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WELCOME TO THE SWALLOW INN, WE HOPE YOU ENJOY THIS EXPERIENCE!

This menu is available Monday to Saturday 12 to 9pm.

We also have a Sunday Lunch menu which is served 12 to 5pm every Sunday & is priced at £9.50 for a main course or £12.50 for two courses.

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### STARTERS

Stone Baked Garlic Pizza Bread	£3.50
● with Pomodoro sauce	£3.95
● with mozzarella cheese	£4.25
Soup of the Day ● with freshly baked bread	£3.95
Chicken Skewers ● with warm satay sauce, with a cucumber and spring onion salad	£5.25
Crispy Breaded Goats Cheese ● beetroot and tomato chutney, toasted hazelnuts and pickled beetroot	£5.75
Smoked Salmon and Dill Roulade ● served with mixed leaves and warm bread	£6.50
Watermelon, Feta and Orange Salad ● with fresh basil leaves	£5.00

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### SALAD BOWLS – served with New Potatoes

A large bowl filled with mixed seasonal leaves, cucumber, tomatoes, onion, chopped peppers and our delicious dressing

Choose from:-

Cajun Chicken and Mango	£10.25
Char-Grilled Rump Steak	£11.50
Nicoise ● egg, olive, green beans, cos lettuce and croutons	£9.95
Prawn and Crayfish	£11.50

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### JUST FOR KIDS

Half a Margherita Pizza ● with chips or house Salad	£5.50
Sausage & Chips ● with baked beans or peas	£5.50
Chicken Breast Nuggets ● with chips & peas or beans	£5.50
Cheeseburger ● with chips & salad garnish	£5.50
Haddock Goujons ● with chips and mushy peas	£5.50

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### MAINS

Pan Fried Halibut Steak ● with chorizo butter, baby leeks and hassleback potatoes	£15.95
Medallions of Pork Fillet ● cider cream sauce, caramelised apple, greens and new potatoes	£14.95
Fish Pie ● topped with creamy mash and cheese, with buttered green beans	£13.50
Pan Roast Chicken Breast ● with sweet chilli, carrot and ginger salsa and your choice of potatoes	£11.95
Slow cooked Steak & Ale Pie ● topped with a puff pastry lid served with mushy peas, your choice of potatoes and a rich stock gravy	£10.95
Fresh Grimsby Beer Battered Haddock ● served with chips, mushy peas and homemade tartare sauce	£11.75
Chicken Balti ● served with infused rice, mango chutney and naan bread	£10.95
Pea and Parmesan Risotto ● served with vegetable crisps and pea shoots V	£9.95

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### FROM THE GRILL

All Char-Grilled & served with Chips, Grilled Tomatoes, Button Mushrooms and Onion Rings.

Add Diane, Pepper, Mediterranean Tomato or Blue Cheese Sauce      £2.75

8oz Rump Steak ● considered to have more flavour than other cuts, this is a tender steak taken from the lower back of the animal      £14.95

8oz Sirloin ● an old classic, knighted by Richard III, to become Sir Loin, from a cow's hind quarter. It has a wonderful rich flavour, good marbling and a creamy edge of fat along the side      £16.50

8oz Fillet Steak ● this is the leanest, & more tender of all the steaks      £22.95

16oz 'T' bone ● a huge steak that is sirloin on one side of the bone and fillet on the other - so the best of both worlds, some say      £23.95

10oz D cut Gammon Steak ● with fried duck egg or pineapple wedge      £12.50

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### FRESH STONE BAKED PIZZA

Margherita ● with our special Pomodoro sauce, cherry tomato, basil & fresh buffalo mozzarella      £ 8.95

Vegetariano ● onion, button mushroom, peppers and spring onions      £ 9.95

Pollo e Pancetta ● char grilled chicken, crispy smoked bacon & cherry tomatoes      £10.50

Hawain ● tomato sauce, ham, pineapple and rocket leaves      £10.95

Spicy Meat Feast ● pepperoni, salami, caramelised red onion & fresh chillies      £10.50

Tuna and Cheese ● tomato sauce, mozzarella, and tuna      £10.50

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BURGERS - in a toasted brioche bun with relish, lettuce, tomato, pickled red onions accompanied with chips and coleslaw

Quarter Pound Steak Burger with Monterey Jack Cheese and Bacon      £10.95

Chicken, Bacon and Cheese      £10.95

Chick Pea and Spinach Burger      £9.95

Moroccan Spiced Lamb Burger with Monterey Jack Cheese and Mint Yogurt Dip      £10.95

SIDE ORDERS      £2.75

Mixed Salad

Chips / Sweet Potato Fries

Coleslaw

Corn on the Cob

Onion Rings

Bread Board

Medley Vegetables

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LUNCH TIME MENU, SNACKS & SANDWICHES AVAILABLE DAILY ON THE SPECIALS BOARD

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