

FOOD MENU

STARTERS

Beetroot Hummus

Served with Coriander & Breads -
4.50 [VEG/DF/V/NF]

Chilli Duck

Kale, Red Pepper &
Cucumber Yogurt - 6.25 [GF/NF]

Smoked Mackerel

Toasted Ciabatta, Lime & Sundried
Tomato Tapenade – 6.50 [NF/DF]

Pear, Chorizo Bowl

Manchego, Walnut Dressing, Cherry
Tomatoes, Rocket - 5.00 [GF]

Mushroom Fritters

Thyme & Plum Salsa,
Grape Yogurt - 5.95 [NF/V]

Beetroot Salmon

Herb Yogurt, Cherry Tomato, Pickled
Beetroot, Gem Lettuce – 6.25 [GF]

MAINS

Pan Fried Salmon

Sautéed Violet Potatoes, White Wine
Sauce, Broccoli, Pea Puree, Peashoots
- 14.50 [GF/NF]

Risotto

Oyster & Porcini Mushroom, Black
Garlic Risotto, Parmesan, Tarragon,
Pistachio & Spinach - 11.95 [V]

Thai Vegetable Curry

Sugar Snap, Baby Corn, Broccoli &
Kale in a Thai Red Coconut Sauce
with Lemongrass Rice, Coriander &
Chillies - 10.50 [DF/NF/VEG/V]

Duck

Teriyaki Duck, Rocket, Pea shoots,
Gem Lettuce, Kale, Chilli, Raspberry,
Honey & Soy Dressing, topped with
Almonds & Sesame Seeds - 13.95
[GF/DF]

Beetroot Burger

Quinoa & Beetroot Patty, Mushroom
Fritter, Lettuce, Tomato, Thyme & Plum
Salsa, Ketchup toasted Beetroot Bun
with Slaw - 12.50 [V/DF/NF]

Skirt Steak

Cherry Tomato, Fried Egg, Burnt On-
ion, Sautéed Violet Potatoes, Pepper-
corn & Mushroom Sauce, Peashoots -
14.95 [GF/NF]

Chicken

Jerk Chicken, Grilled Chilli Pineapple,
Broccoli & Peas - 11.50 [GF/NF/DF]

SIDES

Coleslaw	3.00
Bread & Oils	2.50
Thyme Garlic Bread	4.00
Root Crisps	3.00
House Salad	2.50
Sautéed Violet Potatoes	5.00
Olives	3.00

PLEASE ASK FOR OUR
LITTLE EIGHT MENU

DESSERT

Apple & Cherry Crumble

Granola, Vanilla Custard - 5.50 [V]

Banoffee & Pecan Pie

Toffee Sauce - 6.00 [V]

Citrus Tart

Blueberry Coulis, Ginger Biscuit - 6.00 [V/NF]

Strawberries & Cream Blondie

Almond Ice Cream - 5.75 [V/GF]

SERVED TIL 3PM

BRUNCH

Eggs Benedict

Prosciutto Ham, Spinach, Poached Eggs, Toasted English Muffin & Hollandaise - 7.75 [NF]

Eggs Florentine

Toasted English Muffin, Spinach, Poached Eggs & Hollandaise - 6.50 [V/NF]

Eggs Royale

Beetroot Cured Salmon & Poached Eggs on an English Muffin topped with Hollandaise & Smoked Paprika - 8.50 [NF]

Shavacadoo

Smashed Avocado with Coriander & Garlic on Toasted Ciabatta with Balsamic Glaze - 7.50 [VEG / DF / V]

Granola Bowl

Seed & Nut Granola, Fruit Compote, Yogurt, Blueberries, Toasted Nuts - 6.00 [V]

Breakfast Pancakes

A Stack of Pancakes with Acai Powder & Strained Yogurt - 8.75

Choose From

Stewed Apple & Cherry [V/GF]
Fruit Compote [V/GF]
Bacon & Maple [V/GF]

SIDES

Toast & Butter	2.00	Black Pudding	1.50
Eggs x 2	2.00	Hollandaise	1.50
Bacon x 2	3.00	Mixed Beans	1.00
Sausage x2	3.00	Tofu	2.00

Served on Toasted Open Ciabatta
OR Closed Wholemeal Bloomer
with Root Crisps & Slaw

SANDWICHES

Steak Sarnie

Skirt Steak, Rocket, Melted Cheddar, Dijon Mustard Mayo, Tomato & Lime Tapenade - 11.90 [NF]

Mushroom & Avocado

Balsamic Glaze, Beetroot Hummus, Gem Lettuce - 9.25 [VEG/V/DF/NF]

Cured Salmon

Spinach, Paprika, Cucumber, Herb Yogurt - 9.00 [NF]

Ploughman

Mature Cheddar, Red Onion & Chorizo Chutney, Grape Yogurt - 8.00 [NF]

CLUB

Roasted Jerk Chicken, Prosciutto, Lettuce, Tomato, Plum & Thyme Salsa - 9.25 [NF]

SBLAT

Shropshire Blue, Avocado, Lettuce & Tomato - 9.50 [NF/V]

ALLERGEN ADVICE

Vegan [VEG]
Vegetarian [V]
Dairy Free [DF]
Gluten Free [GF]
Nut Free [NF]

PLEASE ASK FOR OUR
VEGAN / GF MENU

PARTY PLANNING?

Planning a party- Why don't you come & join us? We have a wide variety of options for your next shindig

Why not get in touch:
info@eatateight.co.uk
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