



Lunch Menu

How to Order

Please find a table and order from the bar. All our meals are freshly cooked to order. Please understand that during busy times there may be a short delay in your food reaching your table. We appreciate your patience.

We hope you enjoy your meal,

Any comments would be greatly appreciated

Lunchtime Food Order Times

Monday to Saturday 12 midday to 2pm

Sundays 12 midday to 2pm (Sunday Roast only)

DAILY SPECIALS

PLEASE SEE OUR BLACKBOARDS FOR THE DAILY SPECIALS AND FRESH SALAD SELECTION

Baguettes

Freshly baked 10" baguette with a choice of the following fillings, served with fresh salad garnish.

| | |
|----------------------------|-------|
| Cheese | £3.95 |
| Cheese & Tomato | £4.75 |
| Cheese & Onion | £4.75 |
| Cheese Salad | £4.75 |
| Ham | £4.95 |
| Ham & Tomato | £4.95 |
| Ham Salad | £4.95 |
| Tuna Mayonnaise | £4.95 |
| Sausage & Onion | £5.95 |
| Tuna & Cheese Melt | £5.95 |
| Ham & Cheese Melt | £6.25 |
| 5oz. Steak & Onion | £6.25 |
| 5oz. Steak & Stilton | £6.25 |
| Prawns in Marie Rose Sauce | £6.25 |
| Bacon & Mushroom | £6.25 |

Ploughman's Lunches

Served with English fruit chutney with ale, pickled onions, salad garnish and a fresh crusty baguette with butter.

Your choice of: Cheddar, Stilton or Ham **£6.95**

Jacket Potatoes

A large oven baked jacket potato with any of the following fillings and served with fresh salad.

| | |
|--|-------|
| Cheese | £4.95 |
| Baked Beans | £4.95 |
| Cheese & Onion | £4.95 |
| Cheese & Beans | £5.25 |
| Tuna & Mayonnaise | £5.95 |
| Prawns in Marie Rose Sauce | £6.95 |
| Chilli Con Carne topped with Melted Cheese | £6.95 |

Basket Meals

Served with chips and fresh salad garnish

| | |
|-----------------------|-------|
| Chicken Breast chunks | £5.95 |
| Wholetail Scampi | £5.95 |
| Jumbo Sausages | £5.95 |

Burgers

Succulent burger served in a soft sesame seed bun, with chips and crispy salad garnish.

| | |
|--|-------|
| 8oz Aberdeen Angus Prime Beef Burger | £7.95 |
| 8oz Aberdeen Angus Prime Cajun Beef Burger | £7.95 |
| 8oz Fresh Chicken Breast Burger | £7.95 |
| 8oz Fresh Cajun Chicken Breast Burger | £7.95 |
| Add an extra topping | |
| Cheddar Cheese topping | £0.95 |
| Bacon topping | £0.95 |
| Stilton topping | £0.95 |

Omelettes

All omelettes are served with chips and crispy salad garnish

Plain £4.50

| | | | | |
|--------------|-----------------|-----------|--------------|-------------|
| Tomato £0.80 | Bacon £0.95 | Ham £1.00 | Cheese £0.95 | Onion £0.95 |
| Prawn £1.20 | Mushrooms £0.95 | | | |

Main course

Homemade broccoli cheese bake (V) £8.95

in a rich cheese sauce topped with sauté potatoes and melted cheddar cheese served with a warm baguette and salad

Homemade beef, ale and wild mushroom pie £9.95

Diced chunks of prime steak cooked in Arkell's 3Bs ale with onions, mixed herbs, garlic, and wild mushrooms served in a puff pastry case with peas and a choice of potatoes

Hand carved butchers ham £8.95

Served with a brace of eggs, salad garnish and a choice of potatoes

Homemade battered cod fillet £9.50

Skinless cod fillet coated in our homemade batter, cooked until crispy golden brown, served with salad garnish and a choice of potatoes

Wholetail scampi £9.50

Deep fried breaded wholetail scampi served with salad garnish and chips

Homemade beef lasagne £9.50

Layers of pasta interleaved with our secret meaty Bolognese sauce topped with creamy béchamel sauce and mature cheddar cheese served with garlic herb bread and salad garnish

Some of our dishes may contain nuts, if you are allergic to any foods please inform your waiter prior to ordering. All weights are approximated before cooking. All dishes are subject to seasonal changes.

All prices are inclusive of VAT at the current rate.

Freke arms grills

| | |
|--|--------|
| 8 oz Rump steak | £10.95 |
| 8 oz Sirloin steak | £13.95 |
| 8 oz Boneless lamb leg steak | £10.95 |
| 12 oz Gammon steak | £10.95 |
| Chargrilled chicken breast | £9.95 |
| Chargrilled Cajun spiced chicken breast | £10.95 |
| The Freke Arms Surf & Turf 8 oz rump steak & wholetail scampi | £13.95 |
| The Freke Arms Rump and chicken Combo 8 oz rump steak & chicken breast fillet | £13.95 |

Grill sauces

£ 1.95

Choose from:

Creamy cracked Black pepper sauce,

Mushroom garlic and wholegrain mustard sauce,

Creamy Stilton and spring onion sauce.

On the side

| | |
|--------------------------|-------|
| Garlic bread | £2.95 |
| Garlic bread with cheese | £3.50 |
| Battered onion rings | £2.95 |
| Garlic breaded mushrooms | £2.95 |
| Chips | £2.95 |
| Chips & cheese | £3.50 |
| Peas | £1.95 |
| Vegetables of the day | £2.95 |
| Creamy mash potato | £2.95 |
| Jacket Potato | £2.95 |
| Baguette & butter | £2.50 |

Desserts and Hot Beverages

Please refer to the desserts and hot beverages menu located on your table and place your order with the waiting staff

Last order for desserts
02:30pm

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