



THE FLOWING WELL MENU

• TAPAS •

SOUP OF THE DAY Homemade Bread **£6.50** (v)(gs)

GARLIC & CHILLI KING PRAWNS **£7.50** (gs)

HAM HOCK & CHEDDAR CROQUETTES Sweet Chilli Dip **£7**

SLOW COOKED BBQ RIBS House Slaw **£8**(gs)

MARINATED WHITE ANCHOVIES **£6** (gs)

SMOKEY SALAMANCA OLIVES **£4** (ve)(gs)

CHIPOLATAS Honey & Mustard Glaze **£7**

HARISSA CAULIFLOWER Aubergine, Chickpeas, Lemon Yoghurt Dressing **£6** (ve)(gs)

LIGHTLY DUSTED CALAMARI Garlic Mayo **£7.50**

HALLOUMI CHIPS Sweet Chilli Dip **£7.50** (gs)

• MAIN COURSES •

OUR FAMOUS STEAK SHARING PLATTER – Available Monday-Saturday **12-9pm**

2 people **£39** / 2-3 people **£59** / 3-4 people **£69**

Butcher's Cut Bavette Steak Cooked Medium-rare drizzled with Garlic Butter & served with Ranch Salad, Crispy Onion Rings & Chips (gs)

Add a jug of Peppercorn Sauce or Béarnaise Sauce **£2** each
Steaks are cooked to order so please allow **40min** cooking time

TRADITIONAL BEER BATTERED FISH Small **£11**, Large **£16**

Catch of the Day in our Beer Batter served with Chips & Tartar Sauce
(Fish served skin on for extra flavour) (gs)

Add Mushy Peas or Garden Peas **£1**

12 HOUR SLOW COOKED RIBS Half Rack **£12**, Full Rack **£17**

Rack of BBQ Pork Ribs, House Slaw, Crispy Onion Rings, Chips, BBQ Sauce (gs)

GNOCCHI **£13**

Homemade Tomato Sauce, Pesto, Parmesan Shavings (v)

Add Prawns **£4** or **Pesto Chicken** **£3**

CALAMARI SALAD **£15**

Lightly dusted Calamari, Gem Lettuce, Ranch Dressing

CHICKEN SUPREME **£16**

Roasted Chicken Supreme, Dauphinoise Potato, Tenderstem Broccoli, Thyme Jus

HARISSA ROASTED CAULIFLOWER SALAD **£13.50**

Harissa Roasted Cauliflower, Aubergine & Chickpea Warm Salad, Spinach, Lemon Yoghurt Dressing, Pomegranate Seeds (gs)(ve)

• SIDES •

- Steamed Tenderstem Broccoli (gs) **£4** • Rocket, Olive & Sun Blushed Tomato Side Salad (ve) (gs) **£4** • Seasoned Chips (ve)(gs) **£3.75** • Cheesy Chips (v)(gs) **£4.75** • Sweet Potato Fries (ve)(gs) **£4.75**
- Crispy Onion Rings (v)(gs) **£4** • Selection of Homemade Bread & Oils (ve)(gs) **£3**

(v)= vegetarian (ve)= vegan (gs)= gluten sensitive option available

Please state clearly which dish you require vegan or gluten sensitive. Please note some dishes may be adapted from the original description to make gluten sensitive. The gluten sensitive dishes do not contain any gluten. However, although great care is taken we do use gluten in our kitchens & as a consequence traces of gluten (from the environment) could be present.

• GOURMET BURGERS •

THE CLASSIC £16

Hand Pressed Steak Patty, Deli Cheese, Maple Bacon, Our Burger Sauce, Pickles, Lettuce, Tomato, Chips, Toasted Bun (gs)

THE COWBOY £16

Hand Pressed Steak Patty, BBQ Sauce, Deli Cheese, Crispy Onion Rings, Lettuce, Tomato, Chips, Toasted Bun (gs)

SKINNY BIRD £16

Pesto Butterfly Chicken Fillet, Mozzarella, Rocket & Olive Salad, Sunblush Tomato Mayo Sweet Potato Fries, No Bun! (gs)

THE FALAFEL BURGER £15

Homemade Falafel & Spinach Burger, Lemon Yoghurt, Lettuce, Tomato, Chips, Toasted Bun (v) (vegan upon request)

Upgrade to Sweet Potato Fries **£2** (gs) or Add Onion Rings **£2.25** (gs)

• STONE BAKED PIZZA •

MARGHERITA £10 Mozzarella, Basil, our Tomato Sauce (v)(gs) (vegan upon request)

PARMA HAM £15

Parma Ham, Red Onion, Rocket, Goats Cheese, our Tomato Sauce

ANCHOVY & OLIVE £13

Marinated Anchovies, Spinach, Olives, Mozzarella, our Tomato Sauce (gs)

PESTO CHICKEN £15

Pesto Chicken, Sunblush Tomato, Mozzarella, Rocket, our Tomato Sauce(gs)

• KIDS MEALS •

HOMEMADE FISH FINGERS Chips & Garden Peas **£8** (gs)

KIDS CHEESEBURGER & Chips **£8**

MARGHERITA PIZZA Mozzarella, Tomato Sauce **£7** (v) (gs) (vegan upon request)

PLEASE ASK FOR OUR DAILY SPECIAL BOARDS & OUR HOMEMADE
PUDDING SELECTION

ICE CREAM: JUDE'S DAIRY ICE CREAM POTS (100ml) CHOOSE FROM:
Very Vanilla, Strawberries & Cream, Truly Chocolate, Mango Sorbet (ve), all **£3** (gs)

THE GREAT BRITISH ROAST
AVAILABLE SUNDAY 12PM – 8PM