

# THE WINGROVE

# Sunday

## Sample Sunday Lunch Menu

Friend's of The Wingrove - helping us provide you with fresh, locally sourced produce, within a 40-mile radius  
Our Vegetables & Dairy are sourced from local farms across Sussex, delivered to us daily. Our Fish comes straight from Newhaven Boats, and our grass-fed Limousin cross Beef is reared on Sussex Farms, using organic and sustainable principles. Our locally sourced Lamb is reared on the South Downs, with an organic grass-fed diet, giving us those succulent flavours. Plus, we love our local Cheeses, please ask us where they come from!

### NIBBLES

MIXED OLIVES marinated in garlic & herbs. (v)(vg)(gf) **4.5**

ROSEMARY FOCACCIA, hummus, garlic oil. (for two) (v)(vg)(gfo) **4**

### STARTERS

WARM HONEY & THYME POACHED PEAR, stilton, candy walnuts. (v)(gfo)(nuts) **11.5**

PAN FRIED KING PRAWNS, in a cherry tomato and red onion sauce, with fresh chillis and coriander, lemon and rocket salad and toasted sea salt focaccia. (gfo) **10**

CRISPY PORK BELLY, chorizo, apple, white onion & cider soubise sauce, cannellini beans, warm focaccia. (gfo). **10**

PAN FRIED SCALLOPS, 'Nduja, butternut puree, pickled pear. (gf) **13.5**

CARROT BHAJI, carrot puree, spiced lentils, pickled carrot. (v)(vg)(gfo) **8.5**

### MAINS

LEG OF LAMB, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) **23**

ROAST SIRLOIN OF BEEF, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) **23**

ROAST CHICKEN, roasted carrots, braised red cabbage, garden peas, cauliflower cheese, roast potatoes, Yorkshire pudding. (gfo) **20**

PAN FRIED LOCAL COD LOIN, apple, celeriac, mussels & bacon lardons. Served with cider cream and chive sauce. (gf) **29.5**

PORCHINI MUSHROOM RISOTTO, wild mushrooms, chive oil, pecorino, rocket salad. (v)(vgo)(gf) **19.5**

PESTO BAKED AUBERGINE, crispy polenta, aubergine caponata, red pepper sauce (v)(vg)(gf) **21**

### SIDE

FRENCH GREEN BEANS (v)(vg)(gf) 5

TENDERSTEM BROCCOLI (v)(vg)(gf) 5

HOUSE GREEN SALAD, apple, celery (v)(vg)(gf) 5

BUTTERED NEW POTATOES (v)(vg)(gf) 5

HOUSE CUT CHIPS (v)(vg)(gf) 5

### DESSERTS

CLASSIC CRÈME BRULÉE, raspberry curd, shortbread. (v)(gfo) **8.5**

WHITE CHOCOLATE MOUSSE, macerated strawberries, toasted marshmallow, caramelised white chocolate crumble. (gfo) **8.5**

AFFOGATO, vanilla ice cream, Tia Maria, crushed hazelnuts, espresso shot. (v)(vg)(gf)(nuts) **9**

WARM GINGER SPONGE, butterscotch sauce, clotted cream. (v) **8.5**

SUSSEX CHEESES, seasonal chutney, biscuits. (v)(gfo) **11**

(v) vegetarian (vg) vegan (vgo) vegan option (gf) gluten free (gfo) gluten free option (nuts) contains nuts  
(GFO & VGO) can be adapted to GF & VG Please ask for allergen information.

A 12.5% discretionary service charge will be added to the bill.