



Free House Inn & Restaurant
Accommodation (Eight En Suite)
Sister Pub The Black Bull Balsham

Freehouse, Gastro Food & Accommodation Pub of the Year
(Finalists in all three - The Publican Awards)



Bar Menu Spring

Freshly made Soup (*see Specials Board*) – *home-made bread roll* £5.50 v poss gf

Sandwiches & Baguettes – **served lunchtimes only** (*also see Specials Board*)

Granary or white crusty bread sandwiches. White baguettes. All with a salad garnish & home-made crisps

Roast Beef – <i>watercress, horseradish (£8)</i>	Treacle & Beer Glazed Ham – <i>english mustard</i>	<i>Sandwiches</i>
Prawn – <i>cucumber, Marie Rose sauce</i>	Mature Cheddar Cheese- <i>chutney</i>	£6
Bacon, Lettuce, Tomato	Goats' Cheese, Roasted Pepper & Basil v	<i>Baguettes</i>
Smoked Salmon – <i>cream cheese, chives</i>	Char-grilled Steak Baguette – <i>fried onions, home-made horseradish (£9)</i>	£8

Red Lion Beef Burger – *hand-cut chips, beef steak tomato, mature cheddar, lettuce, dill pickle, our own burger sauce (add bacon £1.00)* £13 poss gf

8oz Char-grilled Rump Steak – *hand-cut chips, garlic mushrooms, roasted cherry tomatoes (add peppercorn sauce £1.00)* £17.5 gf

Beer-battered Fish & Chips– *home-made tartar, garden peas* £13 poss gf ☺

Southern fried Buttermilk Chicken – *sweet potatoes, rosemary & sea salt, chard sweetcorn, fennel & lime salad, barbeque sauce* £14.5

Treacle & Beer Glazed Hand-cut Suffolk Ham – *free range eggs, hand cut chips* £10 ☺

Wild Mushroom Risotto – *spinach, tarragon, crispy egg, Parmesan* £14.5 poss gf v ☺

Steak & Red & Black Ale Pie – *bubble & squeak, spring greens, red wine gravy* £14.5

Fillet of Rainbow Trout– *oatmeal & mustard crust, parsley mash, sprouting broccoli, butter sauce* £14.5 poss gf

Marinated olives	£2.5	Seasonal vegetables	£3	New potatoes	£3
Mixed leaf salad	£3	Rocket, Parmesan & sun-dried tomato salad	£3.5	Hand-cut chips	£3

Particular dietary or other requirements can be catered for (including small portions) – please ask the waiting staff
Appropriate meat dishes are served on the pink side and vegetables on the al dente side, unless otherwise requested
All ingredients are sourced locally and from sustainable stock where possible and practical
Service is discretionary, although a suggested 10% will be added for parties of 8 or more

v vegetarian dishes gf dishes that **can** be gluten free

☺ Please ask for our Lion Cubs (Kids) Menu. We can serve smaller portions if required

NB: while we follow best practice, we cannot guarantee no cross-contamination (eg nuts, gluten etc)



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