



FOOD ALLERGY  
OR INTOLERANCE?



If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

# EVENING

## MARKET KITCHEN

*welcome to a world of taste*

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*welcome to a world of taste*

Global influences and carefully selected ingredients are brought together to create classic dishes with a modern twist served by our passionate chefs.

*Relax... we'll bring it straight to your table*

## TO START

### **Chef's soup of the day** ✓

warm sourdough, butter.

*scan our QR code to see the calorie information of our soups*

### **Garlic fried mushrooms** ✓

puff pastry, thyme,  
guacamole & basil pesto.  
*725kcal*

### **Chicken liver & brandy parfait**

Fig chutney, crushed roasted  
hazelnuts, toasted brioche.  
*475kcal*

### **Warm red & yellow pepper tarte tatin** ✓

red onion chutney, basil dressing,  
crumbled goats cheese. *386kcal*  
*vegan option available vs 328kcal*

### **Smoked salmon & prawn rilette**

Fresh dill, lemon, toasted tomato bread.  
*272kcal*

## DAILY SPECIALS

### **Smoked haddock fishcakes**

courgette tzatziki, lemon. *376kcal*

### **Melon Caprese salad** ✓

cantaloupe, honeydew, mozzarella,  
tomato, roquette, basil oil. *359kcal*  
*vegan option available vs 66kcal*

### **Deli board**

cured meats, mini pork pie, Red Leicester cheese, golden beetroot piccalilli, pea shoots,  
roquette, red chard, cherry tomato salad, served with rustic bread and butter.

*1,063kcal*

Adults need around 2,000kcal a day

# M A I N S



## *Taste of* **ITALY**

**Rustic minced pork sausage  
& fennel ragu**  
pasta, garlic bread,  
Italian style hard cheese  
*1,487kcal*

**Roasted vegetables in spiced  
arrabiata sauce <sup>Ve</sup>**  
garlic polenta.  
*712kcal*

**Lasagne al forno**  
garlic bread, cherry tomato,  
roquette & mixed leaf salad.  
*762kcal*

**Pan fried seabass & caponata**  
garlic polenta, fresh  
lemon & roquette.  
*904kcal*



*Dishes inspired from around the world*

## **R O A S T**

### *Today's choice*

**Honey & mustard roasted pork loin** *519kcal*  
Bramley apple sauce *55kcal*  
crackling *25kcal*

*served with a selection of vegetables and potatoes*  
*scan our QR code to see the calorie information of our accompaniments*



## — **F R E S H F I S H** —

*may contain bones*

**Mackerel fillet**  
*326kcal*

**Scottish Loch  
reared trout**  
*251kcal*

**Hake supreme**  
*239kcal*

*add a sauce of your choice*

**White wine creamy sauce** *193kcal*

**Chargrilled tomato chutney** *34kcal*

*served with a selection of vegetables and potatoes*  
*scan our QR code to see the calorie information of our accompaniments*

### **DAILY SPECIALS**

#### **Grilled chicken**

sweet potato fries, peas, asparagus,  
carrot, tarragon creamy sauce. *680kcal*

#### **Portobello mushroom & garlic tart <sup>Ve</sup>**

crushed cannellini beans, thyme,  
spinach, roasted mid potatoes. *923kcal*

Adults need around 2,000kcal a day

# P U D D I N G   S H O P

*A selection of hot and cold desserts*

**Chocolate, rum & raisin cheesecake** ✓  
chocolate-flavoured sauce,  
fresh raspberries. *490kcal*

**Orange, honey & vanilla flavour pudding** ✓  
with custard. *468kcal*

**Warm Bramley apple & raspberry tart** ✓  
crunchy crumble, vanilla  
flavour custard. *351kcal*

**Mango & coconut mousse** ✓  
fresh berries, toasted coconut,  
lime syrup. *368kcal*

**Chef's cheese board** ✓  
selection of cheeses, biscuits, grapes, shaved  
celery, fig & honey chutney, apple. *733kcal*

**Melon & berry fruit salad** ✓  
lime, mint, vanilla ice cream. *144kcal*  
*vegan option available* ✓ *186kcal*

## *Why not try a dessert wine?*

**Sauternes Garonnelles** *France*  
Sauternes is a traditional sweet dessert wine from Bordeaux

125ml  7.00    Half Bottle  20.00

## CHEF'S SPECIALS

**St Clement's posset** ✓  
raspberry flavoured sauce, blueberries. *558kcal*

**Warm chocolate brownie** ✓  
salted caramel plant based ice cream. *731kcal*

## ICE CREAM ✓

*served with Sablé biscuit*

**Blackberry & clotted cream** *340kcal*

**Chocolate** *349kcal*

**Strawberry** *319kcal*

**Vanilla** *281kcal*

**Salted caramel** *307kcal*

## PLANT BASED

### ICE CREAM ✓

**Salted caramel** *240kcal*

**Vanilla** *237kcal*

## SORBETS ✓

**Lemon** *116kcal*

**Mango** *134kcal*

Adults need around 2,000kcal a day

## ✓ Suitable for vegetarians    ✓ Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK.LITTLECOTE\_EVENING\_ITALY.UPDATE\_2023

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