

THE BENT ARMS

Lindfield



LIGHT BITES & SIDES

OLIVES **£4.75** (Vgn, DF)

CHIPS **£4.25** WITH CHEESE **£4.75**

SOUP OF THE DAY *with homemade bread* **£6.50/8.25** (VgnO, GFO)

SALT AND PEPPER SQUID *with chilli mayonnaise* **£7.95**

SIDE SALAD **£3.25** (Vgn, GF)

HOMEMADE ROLLS **£4.50** (VO)

MAINS

FISH AND CHIPS *with peas* **£17.50**

SCAMPI AND CHIPS *with salad* **£14.95**

HAM, EGG & CHIPS *with homemade rolls* **£14.50** (GFO, DF)

MEDALLIONS OF BEEF *with chips, salad/vegetables & a peppercorn sauce* **£17.95** (GF, DFO)

GRILLED SALMON FILLET *with herb crushed new potatoes, vegetables & hollandaise sauce* **£17.50** (GF, DFO)

BRAISED LAMB SHANK *with mashed potato, vegetables & onion gravy* **£21.95**

PLOUGHMAN'S LUNCH **£14.50** (VO, DFO)

choose from: CHEDDAR, BRIE, STILTON, HAM, MIXED

3 EGG OMELETTE *with chips & salad* **£14.50** (V, GFO, DFO)

with 2 of the following:

HAM, CHEESE, ONION, TOMATO, MUSHROOM

(extra fillings **75p** each)

BREAST OF CHICKEN **£17.25** (GF, DF)

SIRLOIN **£25.95** (GF, DF)

FILLET **£29.50** (GF, DF)

served with

CHIPS (GF, DF, Vgn)/MASHED POTATOES (GF)/NEW POTATOES (GF, DFO)

& SALAD (Vgn, GF)/VEGETABLES (VgnO)

plus 1 of the following:

FRIED ONIONS & MUSHROOMS (GF, DFO)

PEPPERCORN SAUCE (GF)

GARLIC BUTTER (GF)

BLUE CHEESE SAUCE (GF)

(or extra for **£2.00**)

BURGERS *all served with chips & salad*

BEEF – *beef patty, cheese, bacon, lettuce, onion, tomato* £16.50 ^(DFO)

CHICKEN – *crispy fried chicken, sliced gherkin, lettuce and choice of sauce* £16.25

KOREAN CHILLI / RANCH MAYONNAISE

VEGGIE – *mixed bean patty, lettuce, onion, tomato, relish* £14.25 ^(Vgn, DF)

SANDWICHES *served with salad on our homemade bread*

PRAWN MAYONNAISE £9.95 ^(DF)

CHEDDAR CHEESE £9.50 ^(V)

SAUSAGE £9.95 ^(DFO)

BACON, LETTUCE & TOMATO £9.95 ^(DF)

EGG MAYONNAISE £9.50 ^(V, DF)

HOME COOKED HAM £9.75 ^(DF)

BACON & BRIE £9.95

TUNA MAYONNAISE £9.75 ^(DF)

SMOKED SALMON & CREAM CHEESE £9.95 ^(DFO)

HUMMOUS, ROASTED RED PEPPER & AVOCADO £9.95 ^(Vgn)

FILLET STEAK SANDWICH & CHIPS £15.25 ^(DF)

SALADS *served with homemade rolls*

CHICKEN CAESAR £15.25 ^(GFO)

AVOCADO & PRAWN £12.75 ^(GFO, DF)

GOATS CHEESE & BACON £12.75 ^(GFO)

FETA, OLIVE & TOMATO £12.75 ^(V, GFO)

BRIE & GRAPE £12.75 ^(V, GFO)

SUPERFOOD £12.75 ^(Vgn, GFO)

(quinoa, broccoli, soya beans, avocado, spinach, toasted pumpkin seeds)

Salad extras:

HALLOUMI £3.00

CHICKEN £4.00

OLIVES £3.00

JACKET POTATOES *served with salad*

CHEDDAR CHEESE £9.50 ^(V, GFO)

TUNA MAYONNAISE £9.75 ^(GFO, DF)

BACON & BRIE £9.95 ^(GFO)

PRAWN MAYONNAISE £9.95 ^(GFO, DF)

Vgn- VEGAN V - VEGETARIAN GF - GLUTEN FREE DF - DAIRY FREE O - OPTION

98 HIGH STREET, LINDFIELD, RH16 2HP • 01444 483146 • howard@thebentarms.co.uk • www.thebentarms.co.uk

ALLERGY INFORMATION AVAILABLE ON REQUEST

All our food is made in house including our mayonnaise which contains raw egg

