

# 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

Battered Gurnard Fingers with Tartare Sauce £7.95

Breaded Whitebait with Tartare Sauce £7.95

Rosemary Salted Chips with Aioli Sauce (V/GF) £5.95 Add Cheese £2

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

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

### House Specialities

Today's Soup with Warm Oven Bread £7.95

Check the specials board for today's choice

Canterbury Three Cheese Fondue (V) £10.95

Ham glazed in butter & brown sugar or vegetable crudité's with chunks of white & brown or gluten free bread

Sharing Mexican Nachos (V) £10.95

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

### Sharing Deli Boards

Pork Pie & Chutney £6.95

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 Italian Parma Ham, Chorizo Sausage, Salami & Buffalo Mozzarella £14.95

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

### 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.

# 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 Pork Oregano Roasted Chicken Breast 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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### Abbey Specialities

#### The Best Ploughman's Lunch in Sussex

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

Three Cheese (V) £12.95 Ham & Two Cheese £12.95 Pork Pie & Two Cheese £13.95

#### Middle Eastern Minted Lamb Koftas £14.95

Served with a Tabbouleh couscous & Greek feta salad, Italian marinated sundried tomatoes & olives, aioli,

Tzatziki & chargrilled garlic buttered flat-bread

#### Greek Falafels (VG) £14.95

Served with a Tabbouleh couscous & Greek feta salad, Italian marinated sundried tomatoes & olives, aioli,

Tzatziki & chargrilled flat-bread