

FOOD

at The Royal Oak

Dating from the 16th century and first licensed in 1700, The Royal Oak was originally three cottages knocked into one. Notorious as an old smugglers' pub, complete with underground tunnel, it was one of the first holders of a tidal licence. Now said to be haunted by the ghost of a young Victorian girl, The Royal Oak is one of the most photographed and painted inns in the country.

To complement our menu and provide you with additional choice, see our range of chef's specials. Children's menus are available – please ask

STARTERS

King prawn cocktail , rocket & salad leaves with multi-grain bread & butter †	£4.45
Grilled field mushroom with Shropshire Blue cheese & rocket, dressed with a red pepper & chilli sauce v	£4.25
Shredded aromatic Hoisin duck salad with cucumber & crispy tortilla croutons	£4.25
Loch Fyne smoked Scottish salmon & capers with bread & Somerset butter †	£4.45
Pork, apricot & cider terrine with apple & date chutney	£4.45
Seasonal soup of the day , chunky bread & Somerset butter	£2.95

MAINS

Prime British steaks: 8oz* Sirloin £10.95 8oz* Rump £9.95 10oz* Rib-eye £12.45 Served with chips, grilled plum tomato, grilled flat mushroom & onion rings, with your choice of green peppercorn & cognac or Portobello mushroom & English mustard Diane sauces, or a roasted red pepper & chilli topper	
Outdoor-bred Norfolk pork steak (bone-in), served with extra mature Cheddar cheese mash & British seasonal vegetables, accompanied by roasted red pepper & chilli sauce	£9.95
Pan-seared Barbary duck breast on a bed of wilted baby spinach & mashed potato with a sage & honey sauce	£10.95
Baked line-caught cod loin on a puy lentil & bacon cassoulet †	£9.95
British beef & Ruddles ale pie served with chips or mashed potatoes, seasonal vegetables & gravy A smaller portion of pie also available for smaller appetites	£8.15 £6.65
Roasted, farm-assured chicken breast on a bacon, leek & field mushroom risotto	£8.65
Butternut squash, spinach, lentil & spicy coconut curry served with basmati & wild rice & poppadoms v	£7.95
Pan-fried chicken livers & bacon salad with new potatoes & balsamic glaze	£8.45
Mediterranean marinated vegetable salad with grilled artichokes, mozzarella & olives v	£7.95
100% British beef burger topped with a spicy tomato relish, mayonnaise, grilled bacon & your choice of either Shropshire Blue or Tickler Devon Cheddar cheese, served in a rustic flour bap with chips & a salad garnish	£8.25
Breaded Scottish wholetail scampi , chips, mushy peas or petits pois & tartare sauce †	£7.45
Fisherman's Catch: West Country whitebait fillets with chips, mushy peas or petits pois & tartare sauce or choose instead a combination of both West Country whitebait fillets & Scottish wholetail scampi †	£7.55
Beer-battered fish & chips , mushy peas or petits pois & tartare sauce †	£7.45
Grilled 10oz* gammon steak served with chips, petits pois & either cracked black pepper & pineapple chutney or free-range fried eggs	£7.45
Winter Warmers	
- Slow-cooked New Zealand lamb shank with pea mash & minted gravy	£9.95
- Peppered mushroom suet pudding served with mashed potatoes, British seasonal vegetables & a Portobello mushroom & Colman's Diane sauce v	£9.45
- Chicken in a red wine & Portobello mushroom sauce , served with new potatoes	£7.65
- Home-made Irish 'drunken' beef stew served with seasonal vegetables & horseradish & chive mash	£7.45

Delicious, traditional family Sunday roasts available every Sunday

Where possible we use seasonal British produce in our recipes in order to ensure the best quality and flavour.

† May contain fishbones or shell. v Suitable for vegetarians. *All weights approximate before cooking. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives & our menu descriptions do not contain all ingredients, so please ask a member of our staff before ordering if you have any particular allergy or requirement. All menu items are subject to availability. Prices include VAT at the current rate. Visa & Mastercard are accepted & Maestro/Delta/Amex where applicable, together with personal cheques, accompanied by an appropriate banker's card.

SHARERS – or for one if hungry!

Rustic house deli board: pork, apricot & cider terrine, sliced farm-assured chicken breast & hand-carved Chiltern-cured ham with apple & date chutney, marinated olives, piccalilli, sliced ciabattone & Somerset butter	£9.95
Cheese fondue, chunks of bread, celery sticks & slices of red apple to dip	£6.95
Antipasto platter: sliced, cured Italian meats with mozzarella pearls, caper berries, mixed olives, marinated vegetables, sun-blushed tomatoes & grilled artichokes, sliced baguette, olive oil & balsamic dip Also available for one	£10.95 £6.45
Baked garlic & herb sharing bread, balsamic glaze ✓ Also available topped with rocket leaves & mixed olives	£4.15 £5.05

SIDES

Bowl of chips	£1.99	Carrots in a chive butter	£2.29	Garlic bread	£2.09
Bread & butter	£0.99	Dressed side salad	£2.09	Garlic bread with Tickler extra mature Devon Cheddar cheese	£2.59
Seasonal vegetables	£2.29	Onion rings	£1.99		

PUDDINGS

Trio of classic hot puddings: sticky toffee, spotted dick & chocolate puddings served with custard	£5.25
Swiss dark chocolate & mint chocolate ice-cream sundae with chocolate sauce	£4.95
Crème brûlée of the day	£3.95
Sticky dark chocolate & walnut brownie with mint chocolate ice-cream	£4.45
Cornish clotted cream ice-cream with chocolate sauce	£3.75
Banoffee tart served with double cream	£4.25
Home-baked crumble of the day & custard	£4.25
Cheese platter: Shropshire Blue cheese, Tickler Devon Cheddar & crumbly Wensleydale, served with apple & date chutney, grapes, celery, crackers & Scottish oatcakes	£3.95

TEA, FAIRTRADE COFFEE & HOT CHOCOLATE

Most coffees from our range are available in standard or large

Americano	Espresso	Moccacino	Tea
Cappuccino	Latte	Hot Chocolate	Fruit Tea

All the following items are available until 5pm Monday to Saturday

LIGHT BITES

Traditional beef lasagne with salad garnish	£6.95
Sesame-coated, smoked Scottish haddock & West Country Cheddar fishcakes, with dressed salad & a sweet red pepper & chilli sauce †	£7.45
Winter ploughman's platters: seasonal soup served with multi-grain bread & a platter with your choice of two options from: Chiltern-cured ham, pork, apricot & cider terrine, Tickler mature Cheddar ✓ or Tuxford & Tebbutt Shropshire Blue cheese ✓ with piccalilli or apple & date chutney & salad	£7.45
Hand-carved Chiltern-cured ham, free-range eggs, chips & petits pois	£6.80
Goat's cheese, porcini mushroom, girasole & wilted spinach bake, with Devon Cheddar topping & salad garnish ✓	£6.95

SANDWICHES & WRAPS

Served in your choice of thick-cut bread or white baguette. Wraps are served as specified

Open king prawn & Loch Fyne smoked Scottish salmon on toasted multi-grain bread †	£5.35
Triple-decker 'Club' with farm-assured chicken & bacon	£5.25
Rosemary-marinated rump steak with seasonal leaves & horseradish mayo	£5.35
Hand-carved Chiltern-cured ham & piccalilli	£4.65
Shredded aromatic Hoisin duck & cucumber wrap	£4.25
Baked field mushroom, Shropshire Blue cheese & spicy red pepper wrap ✓	£4.15

JACKET POTATOES

Served with Somerset butter & dressed salad garnish

Tickler Devon Mature Cheddar & baked beans ✓	£3.95
King prawns in cocktail sauce †	£4.45
Tuna with chive mayonnaise †	£4.45
Tickler Devon Mature Cheddar & grilled bacon	£4.25

Terms & conditions apply as listed overleaf