



THE FLOWING WELL MENU

• TAPAS •

SOUP OF THE DAY Warm Crusty Bread £6.50 (v)(gs)

GARLIC & CHILLI KING PRAWNS £7.50 (gs)

BUFFALO CHICKEN WINGS Garlic Mayo £7 (gs)

HALLOUMI CHIPS Sweet Chilli Dip £7 (v)(gs)

SMOKEY SALAMANCA OLIVES £4 (ve)(gs)

**ROASTED BEETROOT, BUTTERNUT SQUASH,
RED ONION & FETA** £4.50 (v)(gs)

BAKED WHOLE CAMEMBERT Homemade Bread,
Red Onion Chutney, Roasted Garlic £15 (v)(gs)

• MAIN COURSES •

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

2 people £38 / 2-3 people £58 / 3-4 people £68

Butcher's Cut Bavette Steak Cooked Medium-rare drizzled with Garlic Butter & served with Creamed Savoy Cabbage and Bacon, 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

HOMEMADE PIE OF THE DAY £16

Served with Creamed Savoy Cabbage & Bacon or Mushy Peas, Chips or Mashed Potato and Gravy

BUFFALO CHICKEN WINGS small £9, large £15

Crispy Onion Rings, Chips, Atomic Sauce & Garlic Mayo (gs)

TRADITIONAL BEER BATTERED FISH small £10, large £15

Catch of the Day in our Beer Batter Served With Chips & Tartar Sauce

(Fish served skin on for extra flavor) (gs)

Add Mushy Peas or Garden Peas £1

MEZZE PLATTER £14.50

Sweet Potato Falafel, Halloumi Chips, Sweet Chilli Dip, Flatbread, Hummus, Rocket, Olive & Sun Blushed Tomato Salad (v, gs, vegan upon request)

PORK BELLY £16

Slow Cooked Free Range Pork Belly, Black Pudding Mash, Creamed Savoy Cabbage & Bacon, Calvados Sauce (gs)

WARM WINTER SALAD £13.50

Roasted Butternut Squash, Beetroot & Red Onion Quinoa, Feta Cheese & Rocket
(v, gs, vegan on request)

• SIDES •

- Creamed Savoy Cabbage & Bacon (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 £15

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

ATOMIC COW £15.50

Hand Pressed Steak Patty, Deli Cheese, Chorizo, Atomic Sauce, Chillies, Lettuce Tomato, Chips, Toasted Bun (gs)

SKINNY BIRD £15.50

Chipotle Butterfly Chicken Fillet, Feta Cheese, Rocket, Olive & Sun Blushed Tomato Salad, Burger Sauce, Sweet Potato Fries, No Bun! (gs)

THE BHAJI BURGER £15

Homemade Carrot & Sweet Potato Bhaji Burger, Mango Chutney, 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 £9.50 Mozzarella, Basil, our Tomato Sauce (v, gs, vegan upon request)

SPICY MEAT FEAST CALEZONE £15

Chipotle Chicken, Chorizo, Red Onion, Chilli, Mozzarella, our Tomato Sauce

KING PRAWN & CHORIZO £13.50

Garlic Prawns, Chorizo, Mozzarella, our Tomato Sauce (gs)

VEGGIE £13

Roasted Butternut Squash, Red Onion, Feta Cheese, Rocket, our Tomato Sauce, drizzled with Balsamic (v) (gs)

• KIDS MEALS •

HOMEMADE FISH FINGERS Chips & Garden Peas £7.50 (gs)

KIDS CHEESEBURGER & Chips £7.50

MARGHERITA PIZZA Mozzarella, Tomato Sauce £6.50 (v, gs, vegan upon request)

HUMMUS & FLATBREAD £4

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