STARTERS &

HOMEMADE MAIN MEALS *

£12

HOMECOOKED BBQ PULLED PORK LOADED FRIES

Add melted smoked cheese £1.

HOMEMADE SOUP OF THE DAY (VGN/GF)

Served with toasted ciabatta bread.

SPICY BUFFALO WINGS (GF) €6 Served with cool blue cheese dip.

> CUMIN SPICED FALAFEL (VGN) £5

Served with sweet chilli dip. £4

HOMEMADE GARLIC BREAD (VGN) £4

Add cheese €1.

PULLED PORK

** SANDWICHES **

Served on toasted ciabatta, with fries or a bowl of homemade soup Gluten free bread available. Add grilled halloumi slices £1.50

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Served with fried onions, melted cheese and mustard mayo.

Spicy cajun chicken strips with salad and a Cajun mayo.

CAJUN CHICKEN

a side ramakin of homemade slaw. €8.75

£8.50

SPICED FALAFEL (VGN)

Homecooked BBQ pulled pork with

£7.00

£8.50

£11

£12

£6.50

Cumin spiced falafel with salad and vegan mayo.

....... ROAST CARVERY SANDWICH OF THE DAY

Served with roast potatoes and a jug of gravy.

BURGERS &

BBQ PULLED PORK BURGER

'Frost's' 6oz pure beef burger, smoked cheese & homecooked BBQ pulled pork. Served on toasted brioche bun with homemade slaw, fries and BBQ sauce.

£12

THE BOWLER CLASSIC £12.5

'Frost's' 6oz pure beef burger, crispy bacon and melted cheddar cheese, served on a toasted brioche bun, with homemade slaw, burger sauce and fries.

VEGAN DELUXE (VGN)

Beetroot, Quinoa and red pepper burger served on a toasted vegan brioche style bun, with sweet potato fries, homemade vegan slaw and vegan mayo.

..... BOWLER BEAST BURGER

Two 'Frost's' pure beef burgers loaded with crispy bacon, cheddar cheese, BBQ pulled pork, giant onion rings and BBQ sauce. Served on a toasted brioche bun with fries, homemade slaw and BBQ dip.

£16

CAJUN SUPREME

Cajun marinated chicken breast served on a toasted brioche bun, with homemade slaw, cajun spiced mayo and cajun spiced fries.

EXTRAS *

Fries (Vgn/GF) £3 Sweet Potato Fries (Vgn/GF) £4 Thick Cut Chips (Vgn/GF) £3 Cajun Spiced Fries (Vgn/GF) £4 Giant Onion Rings £4 Homemade coleslaw (V/GF) £1 (vegan slaw available)

LAMB & SPINACH CURRY

and mango chutney.

Served with basmati rice, poppadums

HUNTER'S CHICKEN

Chicken breast, crispy bacon, BBQ sauce and melted cheddar cheese, served with thick cut chips, garden peas and BBQ sauce.

£12.5

SWEET POTATO CURRY (VGN.GF)

£11

£13

£13

Homemade sweet potato, chickpea and spinach Curry. Served with steamed basmati rice.

BEER BATTERED HADDOCK

Served with thick cut chips, mushy peas and tartar sauce. (GF batter available)

OUR FAMOUS ROAST DINNER

See board for today's meat selection. Served with creamy mash, crispy roast potatoes, seasonal veg, gravy and Yorkshire pudding.

(Make it GP by removing the Yorkshire pudding)

Regular: £11.5 | Large: £13.5

ROSEMARY & RED ONION SAUSAGE ROAST (V)

Served with creamy mash, crispy roast potatoes, seasonal veg, veggie gravy and Yorkshire pudding. (Make it Vegan by removing the Yorkshire pudding and

Regular: £11 | Large: £13

HOMEMADE PIES

£13

£11

€6



swapping for dairy free mash)

BEEF AND GUINNESS PIE

Slow roasted beef and Guinness pie. Served with thick cut chips, fresh veg and gravy.

MUSHROOM & LENTIL SHEPHERD'S PIE (V/GF)

Topped with creamy mash and served with fresh veg and veggie gravy.

(Swap the mash to dairy free mash to make it Vegan)

HOMEMADE FISH PIE

Salmon, smoked haddock and cod in a creamy sauce and topped with fresh mash and served with fresh veg.

CHEESE AND ONION PIE (V)

Our famous cheddar cheese and onion pie. Served with thick cut chips, garden peas and a jug of gravy.

Regular: £10 | Large: £12

€6.5

+ KIDS MEALS ++



CHICKEN NUGGETS FISH FINGERS (GF) PORK SAUSAGES VEGGIE NUGGETS (VGN)

Choose from above.

Served with potato smiley faces (Vgn/GF) or fries, baked beans (Vgn/GF) or garden peas (Vgn/GF).

SPAGHETTI BOLOGNAISE OR £6.5 MACARONI CHEESE (V)

Served with garlic bread.

ROAST DINNER

Served with creamy mash, roast potato, carrots, peas, Yorkshire pudding and gravy.

All kids meals come with a FREE kids drink and a FREE ice cream. Under 15s only.



+ DESSERTS +

All deserts served with a choice of either... Vanilla ice cream, pouring cream, or custard.

SALTED CARAMEL CHOCOLATE FUDGE CAKE

BREAD & BUTTER PUDDING €6.5

STICKY TOFFEE PUDDING (GF) £6.5

WARM APPLE PIE (VGN) £6.5

ICE CREAM & WAFERS

Vanilla | Chocolate | Strawberry | Dairy Free Vanilla

£3



Please order at the bar. If you have any allergies, please inform a member of staff. Vegan and Gluten free menus are also available.

