



THE
POLO PUB
FOSTON'S ASH
FREE HOUSE

Winter W/18-19

Bites

Selection of olives & sundried tomatoes (VG)	£4.95
Chef's handmade pork, haggis & wholegrain sausage roll	£3.00
Chef's handmade pork Scotch egg – made using free range eggs from Sherston, Tetbury	£3.00

Sharing Plates

Garlic and rosemary roasted Camembert served with toasted soldiers, carrot and mixed pepper crudités (V)	£8.00
The Foston's vegan platter: Olive tapenade, sundried tomatoes alongside a hummus of garlic, coriander and chilli. Served with carrot & pepper crudités (VG)	£10.95

Soup of the Day

Served with fresh homemade bread. (VG)	
Please ask one of the team for today's flavour (V)	£5.75



THE FIRST CHUKKA

Starters

Beetroot pickled three ways. Served with caramelised goats cheese and a balsamic walnut salad (V)	£5.95
Calamari in tempura batter with chef's own aioli. Why not upsize to a main course	£6.00/£11.50
Rabbit, pheasant and free range pork terrine. Served with a walnut salad and mustard enriched fruit chutney	£6.95
Homemade granary bread rubbed in garlic & topped with a fresh bruschetta mix. Finished with an avocado mayonnaise (VG)	£6.95
Locally shot pan-fried pigeon breast, roasted beetroot, parsnip & thyme salad	£7.95

Please be aware that our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present. Please inform us if you, or your guests suffer from any food allergies and we will be happy to help.



THE SECOND CHUKKA

Mains

Local Gloucestershire pork and apple sausages,
on a bed of champ mash. Served with onion gravy £9.95

Grilled aubergine topped with sultana and celery sweet curry,
grilled cheese, spinach and mint yoghurt. Served on a bed of
a sautéed sweet potatoes and tender stem broccoli.
(V, GF). Can be vegan on request £11.95

Sulis Beer battered haddock and chips with crushed
peas served with chef's special chunky tartar sauce £13.95

Locally shot venison served with horseradish mash, green beans,
burnt shallots and a British Polo Sloe Gin wine jus £17.50

Steak and Ale pie made with Gem ale from Bath Ales,
served with pea purée and creamy mash £14.95

Courgette Parmigiana served with a classic French
dressed salad (V) £13.00

From the Grill:

Foston's Ash signature 6oz beef burger, two 3oz patties
in a brioche bun, served with shredded babygem lettuce,
caramelised onions, cheese, bacon and skinny fries £14.95

The best pheasant burger in the Cotswolds? You decide.
Served in a brioche bun topped with chipotle, caramelised
onions, shredded gem, smoky mayo and skinny fries £15.95

Who said that being a veggie had to be boring? Veggie bean
and sweetcorn burger, with roasted red peppers and avocado
mayonnaise. If you dare to go naked (vegan) please let us
know! (V) £10.95

Steaks:

8 oz Sirloin steak, 28 day aged, locally sourced from Portway
Farm, Gloucestershire £21.00

10oz Rib Eye steak, 28 day aged, locally sourced from
Todenham Manor, Gloucestershire £23.00

8oz Fillet steak, 28 day aged, locally sourced from Todenham
Manor, Gloucestershire £28.00

* All steaks are 28 day aged. Dishes are served with a green
salad garnish, chunky chips, tomatoes, crispy rosemary and
confit garlic

* You can choose between peppercorn or chimi churri sauce
or blue cheese sauce, to accompany your steak £2.00

Sides:

Freshly picked mixed leaf salad tossed with cherry tomatoes,
cucumber and red onions (VG) £3.00

Tempura courgettes with a mild cheddar and thyme
topping (V) £3.00

Tender stem broccoli tossed with confit chilli & garlic.
Topped with almonds £3.00

Rosemary salted chips (VG) £3.00



THE THIRD CHUKKA



Puddings

- Warm Chocolate brownie served with Marshfield Cotswold ice cream and a warm chocolate sauce (V) £5.95
- Homemade delicious sticky toffee pudding served with salted caramel ice cream and sauce (V) £5.95
- British Polo Sloe Gin and vanilla poached pears with a gin and tonic sorbet (VG) £6.95
- British Polo Botanical Gin Vanilla Pannacotta with a raspberry coulis (V) £6.95
- Palate cleanser: Choose from our juicy lemon, gin and tonic or raspberry sorbet (VG) £2.00/scoop



THE FOURTH CHUKKA



- Award winning cheeses from Teifi cheese – Celtic Promise, Teifi Seaweed & Smoked. Served celery crudités and organic crackers £7.95
- Port and Stilton cheese board £5.95
- Add a glass of Taylor's Late Bottled Vintage Port for £3.50
- Add a glass of Taylor's Late Bottled Vintage 1983 Port for £6.75
- Add a glass of locally hedgerow foraged British Polo Sloe Gin for £3.80

Sunday Roasts: From £15.95

Kids: £9.95

Every Sunday we produce a fantastic range of roasts at both adult and children's sizes. Join us to relax and enjoy roast beef, free range ½ chicken, pork or nut roast, all served with fresh local vegetables, home made Yorkshire puddings and red wine jus. All washed down by a great selection of wines, ales and locally sourced drinks.

Children's Menu:

We have a children's menu, please ask!

On The White Team

Rioja Blanco, Azabache (Spain) (VG)

Apple, grapefruit, lively. 12% vol

Btl £17.75, 250ml £6.25, 175ml £4.50

Pinot Grigio, Terrazzo (Moldova)

Crisp, dry, packed with citrus fruit and subtle floral aromas.

12.5% vol

Btl £19.50, 250ml £6.50, 175ml £4.95

Chardonnay, Esencia de Fontana (Uclés, Spain)

Elegant aromas of ripe orchard fruits with subtle mineral notes. 13.5% vol

Btl £20.50, 250ml £7.00, 175ml £5.25

Sauvignon Blanc, Taworri (Marlborough, New Zealand)

Classic notes with zesty character. 12.5% vol

Btl £22.50, 250ml £7.50, 175ml £5.75

Cotswold Hills 2016 (Cirencester, England) (Local)

A fruity, unoaked dry white wine. 12% vol

£22.00

Woodchester Valley Bacchus (Stroud, England) (Local)

The Cotswold equivalent to a Sauvignon! 11.5% vol

£22.00

Gewürztraminer Reserva, Aves del Sur (Maule Valley, Chile) (VG)

Gentle notes of spiced lychee, orange blossom and rose petals.

13.5% vol

£25.50

Gavi La Battistina, Araldica (Piemonte, Italy)

Bright, fresh and zesty. 13% vol

£25.50

Albarino, Laurent Miquel (Languedoc, France)

Citrus aromas and crisp elegance. 13% vol

£26.00

Mâcon-Lugny Les Genièvres, Louis Latour (VG)

(Mâconnais, Burgundy, France)

Greenish highlights, with muscat-like aromas.

13% vol

£27.50

Sancerre, Domaine Neveu (Loire, France)

Vibrant and delicate with citrus freshness.

12.5% vol

£29.95

Playing Perfectly For The Pinks

Woodchester Pinot Rosé

(Stroud, England)

Locally sourced from a producer with vineyards in the Woodchester Valley. 12% vol (Local)

Btl £21.00, 250ml £7.50, 175ml £5.75

Pinot Grigio Rosato, Intorno

(Puglia, Italy)

Floral, fruit, delicate. 12% vol

Btl £19.00, 250ml £6.50, 175ml £4.95

On The Red Team

Coreto Red (Lisboa, Portugal) (VG)

Medium deep body, and smooth berry fruit flavours. 12.5% vol
Btl £16.75, 250ml £5.75, 175ml £4.25

Merlot, Estampilla De Genio (Central Valley, Chile)

Easy drinking, soft and plummy with a smooth finish. 13% vol
Btl £18.50, 250ml £6.50, 175ml £4.95

Rioja, Cormoran (Rioja, Spain)

Red berry fruit flavours leading into richer, warmer fruits with a hint of vanilla. 14% vol
Btl £19.50, 250ml £6.85, 175ml £5.15

Shiraz, Huntersville (Swartland, South Africa)

Broad texture, juicy fruit with cassis and mint overtones. 14% vol
Btl £20.00, 250ml £7.00, 175ml £5.25

Malbec, The Butcher of Buenos Aires (Mendoza, Argentina)

Powerful nose and flavours of ripe red berries, chocolate and spice. 13% vol

Btl £21.00, 250ml £7.25, 175ml £5.50

Cabernet Sauvignon, Martin Fierro (San Juan, Argentina) (VG)

Big and bold yet smooth and approachable style. 13% vol
£21.00

Pinot Noir Reserva, Aves del Sur (Maule Valley, Chile) (VG)

Soft and rounded on the palate with smooth tannins. 14% vol
£22.00

Zinfandel, True Zin (Puglia, Italy) (ORG) (VG)

Spicy with an aftertaste of cocoa, coffee and vanilla. 14% vol
£22.50

Rioja Reserva, Azbache (Rioja, Spain) (ORG) (VG)

Smart, modern, smoky. 14%
£28.00

Fleurie, Château de L'Abbaye (Beaujolias, France)

Beautifully floral with notes of iris, violet, rose and peach.
12.5% vol
£30.00

Gin Ginny Gin Gin Cocktails

SLOEGASM

A true classic! Prosecco with a shot of Gloucestershire hedgerow foraged British Polo Sloe Gin
£6.75

SLAIL

Gloucestershire hedgerow foraged British Polo Sloe Gin, served with Fever Tree Ginger Ale. The mad but inspired creation of our very own licensee and gin aficionado
Richard Hine
£4.95

ESPRESSO MARTINI

Organic and delicious British Polo Gin, served with a shot of espresso
£6.50

MILLIONAIRE

A classic with its roots in prohibition USA: Gloucestershire hedgerow foraged British Polo Sloe Gin, apricot brandy, dark rum with a splash of lime juice and Grenadine
£6.50

LIMONCELLO MULE

Wood Brothers Vodka, Blackfords Limoncello and ginger beer
£6.75

Sparkling Time

Prosecco Spumante, Tenuta Ca' Bolani (Italy)
Strong structure and delicate flavours. 11% vol
175ml £5.50 20cl Btl £7.25, Btl £22.50

Gardet Brut Premier Cru Blanc de Noirs (Champagne, France)
A big, full-blown, powerful Blanc de Noirs.
12% vol £39.95

Camel Valley Pinot Noir Rosé Brut (Camel Valley, England)
Individual English style with floral and strawberry aromas.
12.5% vol £49.95

No Alcohol but Plenty of Sparkle

Bees Knees Prosecco
Finely balanced combination of sparkling grape juice and
premium tea infusion. 0% vol (Non Alcoholic) £11.00

Bees Knees Sparkling Rosé
The taste and feel of your favourite bubbly without the
alcohol. 0% vol (Non Alcoholic) £11.00

On Draught

Real Ales & Ciders (see taps for today's selections)	Half Pint/Pint £1.90/£3.80
Sulis (4.1%)	£1.95/£3.90
Staropraman (5%)	£2.30/£4.60
Moretti (4.6%)	£2.35/£4.60
Sheppy's Cider (5.5%)	£2.10 /£4.30
Stowford Press Cider (4.5%)	£1.90/£3.80
Guinness (4.2%)	£2.25/£4.50

By The Bottle

Crabbies Ginger Beer (4%) 500ml	£4.30
Corona (4.5%) 330ml	£3.60
Cotswold Brewery 22 (2.2%) (VG) (Local) 330ml	£3.20
Stroud Breweries Light Organic Lager (4%) (Local) & (ORG) 330ml	£3.60
Stroud Breweries Melba Pale Ale (4.4%) (Local) 330ml	£3.60
Grolsch Swing Top (5%) 450ml	£3.90
Newcastle Brown (4.5%) 550ml	£3.70
Bensons Strawberry and Lime Cider (4%) 500ml	£4.35
Rekorderlig Passionfruit (4%) 500ml	£4.20
Rekorderlig Strawberry & Lime (4%) 500ml	£4.20
Heineken Non-Alcoholic Beer 330ml	£2.80

Gin

Our gin list is curated by Foston's Ash licensee and gin connoisseur, Richard Hine

	(25ml/50ml)
British Polo Sloe Gin (25%) (VG)	£3.70/£6.35
British Polo Gin (42.7%) (ORG) (VG)	£3.80/£6.50
Da Mhile Seaweed Gin (42%)	£3.90/£6.60
Locksley (40.5%)	£4.00/£6.80
Monkey 47 (47%)	£4.75/£8.10
Locksley VSOT (57.5%)	£6.00/£10.20
Bols Genever (42%)	£4.20/£6.90
Jensen's Old Tom (42%)	£4.10/£6.95

BUY A BOTTLE!

Treat yourself or gift a 70cl bottle of Organic and delicious British Polo Botanical or Sloe. At a discounted price of just £35.00 (RRP £39.95)

Vodka

Absolut (40%)	£3.20/£5.45
Wood Brothers (40%) (Local)	£3.80/£6.50
Slingsbury (40%)	£3.90/£6.60

Rum

Mount Gay (40%)	£3.40/£5.80
Morvenna Spiced Rum (40%)	£3.80/£6.50
Morvenna White Rum (40%)	£3.90/£6.60
Burning Barn Smoked Rum (40%)	£3.90/£6.60

Brandy

Courvoisier (40%)	£3.50/£5.95
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Whisky

Jack Daniel's (40%)	£3.50/£5.98
Laphroaig (40%)	£5.00/£8.50
Dalwhinnie (43%)	£5.00/£8.50
Jameson (40%)	£3.80/£6.50

Port

Taylor's Late Bottled Vintage (20%)	£3.50
Taylor's 1983 (20%)	£6.75

Soft Drinks

Orange Juice (Half Pint)	£2.00
Apple Juice (Half Pint)	£2.00
Cranberry Juice (Half Pint)	£2.00
Pineapple Juice (Half Pint)	£2.00
Tomato Juice (Half Pint)	£2.00
Schweppes Lemonade (Half Pint/Pint)	£1.50/£3
Coke Zero (Half Pint/Pint)	£1.50/£3
Diet Coke (Half Pint/Pint)	£1.50/£3
Appletiser Original (275ml)	£2.60
Bottlegreen Elderflower Presse (275ml)	£2.60
Bensons Apple & Mango (Local) (250ml)	£2.60
Fentimans Ginger Beer (275ml)	£2.60
Fentimans Victorian Lemonade (275ml)	£2.60
Britvic Pineapple Juice (200ml)	£2.30
Bam Organic Vanilla Protein Milk (330ml)	£2.60
Bam Organic Chocolate Protein Milk (330ml)	£2.60
Bam Organic Banana Protein Milk (330ml)	£2.60
Fever-Tree Tonic (200ml)	£2.10
Choose between: Light Tonic, Elderflower Tonic, Mediterranean Tonic, Ginger Ale, Bitter Lemon, Ginger Beer (all 200ml)	£2.10
Coca-Cola (330ml)	£2.30
Coke Zero (330ml)	£2.30
Belu Still Water (330ml)	£1.90
Belu Sparkling Water (330ml)	£1.90
Belu Still Water (750ml)	£3.25
Belu Sparkling Water (750ml)	£3.25

Hot Drinks

All coffees are made with freshly ground coffee beans, hand roasted by Artisan producer Kick Back coffee

Coffee	£2.00
Espresso	£1.75
Double Espresso	£2.25
Cappuccino	£2.75
Café Latte	£3.00
Café Mocha	£3.00
Macchiato	£2.00
Liqueur Coffee	£4.25
Pot of Tea for One	£1.95
(Choice of English Breakfast, Earl Grey, Decaffeinated, Red Berries, Camomile, Green or Mint)	
Cadbury's Hot Chocolate	£2.60
Cadbury's Hot Chocolate with all the trimmings (Cream & Marshmallows)	£2.95