

# Starter Menu

## Today's Chef Specials

The Abbey Hotel is all about amazing food, with an element of surprise that will really tickle your taste buds, chef's menus are unique combining local produce with world flavours. Check the board for today's choices

### Nibbling Pots

Olives & Sundried Tomatoes (VG/GF) £6.95

Pigs in Blankets with Aioli Sauce £7.95

Indian Chicken Tikka Skewers with Mango Chutney (GF) £7.95

Battered Gurnard Fingers with Tartare Sauce £7.95

Hand-cut Rosemary Salted Chips (V/GF) £5.95 Add Cheese £2

Served with Aioli Sauce

Skinny Sweet potato Fries (V/GF) £5.95 Add Cheese £2

Served with Aioli Sauce

### House Specialities

Today's Soup with Oven Warm Bread £7.95

Celeriac & sweet potatoes topped with pigs in blankets, can be served (GF/V/VG) on request

Today's Terrine Board with Baby Pickles (GF) £7.95

Served with chutney, toasted chia & poppy seed or gluten free bread

Figs with Warm Goats Cheese (V) £7.95

Drizzled with honey & balsamic served with rocket & walnuts

Canterbury Three Cheese Fondue £10.95

Ham glazed in butter & brown sugar or vegetable crudites (V) with chunks of bread or gluten free bread (GF)

Sharing Mexican Nachos (V) £10.95

Served with tomato salsa, guacamole, sour cream, cheddar & mozzarella cheese, mixed peppers & jalapenos

### Sharing Deli Boards

Mediterranean Bread Dipping Board (V) £11.95

A mix of white sourdough bread, chia & poppy seed brown bread & chargrilled garlic butter flatbread.

Served with hummus, aioli, tzatziki, infused Kentish extra virgin rapeseed oil & Aspall apple balsamic vinegar.

Decorated with flaked almonds & dried apricots, cranberries & sultanas

Vegan Mediterranean Bread Dipping Board (VG) £11.95

A mix of white sourdough bread, chia & poppy seed brown bread & chargrilled flatbread.

Served with hummus, tomato salsa, onion chutney, infused Kentish extra virgin rapeseed oil & Aspall apple balsamic vinegar. Decorated with flaked almonds & dried apricots, cranberries & sultanas

Gluten Free Bread Dipping Board (V/GF) £11.95

A mix of white sourdough bread, chia & poppy seed brown bread & chargrilled garlic butter flatbread.

Served with hummus, aioli, tzatziki, infused Kentish extra virgin rapeseed oil & Aspall apple balsamic vinegar.

Decorated with flaked almonds & dried apricots, cranberries & sultanas

Antipasti £14.95

Italian Parma Ham, Chorizo Sausage, Salami & Buffalo Mozzarella

Served with Italian stuffed olives, sundried tomatoes, feta stuffed peppadews, tzatziki sauce, aioli sauce, Kentish extra virgin rapeseed oils, Aspall apple balsamic vinegar, & chargrilled garlic buttered flatbread or Gluten free bread. Decorated with flaked almonds & dried apricots, cranberries & sultanas

Mezze

Hummus & Falafels (V) £14.95 (VG can be made vegan on request)

Served with Italian stuffed olives, sundried tomatoes, feta stuffed peppadews, sugar snap peas, tzatziki sauce, aioli sauce, Kentish extra virgin rapeseed oils, Aspall apple balsamic vinegar, & chargrilled garlic buttered flatbread or Gluten free bread. Decorated with flaked almonds & dried apricots, cranberries & sultanas

V-VEGETARIAN/VG-VEGAN/GF-GLUTEN FREE

Although every effort is made to ensure ingredients are kept separate, vegetarian / vegan / gluten free dishes are made in a kitchen where we cook with non-vegetarian / non-vegan / non-gluten free products. Be aware that all ingredients may not be stated in dish descriptions, so if you have any allergies please check with a member of staff before ordering

# Sunday Lunch

We serve a traditional Sunday roast based on the one my mother cooked for my sister & I as children. This of course means quality meat from the local butcher Alister, homemade Yorkshire pudding served with every meat, fruity stuffing, honey roasted parsnips, a good selection of vegetables, with cauliflower cheese being a must, tasty roast potatoes cooked in meat juices & rosemary from our garden, finished with chefs gravy. Of course the plate should be heaped with all of the above to give that full Sunday afternoon feeling, Enjoy!

Thyme Roasted Rump of Beef  
Sage Roasted Loin of Pork  
Oregano Roasted Breast of Chicken  
Honey & Mustard Roasted Gammon  
Vegetarian Nut Roast (V)

Please be aware our Yorkshire puddings are cooked with eggs, vegetables are cooked with butter, parsnips are coated in honey, roast potatoes are cooked with a marmite, rosemary & rapeseed oil coating.

Please advise your waitress if this is not suitable for your dietary requirements

Vegan Nut Roast (VG)

Please be advised that we do not serve Yorkshire puddings with a vegan roast, cauliflower served without sauce, roast potatoes are cooked with a marmite, rosemary & rapeseed oil coating.

Please advise your waitress if this is not suitable for your dietary requirements

Gluten Free Roast (GF)

We offer Roast lunches using gluten free ingredients but be aware they are made in a kitchen where we cook with normal gluten rich ingredients. We do not serve Yorkshire pudding with this roast, stuffing is made with gluten free bread & cauliflower cheese is made with gluten free flour.

Please advise your waitress if this is not suitable for your dietary requirements

Children's Small £7.95 Medium £14.95 Large £17.95

Mixed Meat Roast Beef, Pork & Gammon

Children's Small £8.95 Medium £15.95 Large £18.95

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### Salads

The Best Ploughman's Lunch in Sussex, Choose from: Three Cheese (V) £12.95 Ham & Two Cheese £12.95

Garden salad, coleslaw, olives, apple, pickles, chutneys & white, brown or gluten free rolls

Honeyed Figs, Pear & Crumbled Goats Cheese Salad (V) £12.95 Add Garlic Buttered Chicken £14.95

Spicy rocket leaves, gem lettuce, beef tomatoes & red onions with flaked almonds, dried cranberries, apricots, & sultanas finished with Caesar dressing & served with chargrilled garlic buttered flat-bread

### Allergy & Intolerance Information

Please be aware that although every care is taken to keep ingredients separate, due to the size of the kitchen and preparation areas we cannot guarantee that cross contamination of allergens will not happen. So with this in mind we cannot cater for people with life threatening allergies.

All our cheese is suitable for vegetarians with the exception of Parmesan, Gorgonzola and Roquefort. All dishes are seasoned & salads will have dressing. Be advised that we decorate dishes with nuts and cook dishes containing nuts in all parts of the kitchen and cannot guarantee that there will not be traces of nuts in our food.

Please note that our dishes may contain one or more of the following allergens:

Cereal, Nuts, Fish, Shellfish, Sesame seeds, Eggs, Milk, Soya, Celery, Celeriac, Mustard or more. If in doubt ask a member of staff for advice.

Although every effort is made to ensure ingredients are kept separate, vegetarian / vegan / gluten free dishes are made in a kitchen where we cook with non-vegetarian / non-vegan / non-gluten free products, so cross contamination of allergens is possible.