

THE RIDINGS  
PART OF THEOBALDS ESTATE

MAIN MENU

- NIBBLES -

- Artisan bread selection, your choice of flavoured butter** | gremolata, Café de Paris, sundried tomato  
| 435 kcal G,N,M,SO,F,MU,SE (V) | 5.00
- Olives** | marinated & mixed with crumbled feta | 217 kcal M (V/GF) | 5.95
- Padrón peppers** | deep-fried & sprinkled with sea salt | 115 kcal SO (V/GF) | 6.00
- Baba ghanoush** | smoked aubergine dip served with pitta | 229 kcal G,N,P,SE,SO (V/GF) | 5.45

- STARTERS -

- Chicken & apricot terrine** | apricot gel, tarragon aioli & crostini | 440 kcal G,E,SO (GF) | 9.45
- Smoked mackerel** | torched, served with kohlrabi remoulade & apple gel | 390 kcal F,M,MU (GF) | 10.95
- Porcini & truffle arancini** | tarragon emulsion & pickled shimeji mushrooms | 418 kcal G,E,M,SO (V) | 8.95
- Superfood salad** | broccoli, butternut squash, bulgur wheat, spinach, rocket & chia seeds | 371 kcal MU,G,SO (V/VE) | 8.45
- Prawn cocktail** | Marie Rose sauce, pickled cucumber, gem lettuce, sourdough crostini | 286 kcal G,E,F,CR,C (GF) | 10.45
- Caesar salad** | grilled chicken, bacon, anchovies, garlic & herb croutons, Parmesan shavings & Caesar dressing  
| 582 kcal G,E,M,F | 9.95
- Soup of the day** | please ask a member of the team for allergen & dietary requirements (V/VE/GF) | 8.45

- MAINS -

- Chicken supreme** | chargrilled skin-on chicken, potato gnocchi, courgette, smoked aubergine purée, arrabbiata sauce & smoked coal  
oil  
| 751 kcal G,SO | 18.95
- Pan-fried salmon** | pea purée, pea & chorizo fricassée, samphire, roasted new potatoes | 809 kcal M,F,SO (GF) | 21.45
- Mushroom tagliatelle** | slow-cooked mushroom ragù | 382 kcal G,S,C (V/VE) | 16.95
- 8oz Bavette steak** | cooked medium, dressed house salad, peppercorn sauce, seasoned fries  
| 1039 kcal SO,MU,M | 24.95
- Superfood salad** | broccoli, butternut squash, bulgur wheat, spinach, rocket & chia seeds | 600 kcal MU,G,SO (V) | 12.50  
| Add grilled chicken | 210 kcal (VE/GF) | 5.00
- Caesar salad** | grilled chicken, bacon, anchovies, garlic & herb croutons, Parmesan shavings & Caesar dressing | 649 kcal G,E,M,F  
| 16.45
- The Ridings burger** | caramelised beer onions, Monterey Jack cheese, bacon, garlic mayonnaise, lettuce, tomato, maple-seeded bun,  
fries | 1135 kcal G,E,M | 18.95
- Fish of the day** | please ask a member of the team for allergen & dietary requirements
- Curry of the week** | please ask a member of the team for allergen & dietary requirements | 16.95  
| Add grilled chicken | 210 kcal (GF) | 5.00

- SIDES -

- Tenderstem broccoli** | toasted almonds & maple butter | 302 kcal N,P,M | 5.50
- House salad** | mixed leaves, pickled cucumber, radish & shallots | 148 kcal SO,MU (V/VE/GF) | 3.95
- Gremolata fries** | parsley, garlic & lemon | 368 kcal (V/VE/GF) | 4.50
- Seasoned fries** | 354 kcal (V/VE/GF) | 4.00

- DESSERTS -

- Chocolate brownie** | honeycomb, vanilla ice cream & chocolate sauce | 896 kcal S (V/VE/GF) | 9.45
- Basque cheesecake** | winter berry compote | 409 kcal N,P,E,M,SO | 9.45
- Crumble of the day** | please ask a member of the team for allergen & dietary requirements (V/VE) | 9.45
- Salted caramel chocolate tart** | whipped vanilla creme fraiche, hazelnut praline | 543 kcal G,M,E,N,P,S | 9.45
- Ice cream & sorbets** | please ask a member of the team for the selection (V/VE/GF) | 6.95
- British cheese selection** | please ask a member of the team for the selection | 840 kcal G,M,C,SO | 11.95

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## MAIN MENU

All tables will be subject to a discretionary service charge of 12.5%

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

V = Vegetarian on request | VE = Vegan on request | GF = Gluten-free on request