



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 Summer

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

### Sandwiches – *served lunchtimes only*

*Granary or white crusty bread sandwiches with a salad garnish & home-made crisps*

Roast Beef – *watercress, horseradish (£8)*

Black Bomber Cheddar – *pickled onion v (£6)*

King Prawn – *avocado & mango (£8)*

Rattlesden Farm Free Range Egg Mayo – *mustard cress v (£6)*

Bacon, Lettuce, Tomato (£6)

Smoked Salmon – *cream cheese, chives (£6)*

### Baguettes – *served lunchtimes only*

*White baguettes with a salad garnish & home-made crisps*

Char-grilled Steak Baguette – *fried onions, home-made horseradish (£9)*

Black Bomber Cheddar – *pickled onion v (£8)*

Rattlesden Farm Free Range Egg Mayo – *mustard cress v (£8)*

King Prawn – *avocado & mango (£9)*

Bacon, Lettuce, Tomato (£8)

Smoked Salmon – *cream cheese, chives (£8)*

Red Lion Beef Burger – *hand-cut chips, beef steak tomato, Monterey Jack cheese, lettuce, dill pickle, barbeque sauce (add bacon £2.00)* £13 poss gf

8oz Char-grilled Rib-eye Steak – *hand-cut chips, field mushrooms, roasted cherry tomatoes (add peppercorn sauce £2.00)* £18.5 gf

Beer-battered Haddock & Chips – *home-made tartar, peas* £14 poss gf ☺

Marinated Lamb Skewer – *hummus, Greek salad, tzatziki, home-made flat bread* £15.5 poss gf  
poss v

Treacle & Beer Glazed Hand-cut Suffolk Ham – *free range eggs, hand cut chips* £11 ☺

Mediterranean Vegetable Frittata – *basil pesto, rocket & Parmesan* £14.5 gf v ☺

Steak & Red & Black Ale Pie – *beef dripping mash, honey roasted carrots, red wine gravy* £14.5

Whole-Grilled Plaice – *new potatoes, crayfish, orange & chervil butter, sugar snap peas* £16 poss gf

Pan-fried Scottish Salmon Nicoise Salad – *olive oil, balsamic dressing* £14.5 poss gf

Marinated olives	£2.5	Seasonal vegetables	£3	Minted Buttered New potatoes	£3.5
Greek salad	£3.5	Rocket, Parmesan salad	£3.5	Hand-cut chips/ Cheesy Chips	£3/£4.5

*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)

