

## Bar and Lounge, Sample Menu August 2009

### Starters

- \*Spinach and Wild Mushroom Risotto with Reggiano Parmesan - £5.00
- \*Garlic Sausage with New Potatoes & Mustard Dressing - £4.95
- Prawn Cocktail with Spicy Seafood Dressing - £5.95
- \*Sea Fresh Mussels, White Wine Cream and Parsley - £5.00
- \*Free Range Egg Mayonnaise Watercress Salad - £4.25
- \*Toasted Muffin with Poached Egg, Smoked Salmon and Dutch Butter Sauce - £5.25
- \*Pork and Chicken Liver Terrine, Red Onion Chutney - £4.95

### Roasts of the Day

- \*Free Range Hope House Estates Trio of Sausage Bubble & Squeak with Red Wine Onion Sauce - £7.95
- Roast Northumbrian Beef with Yorkshire Pudding and Horseradish Sauce - £8.25
- \*Roast Hope House Lamb, Mint Sauce Roasted Thyme Potatoes - £8.25
- Sauté Fillet of Beef Mirelle - £12.95
- Sweet and Sour Sticky Pork with Saffron Rice - £7.95
- Char-Grilled Sirloin Steak Cracked Black Pepper & Basil Infused Tomatoes and Red Onion Salad - £16.95
- \*Breast of Chicken with Stilton and Leek Sauce Country Home Cured Bacon - £8.95
- \*Angus Steak and Onion Pie - £8.95
- \*Stir Fry Beef with Ginger and Soy Sauce, Mushrooms and Spring Greens - £8.95
- \*Grilled Gammon Steak with Free Range Eggs - £9.25
- \*Cheese, Tomato and Asparagus Omelette - £7.95
- \*Mixed Grill Platter - £10.95
- \*Lamb's Liver, Black Pudding, Sausage and Bacon - £7.95

### Seafood from North Shields Fish Quay

- Seared West Coast Scallops with Black Pudding and Fresh Pea Puree - £12.95
- \*Seared Tuna Loin with Cracked Black Pepper Fresh Lime and Fine Beans - £12.95
- Halibut Supreme Grilled with Garlic Prawns - £13.95
- \*Fish and Chips - £9.95
- Bread Crumbed Scampi Tails, Tartar Sauce - £8.95
- Fresh Lobster and Prawn Salad, New Potatoes - £12.95
- \*Comfit Salmon Fillet with New Season Asparagus and Minted New Potatoes - £12.95
- \*Roast Fillet of Sea Bass, Smoked Salmon, Dill and Tagliatelli Pasta - £11.95
- \*Squid, Fresh Mussels and King Prawns, Garlic and Chili Sauce - £10.95
- \*Thai Fish Cakes with Spinach, Butter Sauce & French Fries - £7.95

Extra Vegetables and Potatoes, Chips - £1.95

**Mon-Tues Lunch – Wed-Thurs Evenings 5-7pm**  
**Early Bird Special £9 for Two Courses**