



aquashard

SAMPLE MARKET LUNCH MENU

Available Monday – Friday, 12noon – 2:45pm for parties up to 8.
Please note, this is a sample menu. Menu items and pricing are subject to change.

MARKET LUNCH MENU

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STARTERS

Garden pea velouté (CE, M, SU)
Hampshire minted ricotta, apple

Wiltshire burrata (v) (M, SE, SU)
Wild herb pesto, wild rocket & pea shoot salad

Maple cured salmon (F, SU, MU, M)
Torches cucumber, lemon gel, ginger dressing

MAIN COURSES

Chargrilled spring lamb belly (CE, M, SU)
Garden fricassee, wild garlic, lemon thyme

Seared sea trout (SU, F, CE, L, M, S)
Cocoa bean & tomato ragout, confit lemon

Grilled Norfolk green asparagus (v) (C, L, M, SU)
Creamed Spenwood cheese, puffed wild rice, tarragon

DESSERTS

Strawberry & vanilla cheesecake (C, E, M)
Elderflower sorbet, crispy strawberries

Dark chocolate ganache (C, E, L, M)
Yogurt sorbet, caramelised banana

Apple tart tartin (M, E, SU, C, L)
Cider sorbet

2 courses £28

3 courses £32

3 courses with a Bellini £34

KEY TO ALLERGENS

C – cereals containing gluten, CE – celery and celeriac, CR – crustaceans, E – eggs, F – fish, L – lupin, P – peanuts,
M – milk, MO – molluscs, MU – mustard, N – nuts, S – soya beans, SE – sesame, SU – sulphur dioxide

Although we have a nut free kitchen all of our dishes may contain traces of nuts due to the suppliers that we use. Not all of our dishes contain celery and mustard, however our garnish supplier states celery and mustard as an allergen for all of their produce. If you have any specific dietary requirements or allergies, please speak to a manager. For key to allergens, please see last page, however, please be aware that food containing allergens are prepared and cooked in the same kitchen. Due to sourcing, some items are subject to change.

All prices include 20% VAT at the current rate. A 12.5% discretionary service charge will be added to the final bill.

LUNCH A LA CARTE MENU

Our a la carte menu changes seasonally and will change in due course

STARTERS

- Hereford beef tartare** (M, E, C, MU, SU, S) £17.00
Pickled girolles, crispy shallots, truffle cream, Bantam egg, sourdough cracker
- Truffled leek velouté** (M, E, C, F) £15.50
Smoked English eel, taramasalata, bacon crumble, soft quails egg, tarragon
- Seared hand-dived Orkney scallops** (E, MO) £21.50
Celeriac & vanilla, burnt apple purée, apple & celery salad
- Colchester rock oyster gratin** (C, E, M, MO, SU) £16.50
Sauce mousseline, parsley crumb, foraged sea herbs
- Marinated yellowfin tuna** (F, SU) £18.50
Avocado cream, Bloody Mary jelly, compressed cucumber, vanilla dressing

FROM THE SEA

- Pan roasted seabass** (M, CE, F, MO, CR, SU) £38.50
Shellfish & saffron risotto, crab bisque, lemon, basil
- Seared halibut** (C, E, CR, F, M) £42.00
Brown shrimp brandade, egg yolk sabayon, blackened leek, soft herb & caper dressing

FROM THE LAND

- Barbary duck breast** (E, C, M, SU, CE) £39.00
Confit leg & apricot ravioli, butter crushed turnips, roast fig
- Bubble & Squeak (v)** (C, E, M) £25.00
Mixed wild mushrooms, duck egg, seasonal greens, winter truffle
- Fillet of Hereford beef** (C, CE, C, M, SU) £48.50
Mashed potato, shallot, king oyster mushroom, port jus
- Stuffed globe artichoke (vg)** (C, SU) £29.00
Spiced bulgar wheat, fennel, soya milk, crispy onions

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MARKET GARDEN

Seasonal leaf salad (C, MU) English mustard vinaigrette	£6.75
Heritage tomato salad (SU) Black olives, white balsamic dressing	£6.75
English sprouting broccoli (SU) Calamansi vinaigrette	£6.75
Black truffle & parmesan fries (M)	£6.75

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