

# The Pea hen

ST ALBANS

## BAR SNACKS & SHARERS

**Scotch egg with piccalilli ~ £4.75**

**Nachos Fontina (v) ~ £9.95**

Melted cheese fondue, tortilla chips, sour cream, tomato salsa and guacamole.

**Baked in the box Camembert (v) ~ £6.95**

Toasted bloomer and Tracklements sticky fig relish.

**Sea salted pretzels (v) ~ £4.50**

Garlic butter.

**Mezze (v) ~ £8.95**

Mixed olives, hummus, baba ganoush, falafel, grilled peppers, vine leaves, sunblushed tomatoes and ciabatta.

**Posh whitebait ~ £5.25**

Smoked paprika, crispy rocket, homemade tartare sauce, lemon.

## SMALL PLATES

THREE FOR £15.00 OR FIVE FOR £25.00

**Griddled halloumi cheese (v) ~ £5.95**

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

**Hummus (v) ~ £5.50**

Smoked paprika, baby vegetables and wholemeal pitta bread.

**Potted sweet potato (v) ~ £5.50**

Tracklements onion marmalade, toasted bloomer, crushed walnuts and olive oil.

**Stuffed vine leaves (ve) ~ £5.50**

Pomegranate dressing, green salad and pomegranate seeds.

**Pork and chorizo sausages ~ £5.95**

Thai spiced mayo.

**Popcorn chicken ~ £5.50**

Smoky chipotle mayo.

**Kale and Heritage tomato salad (ve) ~ £5.95**

Rocket leaves, kale and olive oil dressing.

**Marinated chicken thigh skewers ~ £6.25**

Lemon and thyme marinade, rocket and pomegranate dip.

**Steamed duck dumplings ~ £6.50**

Soy sauce and sweet chilli dip.

**Devilled king prawns ~ £6.25**

On avocado with Sriracha sauce.

**Salt and pepper squid ~ £6.50**

Sweet chilli dip.

## MAIN PLATES

**Courgetti (ve) ~ £8.95**

Butternut squash, herb oil, lemon, pomegranate seeds, baby spinach, lemon and olive oil.

**Roasted cauliflower (ve) ~ £9.25**

Giant cous cous pearls, spring onion, roasted shallots and pomegranate seeds.

**Summer salad (ve) ~ £7.50**

Baby spinach, edamame beans, green pepper, chilli, red cabbage, carrot, with lemongrass and ginger dressing.

*~ Add poached chicken / grilled prawns for £3.00*

**Prawn and scallop linguini ~ £11.15**

With cherry tomatoes, basil, lemon, olive oil, baby spinach, spring onion and red chilli.

**Fish and chips ~ £11.75**

Atlantic cod, McMullen ale and herb batter; chunky chips, tartare sauce and minted mushy peas.

**Seared salmon ~ £12.25**

Cauliflower and pomegranate tabbouleh, baba ganoush, basil and olive oil.

**Peri peri chicken ~ £10.25**

Marinated half chicken on the bone served with sweet potato fries, slaw.

**Chicken and bacon club salad ~ £9.25**

Gem lettuce, baby spinach, avocado, red pepper, sunblushed tomatoes, Gran Moravia™ hard cheese, Caesar dressing and soft boiled egg.

**28 day aged grass-fed 8oz sirloin steak ~ £16.50**

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

*~ Add peppercorn sauce £1.00*

**Blade of beef and rioja pie ~ £11.95**

Buttered mash, buttered greens and red wine gravy.

**Garlic butter roast chicken ~ £12.95**

Buttery mash, spinach, leeks, peas and lemon gravy.

## OUR SIGNATURE BURGERS

*Served in a brioche bun with salad burger sauce and sea salted fries.*

*~ Swap to sweet potato fries for £1.00*

**Beef ~ £10.50**

**Chicken breast ~ £9.95**

*~ Add cheese and bacon £1.50 each*

**Buttermilk chicken burger ~ £11.25**

Fried crispy in panko breadcrumbs with Emmental and BBQ sauce.

**Sweet potato and halloumi stack (v) ~ £9.25**

## DESSERTS ALL £4.95

**Salted caramel cheesecake (v)**

Dulce de leche sauce.

**Toffee waffle (v)**

Vanilla ice cream and chocolate sauce.

**Warm chocolate brownie (v)**

Vanilla ice cream and chocolate sauce.

**Sharing dessert £9.00**

*All too tempting? Why not sample a selection of our favourites? Perfect for 2 to 3 people.*

Chocolate brownie, raspberry and Prosecco slice, gin and berry cheesecake and salted caramel cheesecake.

**Raspberry and Prosecco slice**

Raspberry coulis and vanilla ice cream.

**Gin and red berry cheesecake**

Raspberries, strawberries and raspberry coulis.

**Caramel filled churros (v)**

Hot chocolate sauce.

## SIDES

**Fries or chunky chips (v) ~ £3.25**

Sriracha mayo.

**Sweet potato fries (ve) ~ £3.50**

**Beer battered onion rings (v) ~ £3.25**

**House salad (ve) ~ £2.00**

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.