



THE UNTHANK ARMS

• EST. 1891 •

Summer Menu

STARTERS

Warm bread and olives · £8.25

Toasted focaccia served with marinated olives, balsamic and olive oil (VE, GFA)

Spiced onion pakoras · £9.50

Crispy spiced onion pakoras served with mango chutney mayonnaise, pickled red onion and red chilli (VE, GF)

Chilled tomato and basil gazpacho · £8.50

Classic Andalusian chilled soup topped with herb croutons and extra virgin olive oil (VE, GFA)

Minted pea and feta bruschetta · £9

Crushed sweet peas, fresh mint, and crumbled feta on toasted focaccia with a lemon drizzle (V, VEA, GFA)

Korean BBQ chicken skewers · £10.50

Grilled chicken breast skewers glazed in sweet and sticky Korean BBQ sauce, served with kimchi slaw, spring onion and sesame seeds (GFA, DF)





MAINS

Swannington sausage and potato summer salad · £18.75

Swannington pork sausages served with a warm new potato, green bean, and wild rocket salad, dressed in a light grain mustard vinaigrette (GFA)

8oz rump steak · £26.75

Served with skin-on fries, watercress, and a vibrant tomato & red onion chimichurri (GF)

Pan-roasted chicken breast · £21.50

Pan-roasted chicken served with a summer vegetable risotto of sweet peas, asparagus and fresh mint (GF)

Asparagus and lemon gnocchi · £18.50

Pan-fried gnocchi with British asparagus, garden peas, garlic, and lemon zest, finished with vegetarian Parmesan (V, VEA)

Citrus salmon fillet · £23.00

Salmon fillet served with herb-crushed new potatoes, Tenderstem broccoli and a light chive butter sauce (GF)

Summer lamb koftas · £22.50

Spiced lamb koftas served with tzatziki, pickled red onion, feta, toasted pitta and dressed mixed leaves





BAR CLASSICS

Ale battered haddock and chips · £19

Ale battered haddock with triple cooked chips, tartar sauce, lemon wedge and citrus salt (GF, DF). Add minted mushy peas · £0.50

The Unthank burger · £18.50

A 6oz Swannington beef patty topped with Monterey Jack cheese and smoked bacon, served with Gem lettuce, smoked burger sauce, pickles, skin-on fries and house slaw (GFA)

Moving Mountains burger · £18

Plant-based burger served with smoked burger sauce, Gem lettuce, gherkins, skin-on fries and house slaw (VE)

Korean bbq chicken burger · £19.25

Crispy chicken burger with Korean bbq sauce, kimchi slaw, Gem lettuce and Monterey Jack cheese, served with crispy onion and skin-on fries (GFA)

SIDES

Skin-on fries · £5.25

(GFA)

Hand-cut chips · £5.25

(GFA)

Onion rings · £5.50

(GFA)

Summer garden salad · £5.50

Mixed leaves, cucumber, peas, and radishes with lemon dressing (GF, VE)

Warm mint & butter new potatoes · £5.25

(V, GF)





DESSERTS

Double chocolate brownie · £8.75

Warm chocolate brownie with dulce de leche and vanilla ice cream (GF)

Lemon and mint posset · £8.25

Creamy, chilled lemon and fresh mint posset, served with a crisp shortbread biscuit (GFA)

Pina Colada panna cotta · £8.95

Silky coconut and rum-infused panna cotta, served with caramelized charred pineapple, fresh mint and a scoop of refreshing raspberry sorbet (VE, GF)

Salted caramel & pecan tart · £8.95

Rich, decadent salted caramel filling inside a crisp pastry shell, topped with toasted chopped pecans and vanilla ice cream (V)

Eton mess · £8.50

Crushed meringue, fresh British strawberries and whipped vanilla cream (GF, V)

COFFEE AND TEA

Americano · £2.50

Cappuccino · £3.00

Flat White · £3.00

Latte · £3.00

Espresso/Double · £2.20/£2.70

Hot Chocolate · £3.00

Mocha · £3.00

Tea/Herbal/Fruit · £2.30





CIABATTAS

Available Monday–Saturday, 12–5pm

All served with fries, salad & slaw

Haddock goujons · £14.50

Crispy haddock goujons with tartar sauce and Gem lettuce

Swannington pork sausage and summer slaw · £14.50

Swannington Farm-to-Fork pork sausage with honey-mustard slaw

Sun-dried tomato, feta and rocket · £13.50

Sun-blushed tomatoes with plant-based feta and wild rocket (VE)

Smoked bacon and Monterey Jack · £14.50

Smoked streaky bacon with melted Monterey Jack cheese, sliced beef tomato,
and American mustard





SUNDAY ROASTS

Served Sundays, 12–8pm

All roasts come with roast potatoes, braised red cabbage, smashed swede, Savoy cabbage, maple-glazed carrots & parsnips, Yorkshire pudding and homemade gravy.

Topside of beef · £20

Roasted with rosemary and sea salt

Chicken supreme · £19

With sausage and herb stuffing

Blythburgh pork loin · £19

Slow-roasted Blythburgh pork

‘All the meats’ · £26

Beef, chicken and pork with extra roast potatoes and two Yorkshires

Vegetarian porcini polenta loaf · £17.50

With roast potatoes, braised red cabbage, smashed swede, Savoy cabbage, maple-glazed carrots & parsnips, Yorkshire pudding and homemade vegetarian gravy (V)

Vegan porcini polenta loaf · £16.50

With roast potatoes, braised red cabbage, Savoy cabbage, maple-glazed carrots & parsnips, and homemade vegan gravy (VE)

Children’s roasts

Chicken or porcini polenta loaf · £7.50 | Beef · £8

Cauliflower cheese · £6

Creamy baked cauliflower with cheese (V, GF)

All roasts can be made gluten free





TWO COURSES FOR £22

Available Monday to Friday. Midday to 2.30pm.

**Join us at lunchtime and enjoy two courses from our set menu
for only £22 - ask which specials are included**

If you're feeling indulgent you can add a pudding for £5

STARTERS

Spiced onion pakoras · (VE, GF)

Minted pea and feta bruschetta · (V, VEA, GFA)

Chilled tomato and basil gazpacho · (VE, GFA)

MAINS

Swannington sausage and potato summer salad · (GFA)

Asparagus and lemon gnocchi · (V, VEA)

Ale battered haddock and chips

DESSERTS

Double chocolate brownie · (GF)

Lemon and mint posset · (GFA)

Eton mess · (V GF)

