed mixed leaf G,M,F,SO	9.00
<b>DUCK AND ORANGE LIVER PATE</b> 428 kcal 1 icon (gluten-free) candied orange, red onion chutney, baby watercress, sourdough crostini G,M,SO	7.00
<b>PRAWN &amp; CRAYFISH TIAN</b> 298 kcal prawn & crayfish, lemon mayonnaise, pickled cucumber, crispy lettuce & crostini E,CR,G	8.95
<b>PAN FRIED PIGEON BREAST</b> 323 kcal spicy Japanese broth, red pepper and mushroom G,N,P,SE	9.25

### THE MILLS CLASSICS

<b>NETHERGATE BEER BATTERED FISH OF THE DAY</b> 689 kcal hand cut chips, minted pea puree & tartare sauce G,E,F,SO	15.00
<b>THE MILL HOUSE BURGER</b> 1351 kcal British excellence beef burger, cheese, onion relish, roasted garlic mayo, baby gem, red onion & tomato, sesame toasted bun & skinny fries G,E,M,S,SO	16.95
<b>GOATS CHEESE AND PORTOBELLO MUSHROOM BURGER</b> 1270 kcal 1 icon (gluten-free) onion relish, roasted garlic mayo, baby gem, red onion & tomato, toasted bun, skinny fries G,E,M,SE,SO	15.00
<b>BUTTERNUT SQUASH RISOTTO</b> 659 kcal 3 icons (gluten-free, dairy-free, nut-free) crispy pancetta, sage, goat cheese M,SO	14.95
<b>CRISPY STICKY PORK</b> 626 kcal 1 icon (gluten-free) in a soy, oyster & sesame sauce served with spring onion & Laila basmati rice MO,SE,N,P	16.00
<b>CREAMY COCONUT VEGAN CURRY</b> 1052 kcal 3 icons (gluten-free, dairy-free, nut-free) naan bread, rice & mango chutney G,N	15.45
<b>21-DAY MATURED 10OZ RIBEYE STEAK</b> 973 kcal 1 icon (gluten-free) roasted beef tomato and flat mushroom, rocket and parmesan salad & chunky chips E,M,SO   <i>add peppercorn 83 kcal M,SO, béarnaise 186 kcal M,E or blue cheese 91 kcal M for 2.00</i>	29.00
<b>TERIYAKI SALMON</b> 859 kcal stir fried vegetables & noodles G,E,F,SE,S,SO	19.95
<b>PAN-FRIED CHICKEN SUPREME</b> 1670 kcal 1 icon (gluten-free) kale, potato terrine with mushroom white wine and chorizo sauce M,S,SO	16.95
<b>CALVES LIVER</b> 1248 kcal 1 icon (gluten-free) creamy mash potato, buttered kale, red onion and caper jus, crispy streaky bacon M	16.95