

THE FOLD

MAIN MENU

Served 12 noon to 9 pm

NIBBLES

OLIVES (V) (VE) (GF)	£3.00
MIXED NUTS (V) (VE) (GF)	£3.00
PADRON PEPPERS (V) (VE) (GF)	£2.50

STARTERS

PRAWN COCKTAIL	£9.50
Homemade Bread, Butter	
STEAK TARTARE	£13.00
Pickles, Capers, Egg Yolk, Croutons	
SOUP OF THE DAY	£7.00
Homemade Bread, Butter (V)	
GUINNESS BREAD	£4.50
Crème Fraiche Butter (V)	
CREAMED MUSHROOMS	£8.00
Toasted Brioche, Fried Duck Egg (V)	

PASTA

All freshly made

KING PRAWN LINGUINE	£15.00
Tomato, Coconut, Chilli, Garlic, Lime	
GREEN PESTO LINGUINE	£10.00
Aged Parmesan (V)	

STAPLES

FISH AND CHIPS	£15.00
Crushed Peas, Tartar Sauce, Vinegar Scraps	
CHICKEN SCHNITZEL	£15.00
Lemon, Tarragon, Triple Cooked Chips, Mushroom Sauce	
PIE OF THE WEEK	£16.00
Hot Water Crust Pastry, Butter Mash, Roasted Root Vegetables, Pan Jus	
MARKET FISH OF THE DAY	MARKET PRICE
Morecambe Bay Potted Shrimps, New Potatoes, Seasonal Vegetables (gf)	
BBQ BURGER	£16.00
Sticky Brisket, Gem Lettuce, Tomato, Cheese, Gherkin, Coleslaw, Stealth Fries	
VEGAN BURGER	£15.00
Chickpea and Beetroot, Harissa Vegan Mayo, Gem Lettuce, Tomato, Gherkin, Stealth Fries, KimChi (V) (ve)	

(V) Vegetarian (ve) Vegan (gf) Gluten Free (gfo) Gluten Free Option

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STEAKS

RIBEYE STEAK	£30.00
8oz - 50-Day Aged	
SIRLOIN STEAK	£28.00
8oz - 50-Day Aged	
FILLET STEAK	£32.00
6oz - 50-Day Aged	

*All served with Confit Tomato, Thyme and
Garlic Onion Rings, Triple Cooked Chips,
Peppercorn Sauce.*



SALADS

CHICKEN CAESAR SALAD	£13.50
Anchovy, Boiled Egg, Crisp Croutons, Parmesan	
HOUSE SALAD	£10.00
Pomegranate, Quinoa, Apple, Fennel (v) (ve) (gf)	
SALMON NICOISE	£15.00
Kalamata Olives, Feta Cheese, Fine Beans, Boiled Egg (gf)	
STICKY TERIYAKI DUCK	£14.00
Watermelon, Sesame, Spring Onion, Fresh Chilli (gf)	

SIDES

TRIPLE COOKED CHIPS, ROSEMARY SALT (V) (VE)	£4.50
ASPEN FRIES, TRUFFLE, PARMESAN, BLACK PEPPER (V)	£4.00
TENDERSTEM BROCCOLI, TOASTED ALMONDS (V) (VE)	£3.50
ROCKET PARMESAN SALAD (V)	£3.00
TRUFFLED MAC 'N' CHEESE (V)	£6.00
GREEN SALAD (V) (VE)	£4.00

DESSERTS

STICKY TOFFEE PUDDING	£7.00
Butterscotch, Vanilla Ice Cream (v)	
CAKLEBEAN EGG CUSTARD TART	£7.50
Strawberry, Cardamom Ice Cream (v)	
COCONUT AND PASSIONFRUIT ARCTIC ROLL	£8.00
Vanilla Poached Pineapple (v)	
CHOCOLATE CHEESECAKE	£9.00
Bourbon Biscuit, Crème Fraiche Ice Cream (v)	

CHEESE

Artisan British Cheeses, Quince Jelly, Fig Chutney, Celery, Grapes, Water Biscuits (v)	£12.00
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SMALL PLATES

FROM THE DAIRY

CHEESE HOTDOG	£4.00
Harissa Mayo <i>(v)</i>	
ARANCINI	£5.00
Truffle, Parmesan <i>(v)</i>	
MOZZARELLA CHEESE CROQUETTES	£4.00
Sweet Pepper Relish <i>(v)</i>	

FROM THE LAND

BUFFALO CHICKEN WINGS	£5.50
Sour Cream, Spring Onion <i>(gf)</i>	
STICKY PORK BELLY	£7.00
Apple, Crispy Shallot <i>(gf)</i>	
MEATBALLS	£7.00
Tomato Arrabiata, Parmesan Crisps	

FROM THE SEA

FISH FINGER BUTTY	£6.00
Tartar Sauce, Crispy Capers	
WELLGATES SMOKED SALMON	£7.00
Dill Emulsion, Seaweed <i>(gf)</i>	
THAI CRAB CAKES	£7.00
Sriracha Mayo, Lime	

FROM THE GROUND

TARTLET OF SALT BAKED BEETROOT	£4.00
Whipped Goats Cheese, Blackberry <i>(v)</i>	
BBQ TENDERSTEM BROCCOLI	£5.00
Soya, Almond, Chilli <i>(v) (ve)</i>	
SWEET POTATO KOFTA	£4.00
Pomegranate, Coriander <i>(v) (ve)</i>	



FROM THE KONRO JAPANESE GRILL

BABY AUBERGINE	£5.00
Miso Glaze, Salsa Verde <i>(v) (ve) (gf)</i>	
LAMB KOFTA	£7.00
Flatbread, Cucumber, Fresh Mint	
RED PRAWNS	£12.00
Garlic, Chilli, Lime	

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SANDWICHES

*All served on Toasted Ciabatta,
Coleslaw, Crisps (gfo)*

50-DAY AGED SIRLOIN STEAK

Caramalised Onions

£12.00

PRAWN MARIE ROSE

Gem Lettuce, Cucumber

£8.00

SMOKED SALMON

Cream Cheese, Picked Cucumber

£9.00

CAKLEBEAN EGG MAYO

Watercress (v)

£6.50

HONEY ROASTED HAM

Tomato, Dijon Mustard

£7.00

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SANDWICHES

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CHILDREN'S MENU

STARTERS	GARLIC BREAD	£3.00
	CRUDITES AND HUMMUS	£3.50
	Celery, Carrot, Tomato	
	MELON COCKTAIL	£3.50

MAINS	BEEF BURGER	£7.00
	Skinny Fries	
	BUTTERMILK CHICKEN	£7.00
	Skinny Fries, Beans	
	PENNE PASTA	£7.00
	Bolognaise Sauce	
	FISH FINGERS	£7.00
	Chips, Garden Peas	

DESSERTS	ICE CREAM SUNDAE	£4.50
	CHOCOLATE BROWNIE	£4.50
	Vanilla Ice Cream, Chocolate Sauce	

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