

# FOOD

BRINGING FRIENDS AND FAMILY AROUND THE TABLE



EMBER INNS



# DAYTIME & EVENING SET MENU

**DAYTIME MENU Monday to Friday, 12pm – 5pm**  
**3 COURSES 11.49 | 2 COURSES 9.49 | 1 COURSE 7.49**

**EVENING MENU Monday to Friday, 5pm onwards**  
**3 COURSES 14.49 | 2 COURSES 11.99**

Please order all courses at the same time for the fixed price to apply. Please refer to terms and conditions.

## STARTERS

### BEER-BATTERED MUSHROOMS\* ✓

Crispy coated button mushrooms, served with a cool sour cream dip. *284 kcal*

### GARLIC CIABATTA BREAD ✓

*457 kcal*

### CHICKEN WINGS

Salt & pepper chicken wings coated in classic BBQ sauce. *374 kcal*

### NACHOS ✓

Crunchy tortilla chips, topped with guacamole, tomato salsa, soured cream and nacho cheese sauce. *532 kcal*

### TOMATO & BASIL SOUP ✓

Served with warm ciabatta bread and butter. *276 kcal*  
Vegan option available. *Ve 317 kcal*

## DAYTIME MAINS

### HAND-CARVED HAM, EGG & CHIPS

Ham with two fried free-range eggs, seasoned chips and peas. *1090 kcal*

### SAUSAGE & MASH

Two British farm-assured pork sausages on a bed of mashed potatoes served with onion rings and gravy. *792 kcal*

### CHARGRILLED CHICKEN BREAST

Served with seasoned chips, garden peas (*652 kcal*) and your choice of BBQ sauce (*181 kcal*), or gravy (*153 kcal*).

### MEDITERRANEAN-STYLE ROASTED VEGETABLE LINGUINE Ve

Linguine with roasted courgette, peppers and red onion, tossed in a tomato sauce and topped with Greek-style feta alternative (made with coconut oil). *710 kcal*

### SMOKED HADDOCK FISHCAKES

Smoked haddock fishcakes with chips, peas and tartare sauce. *736 kcal*

### MAC 'N' CHEESE ✓

Macaroni in a Cheddar cheese sauce served with garlic bread slices, topped with crushed tortilla chips and crispy onions. *992 kcal*

### MEDITERRANEAN-STYLE ROASTED VEGETABLE SALAD Ve

Roasted courgette, pepper, red onion, cherry tomato, cucumber, and tabbouleh. Served with a tomato dressing and topped with Greek-style feta alternative (made with coconut oil). *565 kcal*

## EVENING MAINS

### CLASSIC BURGER

Choose from premium beef (*856 kcal*) or chargrilled chicken breast (*890 kcal*). Served on a toasted brioche-style bun with crisp lettuce, sliced red onion, tomato, with a side of seasoned chips and burger sauce.

### 8oz RUMP STEAK# +£2.00

Chargrilled to your liking. Served with seasoned chips, grilled tomato, flat mushroom, garden peas and crispy onion rings. *1184 kcal*

**DOUBLE UP** 8oz# Rump Steak **+4.50**  
*498 kcal*

**ADD** your choice of sauce

Béarnaise\* *123 kcal*, Peppercorn\* *82 kcal*  
or beef dripping gravy *157 kcal* **+1.49**

### BEEF & RED WINE LASAGNE\*

Served with garlic ciabatta and dressed salad. *824 kcal*

### GAMMON & CHIPS

Premium thick-cut gammon steak, served with seasoned chips, garden peas, grilled tomato and your choice of two fried free-range eggs (*914kcal*), chargrilled fresh pineapple (*776kcal*) or one of each choice (*892kcal*)

### CHICKEN TIKKA

### KASHMIR-STYLE CURRY+£1

Chicken tikka masala, with Kashmiri-style spiced creamy aromatic curry sauce, served with two naan bread and coriander rice. *931 kcal*

**ADD** Poppadoms ✓ **+1.00**  
*110 kcal*

### GOBI DHANSAK CURRY Ve

Vegan gobi dhansak, served with steamed coriander rice. *526 kcal*

**ADD** Poppadoms ✓ **+1.00**  
*110 kcal*

## DESSERTS

### CARAMEL APPLE CRUMBLE PIE ✓

*396 kcal*. Served with your choice of cream *51 kcal*, vanilla pod ice cream *224 kcal* or thick custard *86 kcal*.

### GRILLED BELGIAN WAFFLES ✓

Two Belgian waffles, served with blueberry compote & strawberries, cream and chocolate sauce. *886 kcal*

### VEGAN CARAMEL CHEEZCAKE Ve

A creamy coconut-based topping, on a cinnamon biscuit base. Served with blueberry compote and fresh mint. *670 kcal*

### STICKY TOFFEE PUDDING ✓

*266 kcal*. Served with your choice of cream *51 kcal*, vanilla pod ice cream *224 kcal* or thick custard *86 kcal*.

### BELGIAN CHOCOLATE BROWNIE ✓

A rich chocolate brownie, served warm and topped with vanilla pod ice cream and Belgian chocolate sauce. *864 kcal*

### VANILLA POD ICE CREAM ✓

*450 kcal*

# STARTERS & SHARERS

## EMBER SPECIAL

### SALT & PEPPER CALAMARI 5.99

Tender strips of panko-breaded calamari. Seasoned with salt & pepper and served with a lemon mayonnaise. 323 kcal

### BEER-BATTERED MUSHROOMS\* ✓ 4.99

Crispy coated button mushrooms, served with a cool sour cream dip. 284 kcal

### LAMB KOFTAS 5.99

Chargrilled Persian-style lamb koftas, served with a lemon & coriander houmous, crispy fried onions & chilli jam. 401 kcal

### CRISPY CHIPOTLE CHICKEN 5.99

Japanese-style crispy chicken coated in chipotle sauce. 642 kcal

### CHICKEN WINGS

Salt & pepper chicken wings coated in your choice of sauce. Enjoy on your own, or if you're looking to share, we'd recommend going large.

Classic BBQ

Large 1419 kcal 11.49 | Regular 374 kcal 5.99

Frank's RedHot® Buffalo Hot Sauce

Large 1292 kcal 11.49 | Regular 328 kcal 5.99

### CRISPY PRAWNS 5.99

Crispy crumbed king prawns, served on a Marie Rose sauce, with a fresh lemon wedge. 326 kcal

### TIKKA SKEWERS *Ve* 5.99

Plant-based tikka skewers served with crispy onions and chilli jam. 460 kcal

### TOMATO & BASIL SOUP ✓ 4.79

Served with warm ciabatta bread and butter. 276 kcal

Vegan option available. *Ve* 317 kcal

### GARLIC CIABATTA BREAD ✓ 4.99

457 kcal

### CHEESY GARLIC CIABATTA BREAD ✓ 5.49 633 kcal

## EMBER SPECIAL

### SHARING NACHOS ✓ 8.29

Tortilla chips topped with cheese sauce, spicy salsa, guacamole, sour cream, jalapeño peppers, spring onions, grated cheese and coriander. 975 kcal



# LUNCH BITES

Served every Monday to Saturday, between 12pm – 5pm.

## EMBER SPECIAL

### CRISPY CHICKEN CIABATTA 7.49

Chipotle chilli-glazed crispy coated chicken ciabatta sandwich, served with seasoned chips and salad. 1031 kcal



### CRISPY PRAWN CIABATTA 6.79

Crispy breaded prawns served on ciabatta with Marie Rose sauce, salad and crisps. 676kcal

### STEAK & CHUTNEY CIABATTA 8.79

Sliced rump steak & onion chutney in ciabatta served with seasoned chips and salad. 1028 kcal

### BLT CIABATTA 6.99

Bacon, lettuce, tomato & mayonnaise served in a toasted ciabatta. Served with side salad and crisps. 805 kcal

### SMASHED AVOCADO ON TOAST *Ve* 5.49

Fresh avocado, tomato and chilli on wholemeal toast. 490 kcal

## FANCY AN UPGRADE?

Swap crisps for either seasoned chips ✓ 99p or Sweet potato fries ✓ 2.49

Please refer to sides for calorie information

## ORDER FROM THE COMFORT OF YOUR TABLE

Leave the queues behind, simply order food and drinks to your table and we'll do the rest...

- Scan the QR code
- Find your Ember Inns pub
- View our menu and place your order
- Sit back, relax and enjoy





# EMBER CLASSICS

## HUNTER'S CHICKEN 10.99

Chargrilled chicken breast with grilled back bacon, melted cheese and BBQ sauce. Served with seasoned chips, garden peas, a flat mushroom, grilled tomato and crispy onion rings. *1218 kcal*

## GAMMON & CHIPS 11.79

Premium thick-cut gammon steak, served with seasoned chips, garden peas, grilled tomato and your choice of two fried free-range eggs (*914kcal*), chargrilled fresh pineapple (*776kcal*) or one of each choice (*892kcal*)

## POSH FISH & CHIPS\* 12.99

Two fillets of sea bass, hand-battered in pale ale, served with seasoned chips, mushy peas, chunky tartare sauce and fresh lemon. *1048 kcal*

## HADDOCK & CHIPS\* 11.79

Hand-battered in pale ale served with seasoned chips, mushy peas, chunky tartare sauce and fresh lemon. *958 kcal*

**ADD** Bread & Butter +99p  
White (*329 kcal*) or  
Wholemeal (*328 kcal*)

## SCAMPI & CHIPS 9.99

Whitby™ wholetail scampi served with seasoned chips, garden peas, chunky tartare sauce and fresh lemon. *896 kcal*

## SAUSAGE & MASH 9.79

Three British farm-assured pork sausages served with mashed potato, onion rings, and a jug of gravy. *914 kcal*

## GRILLED SEA BASS FILLETS\* 12.49

Two grilled sea bass fillets served with glazed baby potatoes, asparagus and béarnaise sauce. *752 kcal*

### NEW

## SHEPHERD'S PIE 12.79

Pulled lamb topped with mashed potato and Cheddar cheese. Served with steamed greens. *694 kcal*

## GOBI DHANSAK CURRY *Ve* 10.29

Vegan gobi dhansak, served with steamed coriander rice. *526 kcal*

**ADD** Poppadoms *Ve* +1.00  
*110 kcal*

## CHICKEN TIKKA

## KASHMIR-STYLE CURRY 10.79

Chicken tikka masala, with Kashmiri-style spiced creamy aromatic curry sauce, served with two naan bread and coriander rice. *931 kcal*

**ADD** Poppadoms *Ve* +1.00  
*110 kcal*



# PASTA & SALADS

## BEEF & RED WINE LASAGNE\* 9.79

Served with garlic ciabatta and a dressed salad. *824 kcal*

## CHICKEN, BACON & AVOCADO SALAD 10.79

Salad leaves with tabbouleh, topped with chargrilled chicken, grilled back bacon, sliced fresh avocado drizzled in honey & mustard dressing. *666 kcal*

## BACON & MUSHROOM CARBONARA 9.49

Penne pasta topped with creamy carbonara sauce and Italian hard cheese crumb. *944 kcal*

## MEDITERRANEAN STYLE ROASTED VEGETABLE SALAD *Ve* 8.99

Roasted courgette, pepper, red onion, cherry tomatoes, cucumber and tabbouleh. Served with a tomato dressing and topped with Greek-style feta alternative (made with coconut oil). *565 kcal*

## MEDITERRANEAN STYLE ROASTED VEGETABLE LINGUINE *Ve* 9.49

Linguine with roasted courgette, peppers and red onion, tossed with a tomato sauce and topped with Greek-style feta alternative (made with coconut oil). *710 kcal*

### ADD A LITTLE EXTRA

**ADD** Two seabass fillets +4.00  
*387 kcal*

**ADD** Fresh avocado *Ve* +1.00  
*119 kcal*

**ADD** Greek-style feta alternative (made with coconut oil) *Ve* +1.50  
*153 kcal*

**ADD** Bacon +1.00  
*150 kcal*

**ADD** Chargrilled chicken breast +2.75  
*176 kcal*

**ADD** Garlic ciabatta *Ve* +2.49  
*228 kcal*

# ON THE SIDE

### ALL SIDES 2.49

Seasoned chips *Ve* *403 kcal*

Sweet potato fries *Ve* *524 kcal*  
**+1.00**

Glazed baby potatoes *Ve*  
*227 kcal*

Steamed greens *Ve* *87 kcal*

Battered onion rings *Ve* *752 kcal*

Mac & cheese *Ve* *384 kcal*

Garlic bread ciabatta *Ve*  
*228 kcal*

Dressed mixed salad *Ve* *113 kcal*

Garlic bread ciabatta  
with cheese *Ve* *314 kcal*

Roasted Mediterranean  
Vegetables *Ve* *60 kcal*

Dauphinoise Potatoes *Ve*  
*406 kcal*

Fresh Roasted  
Root Vegetables *Ve* *126 kcal*

# FROM THE GRILL

## 8OZ SIRLOIN STEAK# 14.99

A prime cut of beef chargrilled to your liking. Served with seasoned chips, grilled tomato, flat mushroom, garden peas and crispy onion rings. 1339 kcal

## 8OZ RUMP STEAK# 13.29

Mature 8oz rump steak, chargrilled to your liking. Served with seasoned chips, grilled tomato, flat mushroom, garden peas and crispy onion rings. 1184 kcal

**DOUBLE UP** 8oz# Rump Steak +4.50  
498 kcal

### ADD A SAUCE

**ADD** Béarnaise sauce\* +1.49  
123 kcal

**ADD** Peppercorn sauce\* +1.49  
82 kcal

**ADD** Beef dripping gravy +1.49  
157 kcal

## SURF & TURF 16.29

Mature 8oz# tender rump steak chargrilled to order, served with crispy crumbed king prawns. 1365 kcal

**UPGRADE** 8oz# Sirloin +2.00  
+155 kcal

## HALF ROAST CHICKEN 12.79

Served in your choice of sauce, with chips and peas

Frank's RedHot® Buffalo Hot Sauce 1317 kcal

BBQ sauce 1411 kcal

Chipotle chilli 1418 kcal

### NEW

## SLOW-COOKED RIB OF BEEF 16.49

Bone-in beef rib with potato gratin, fresh roasted root vegetables, steamed greens, and a rich gravy. 874 kcal

### EMBER SPECIAL

## MIXED GRILL 15.79

Grilled 4oz rump steak, chargrilled chicken breast, thick-cut gammon steak, two British farm-assured pork sausages and two fried free-range eggs. Served with seasoned chips, grilled tomato, flat mushroom, garden peas and crispy onion rings. 1676 kcal

**UPGRADE** 8oz# Rump +204 kcal +4.50



# BURGER BAR

All of our burgers are served on a toasted brioche-style bun with crisp lettuce, sliced red onion and tomato with a side of seasoned chips and burger sauce.

### EMBER SPECIAL

## ULTIMATE BURGER 12.99

Two premium beef burgers topped with Monterey Jack cheese, grilled back bacon and crispy onion rings. 1599 kcal



## CHEESE & BACON BURGER

Premium beef burger topped with Monterey Jack cheese and grilled back bacon.

Double 1138 kcal 12.79 | Single 996 kcal 11.29

## FRENCH-STYLE DIP BURGER 12.79

Served with beef dripping sauce for you to enjoy, two premium beef burgers topped with Monterey Jack cheese. 1239 kcal

## SOUTHERN FRIED CHICKEN BURGER 11.49

Southern fried chicken breasts cooked in a light crumb for tenderness. Served with tomato salsa. 1086 kcal

## VEGGIE BURGER ✓ 10.49

Plant-based burger topped with a Greek-style feta alternative (made with coconut oil). Served in a toasted bun with lettuce, tomato, burger sauce and chips. 996 kcal

## VEGAN BURGER ✓ 10.49

Plant-based burger topped with a Greek-style feta alternative (made with coconut oil). Served in a toasted bun with lettuce, tomato and vegan burger sauce and a dressed side salad. 702 kcal

## CLASSIC BURGER

Premium Beef Burger

Double 998 kcal 11.49 | Single 856 kcal 9.99

Chargrilled Chicken Breast

Double 1066 kcal 11.49 | Single 890 kcal 9.99

### ADD A LITTLE EXTRA

**ADD** Onion rings ✓ 282 kcal +99p

**ADD** BBQ sauce ✓ 181 kcal +99p

**ADD** Bacon 75 kcal +99p

**ADD** Cheese ✓ 65 kcal +99p

**UPGRADE** from chips ✓ to sweet potato fries ✓ 524 kcal +2.49

## YOUR FAVOURITES, AT HOME#

Fancy a night in? Well, you can now enjoy all your favourite pub classics from the comfort of your own home with our takeaway and delivery options.

TO FIND OUT MORE, VISIT [EMBERINNS.CO.UK/TAKEAWAY](https://emberinns.co.uk/takeaway)

# DESSERTS

## STICKY TOFFEE PUDDING ✓ 4.99

266 kcal. Served with your choice of cream 51 kcal, vanilla pod ice cream 224 kcal or thick custard 86 kcal.

## CARAMEL APPLE

### CRUMBLE PIE ✓ 4.99

396 kcal. Served with your choice of cream 51 kcal, vanilla pod ice cream 224 kcal or thick custard 86 kcal.

## GRILLED BELGIAN WAFFLES ✓ 5.49

Two Belgian waffles served with blueberry compote, fresh strawberries, cream and chocolate sauce. 886 kcal

## CHOCOLATE MUNCHIES

### SUNDAE ✓ 5.49

Vanilla pod ice cream, topped with cream, Munchies, a Cadbury® Flake and chocolate sauce. 834 kcal

## BELGIAN CHOCOLATE

### BROWNIE ✓ 5.29

A rich chocolate brownie, served warm and topped with vanilla pod ice cream and Belgian chocolate sauce. 864 kcal

## VEGAN CARAMEL

### CHEEZCAKE ✓ 5.79

A creamy coconut-based topping, on a cinnamon biscuit base, served with blueberry compote and fresh mint. 670 kcal

### EMBER SPECIAL

## STRAWBERRY & RASPBERRY ETON MESS SUNDAE ✓ 5.49

Pieces of melt-in-your-mouth meringue with cream, fruit and vanilla pod ice cream. 673 kcal



## BEST OF BOTH

ENJOY A MINI PUDDING WITH A TEA OR COFFEE FOR 5.29

### MINI CHOCOLATE MUNCHIES SUNDAE ✓

Vanilla pod ice cream, topped with cream, Munchies, a Cadbury® Flake and chocolate sauce. 410 kcal

### MINI WAFFLE ✓

Mini Belgian waffle served with blueberry compote, fresh strawberries, cream and chocolate sauce. 430 kcal

### MINI STRAWBERRY & RASPBERRY ETON MESS SUNDAE ✓

Pieces of melt-in-your mouth meringue with vanilla pod ice cream, cream & fruit. 345 kcal

### MINI BELGIAN CHOCOLATE BROWNIE ✓

Served with vanilla pod ice cream and chocolate sauce. 537 kcal

# HOT DRINKS

Regular | Large

ESPRESSO	2.19 46 kcal	2.59 46 kcal
AMERICANO	2.19 46 kcal	2.69 46 kcal
LATTE	2.49 134 kcal	2.99 173 kcal
CAPPUCCINO	2.49 147 kcal	2.99 186 kcal
MOCHA	2.49 193 kcal	2.99 231 kcal
FLAT WHITE	2.99 95 kcal	
ICED LATTE	2.99 Vanilla or caramel. 160 kcal	
TEA	1.99 Either everyday brew, Earl Grey, peppermint, green tea or fruit infusion. 45 kcal	

Please ask if you require a non-dairy alternative.

COFFEE & CREAM	2.49
An Americano topped with whipped cream. Regular. 230 kcal	
ADD Shot of Tia Maria®*	3.99
ADD Shot of Jameson® Irish Whiskey*	3.99
ADD Shot of Cointreau®*	3.99
<b>BELGIAN HOT CHOCOLATE</b>	<b>2.99</b>
Delicious Belgian hot chocolate for the real chocoholic. 274 kcal	
ADD Shot of Baileys®*	4.69
ADD Shot of Cointreau®*	4.69

### LITTLE EXTRAS

ADD Vanilla syrup	50p
ADD Caramel syrup	50p

✓ Made with vegetarian ingredients.

✓ Made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. \*Weights stated are approximate uncooked weights. \*This dish contains alcohol.

Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or require our allergen information, please let us know before ordering.

Fish dishes may contain small bones. Full nutritional information for all dishes can be found on our website. Adults need around 2000 kcal a day. All items are subject to availability. Photos are for illustrative purposes only. Prices include VAT at the current rate. Always drink responsibly. Fixed Price menu not available on national bank holidays

**be drinkaware.co.uk**