

# MAIN MENU

# 3 Hammers Bar & Bistro

## STARTERS

**Breaded Mushrooms** £6.95  
Crispy coated breaded mushrooms served with a garlic mayonnaise dip.

**Potato Skins** £7.25  
Potato skins filled with cheese & bacon or pulled pork with sour cream dip.

**Prawn Cocktail** £7.45  
Atlantic coldwater prawns smothered in marie-rose sauce on a bed of shredded lettuce served with buttered brown bread.

**Garlic Ciabatta Bread / Cheese** £5.25 / £6.25

**Chicken Tikka** £7.45  
Chicken Tikka on a bed of iceberg lettuce with yoghurt & mint dip.

**Sticky Korean Chicken** £7.45  
Sticky bubble fried Korean chicken with spring onion & chilli salad, served with a BBQ Gochujang chilli and ginger dip.

**Garlic & Herb King Prawns** £7.95  
King prawns marinated in garlic & herbs, served with toasted ciabatta bread and grilled lemon.

## BISTRO FAVOURITES

**Cottage Pie** £17.95  
Our delicious homemade cottage pie topped with mashed potato and melted cheese. Served with fries and seasonal vegetables.

**Homemade Beef Stroganoff** £17.95  
Beef strips sauteed in a rich creamy mushroom and brandy sauce, served with rice, skin on fries & garlic ciabatta.

**Pie of the Day** £17.50  
Ask your server for today's delicious pie of the day.

**Slow Roast Belly Pork** £20.95  
Slow roasted pork belly served on a bed of buttery mash, black pudding fritter, seasonal greens & bordelaise sauce.

**Wholetail Breaded Scampi** £17.50  
Breaded wholetail scampi served with skin on fries, mushy peas or garden peas.

**Prime Salmon Fillet** £21.50  
Oven baked salmon fillet served with mashed potato, seasonal greens & hollandaise sauce.

**Fish & Chips** £18.50  
A large Haddock fillet fried in crispy batter, served with mushy or garden peas & a wedge of lemon.

**Fish Pie** £17.95  
Poached pieces of succulent white fish, prawns and salmon in a cream and tarragon sauce topped with cheesy mashed potato. Served with fries & seasonal veg

## FROM THE GRILL

All of our beef steaks are sourced from sustainably raised cattle and are served with grilled mushroom, half tomato, garden peas, onion rings & choice of potato.

**8oz Rump Steak -  
21 Day Aged** £19.50  
Firm in texture and rich in flavour.  
Recommended Medium-Rare.

**12oz Gammon Steak** £17.95  
Gammon Steak served with a fried egg, pineapple, grilled tomato, mushroom & onion rings.

**Minted Lamb Shank** £23.95  
Lamb shank on a bed of creamy mashed potato served with seasonal greens and a mint jus gravy.

**8oz Sirloin Steak -  
28 Day Aged Angus** £23.95  
Hand cut from the loin, gives a fantastic balance of tenderness and flavour.  
Recommended Rare

**10oz Rib-Eye Steak  
28 Day Aged Angus** £26.95  
Cut from the very centre of the rib, generously marbled giving an abundance of flavour.  
Recommended Medium

**Add a Steak Sauce** £3.00  
Stilton  
Beef Dripping & Red Wine  
Bearnaise  
Southern Comfort Glaze  
Red Wine & Mushroom  
Peppercorn

## BURGERS

Served with skin on fries & house slaw  
Add an extra beef patty to any burger for £3

**Angus Bacon & Cheese** £16.50  
Prime Angus Beef burger topped with cheddar cheese & back bacon. Served on a bed of crisp lettuce & tomato.

**Panko Chicken Burger** £16.50  
Panko breaded Chicken served in a brioche style bun on a bed of crisp lettuce with tomato & honey chilli sauce.

**Bistro Dirty Burger** £16.95  
Angus Beef burger topped with bbq pulled pork, crispy battered onions & nacho cheese sauce.

**Around the World Mixed Grill** £23.95  
This Bistro favourite is famous for its exciting flavours & tenderness. Tandoori Rump, Piri Piri Gammon, Cajun Chicken, Jerk Pork & Lamb Kofta make up this amazing grill!

**House Mixed Grill** £22.95  
A 'meat feast' of Rump Steak, Chicken Breast, Pork Loin, Gammon Steak, Black Pudding & Sausage. Served with a fried egg, grilled tomato, pineapple, mushroom & onion rings.

## Allergen Information

Please be aware that our food may contain or come into contact with common allergens. Whilst we have taken steps to minimise risk and safely handle the foods that contain potential allergens, please be aware that cross contamination may occur. Please see a member of staff if you require further information on the ingredients of each dish.

## CHICKEN DISHES

### Chicken Forestiere **£17.50**

Chicken Breast with bacon, smothered in a white wine, mushroom & paprika sauce. Served with mashed potato & seasonal greens.

### Grilled Chicken Breast **£17.50**

Chicken breast served with skin on fries, house salad & slaw. Flavoured with your chosen flavouring. Choose from:

- **Garlic, Cajun, Piri Piri or Simply Chicken**

### Chicken Katsu Curry **£17.50**

Panko breaded chicken smothered in Katsu Sauce. Served with rice, popadom & skin on fries.

### Sizzling Fajitas

Our hugely popular fajitas, served on a sizzling skillet with onions, mixed peppers & Mexican spices. Served with tortillas, salsa, guacamole & sour cream dip.

### Chicken - **£19.95**

### Steak - **£21.95**

### Halloumi - **£19.95**

### Sweet & Sour Chicken **£17.95**

Crispy chunks of chicken breast deep fired, served with rice, fries, prawn crackers and Chef's sweet & sour sauce.

### Hawaiian Chicken Schnitzel **£17.95**

Panko coated chicken breast layered with bbq sauce, bacon, pineapple & melted cheese. Served with skin on fries & slaw.

### Chicken & Ribs **£21.95**

Boneless glazed chicken breast & a half rack of baby back bbq ribs served with skin on fries, slaw, corn & chipotle dip.

## SALADS & PASTA

### 'Chef's' Beef Lasagne **£17.95**

Layers of wheat pasta with Italian tomatoes and minced beef topped with a creamy Bechamel cheese sauce, served with garlic ciabatta.

### Cajun Chicken Penne Pasta **£17.95**

Sliced chicken breast marinated with cajun spices in penne pasta, with a dash of cream & served with garlic ciabatta.

### Vegetable Lasagne **£17.50**

Layers of pasta filled with a rich tomato & roasted vegetables covered with a cheese sauce, served with garlic ciabatta.

### Spaghetti Carbonara **£17.50**

Spaghetti with Pancetta in a creamy carbonara sauce. Served with garlic ciabatta bread.

## MAC & CHEESE

Classic Mac & Cheese topped with panko crumb served with garlic ciabatta and your chosen topping.

### Choose from:

### Simply Mac & Cheese **£13.95**

### Salt & Pepper Chicken **£17.95**

### BBQ Pulled Pork **£17.95**

### Garlic King Prawns **£17.95**

## SIDES AND ADD ONS

### BBQ Bacon Loaded Fries **£8.50**

### Halloumi Fries **£5.00**

### Garlic Ciabatta **£4.00**

### Sweet Potato Fries **£4.00**

### Onion Rings **£3.75**

### Portobello Mushrooms **£4.50**

Chunky Chips & Sweet Pot Fries (available as a swap upgrade on main course meals - **£1.00**)

## SALADS

### Prawn & Salmon **£18.95**

Atlantic cold water Prawns & salmon served on a bed of house salad with Marie Rose sauce & garlic ciabatta

### Chicken Caesar **£18.95**

Chicken breast on a classic cos leaf salad with dressing, croutons & parmesan cheese, served with garlic ciabatta.

## DESSERTS

### Berry Meringue Delight **£6.95**

Strawberry laced meringue nest filled with vanilla ice cream, whipped cream, seasonal berries & strawberry sauce

### Apple Crumble **£6.95**

This traditional favourite is served with custard, cream or ice cream

### Sticky Toffee Pudding **£6.95**

A classic dessert served with a rich toffee sauce & your choice of custard, cream or ice cream

### Chocolate Fudge Brownie **£6.95**

Chocolate fudge Brownie topped with chocolate sauce, served warm with cream or ice cream

### Profiterole Ice Cream Sundae **£6.95**

Vanilla ice cream sundae layered with choux bun profiteroles, laced with chocolate sauce and whipped cream.

### Mixed Ice Cream Sundae **£5.95**

3 Scoops of your favourite flavours, choose from strawberry, chocolate or vanilla.

### Mini Dessert & Hot Drink **£7.95**

Enjoy a hot drink of your choice along with a mini dessert. Choose from:

**Warm Chocolate Brownie**

**Berry Meringue Nest**

**Two Scoop Ice Cream**

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