

The Fox & Hounds

STEEPLE BUMPSTEAD

QUALITY HOMEMADE FOOD

Lunch is served from 12-1:30pm | All sandwiches are served in white or malted brown bread

SANDWICHES

PRAWN 1 2 3 4 7 12 13	£8
Luxury prawns in homemade Marie Rose sauce with coleslaw, salad garnish & plain crisps	
CHEESE 2 4 7 12 13	£7
Farmhouse cheddar with either: red onion, pickle or tomato, with coleslaw, salad garnish & plain crisps	
TUNA 2 4 5 12 13	£7
Tuna with mayo & cucumber, coleslaw, salad garnish & plain crisps	
CLUB SANDWICH 2 4 7 12 13	£12
Chicken breast fillet, smoked bacon, beef tomato, baby gem lettuce, pepper mayo, chips or sweet potato fries, coleslaw & salad garnish	
FAJITA WRAP (GF available) 2 4 7	£11
Chicken or halloumi, peppers, onions, courgette with guacamole & soured cream in a tortilla wrap, chips or sweet potato fries, coleslaw & salad garnish	
FISH FINGER SANDWICH 2 4 5 7 12 13	£12
Hand beer battered haddock goujons, homemade tartare sauce, chips or sweet potato fries & salad garnish	

BURGERS

Gluten Free options available

All served in a toasted pretzel bun with chips or sweet potato fries, onion rings, salad garnish & coleslaw

CAJUN HALLOUMI BURGER V 2 4 7	£12
Cajun marinated halloumi, lettuce & beef tomato	
CAJUN CHICKEN FILLET BURGER 4	£12
Cajun marinated chicken fillet breast, lettuce & beef tomato (add halloumi +£1)	
CRISPY HALLOUMI BURGER V 2 4 7	£12
Shallow fried halloumi, lettuce & beef tomato	
THE FOX BURGER 2 4 7 14	£14
6oz prime beef with marrowbone, smoked bacon, mature cheddar, lettuce & beef tomato	

Choose your sauce..... Mayo, Sweet Chilli Mayo, Garlic Mayo, Ketchup, Relish, or BBQ

MAINS

SAUSAGES & MASH 1 2 4 7 9 13 14	£12
Homemade butchers pork sausages, onion gravy, garden or mushy peas or beans	
STEAK & ALE PIE 2 4 7 13 14	£14
Homemade premium steak & ale pie, gravy, garden or mushy peas or beans	
LASAGNE 1 2 4 7	£12
Braised pork & beef lasagne topped with melted cheese, salad garnish & garlic bread	
HUNTERS CHICKEN 4 7	£13
Chicken breast fillet layered with mature cheddar, smoked bacon & bbq sauce, coleslaw & salad garnish (add toasted pretzel bun +£1)	
PANKO CHICKEN 2 4 7	£13
Panko breaded chicken breast fillet, mature cheddar cheese & smoked bacon, side of garlic mayo, coleslaw & salad garnish (add toasted pretzel bun +£1)	
HADDOCK 2 4 5 14	£13
Hand beer battered haddock fillet, mushy or garden peas & homemade tartare sauce	
SCAMPI 2 3 8	£13
Jumbo wholetail breaded scampi, mushy or garden peas & homemade tartare sauce	

All the above come with chips, sweet potato fries or mash

CARBONARA 2 4 7	£12
Egg tagliatelle, smoked bacon, creamy parmesan & chive sauce, side salad & garlic bread	
SMOKED HADDOCK RISOTTO 5 7	£14
Naturally dyed smoked haddock in a creamy fresh mint risotto with parmesan, spinach, peas & side salad	

SIDES

GARLIC BREAD 2 7 12 13	£3.00
CHEESY GARLIC BREAD 2 7 12 13	£4.50
COLESLAW 4	£2.50
CHIPS OR SWEET POTATO FRIES	£3.00
CHEESY CHIPS 7	£4.50
BEER BATTERED ONION RINGS 2	£4.00

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LUNCH

MENU

ALLERGENS

Due to the introduction of the Food Information Regulation by the Food Standards Agency we are required to advise of any potential allergens in our dishes. The numbers next to each dish overleaf relate to the 14 major allergens below. If you have any further questions please ask us when ordering.

1 CELERY This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2 CEREALS CONTAINING GLUTEN Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3 CRUSTACEANS Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and southeast Asian curries or salads, is an ingredient to look out for.

4 EGGS Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5 FISH You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6 LUPIN Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7 MILK Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8 MOLLUSCS These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

9 MUSTARD Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

10 NUTS Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11 PEANUTS Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12 SESAME SEEDS These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13 SOYA Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14 SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.