



FRONTIER IMPORTERS  
AND EXPORTERS

THE TRADING HOUSE



PARTICULAR AND PECULIAR  
ECCENTRICITIES

## NIBBLES

**CUMBERLAND  
AND PORK  
CHIPOLATAS** £4.25  
with honey  
grain mustard

**GREEN  
OLIVES** £3.25  
marinated in extra  
virgin olive oil

**CRISPY  
WHITEBAIT** £4.25  
dusted with cayenne  
and served with  
saffron mayo

**PORK  
CRACKLING** £4.25  
with chilli, spring  
onion and sweet apple  
sauce

**SALT AND  
PEPPER ONION  
PETALS** £4.25  
with crème fraîche

## STARTERS

**HOMEMADE HOUMOUS** . . . . £5.50  
with crudités and fougasse bread

**BAKED CAMEMBERT** . . . . . £7.50  
with smoky bacon and crispy  
onion crust

**SESAME COATED  
FALAFEL** . . . . . £5.50  
with sweet chilli slaw and harissa mayo

**GAMBAS PIL PIL** . . . . . £7.75  
cooked in chilli, garlic and olive oil

**CRISPY CALAMARI** . . . . . £7.00  
with Piri Piri salt, lemon and lime mayo

**HOMEMADE SCOTCH EGG** . . £5.95  
with piccalilli

**SOUP OF THE DAY** . . . . . £4.50  
homemade and served with a  
mini Hovis loaf

**CREAMY TRUFFLE  
MUSHROOMS** . . . . . £5.25  
served in a crusty roll

**CHICKEN LIVER  
AND RUM PÂTÉ** . . . . . £6.50  
with green peppercorn butter  
and fig chutney

**SMOKED HADDOCK  
FONDUE** . . . . . £7.25  
with a herb crumb, poached egg and  
fougasse bread

**BASKET OF WINGS** . . . . . £6.75  
served with either BBQ or  
Piri Piri sauce

## TRADING HOUSE DELI BOARD

£11.75

Select four items from any of the categories below; all served with fougasse bread.

*Add an extra item for £2.95 each*

### HOMEMADE FAVOURITES

Green olives  
Sweet chilli slaw  
Houmous  
Roasted red  
and yellow peppers  
Greek salad  
with feta cheese  
Cauliflower couscous

Caesar salad  
Coronation chicken  
Homemade Scotch egg  
with piccalilli  
Beetroot and feta dip  
with crudités  
Pulled pork  
sausage roll

### CHEESE

Stilton  
Shorrock's 2-year aged  
Lancashire  
Appleby's Red  
Cheshire  
Camembert with dried  
fruit and walnuts

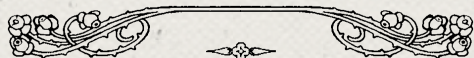
### HOT POTS

Warm chorizo  
Lamb meatballs with  
smoky beans

### GOLD CUTS AND FISH

Hand-carved honey  
mustard glazed ham  
Prosciutto  
Pork pie with  
fig chutney  
Smoked mackerel pâté  
Poached salmon fillet  
with lemon mayo





## OFF the BARBECUE

Succulent meats cooked to order.  
All served with properly seasoned chips.

**FLATTENED RUMP** . . . . . £12.95  
marinated in chilli and garlic with  
a roasted mushroom, plum tomato  
and watercress

**10oz SIRLOIN** . . . . . £19.50  
with a roasted mushroom,  
plum tomato and watercress

**8oz FILLET STEAK** . . . . . £25.95  
with a roasted mushroom,  
plum tomato and watercress

**BEEF BURGER,  
BBQ PULLED PORK BURGER  
OR CHARGRILLED  
CHICKEN BURGER** . . . . . £11.25  
*with lettuce, gherkin and tomato  
(you don't have to have the gherkin!)*

*Add bacon, cheese, Stilton, jalapeños,  
avocado salsa, fried onions for £1.25 each*



## - Our Famous - HANGING KEBABS™

**LAMB KOFTA** . . . . . £13.50  
with Piri Piri sauce and properly  
seasoned chips

*All kebabs below sopped with  
sweet chilli and ginger...*

**CHICKEN** . . . . . £12.95  
with garlic butter and properly  
seasoned chips

**SALT AND PEPPER  
PORK BELLY** . . . . . £13.95  
with properly seasoned chips

**JERK SALMON** . . . . . £13.50  
with garlic butter, rice and peas

**HALLOUMI AND FALAFEL** . . £11.95  
with garlic butter and cauliflower couscous

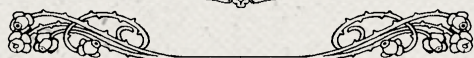


## FROM the ROTISSERIE

**HALF A  
CHICKEN**  
£11.50

**WHOLE  
CHICKEN**  
£21.50

When it's gone, it's gone! Both served  
with properly seasoned chips. Choose  
either hot Piri Piri sauce or BBQ sauce



## SALADS

**CAESAR SALAD** . . . . . £11.50  
with grilled chicken, bacon and olive  
oil croutons

**TENDERSTEM BROCCOLI,  
BEETROOT AND AVOCADO  
SALAD** . . . . . £9.95

with soya beans, cherry tomatoes  
and quinoa  
**WITH GRILLED CHICKEN** . . £11.50

**CRISPY SALT AND PEPPER  
BEEF** . . . . . £10.95  
with soya beans and sweet chilli dressing

**PROSCIUTTO, WATERMELON  
AND FETA SALAD** . . . . . £11.50  
with tomatoes, olives and fresh mint

## HOME COMFORTS

**JERK PORK CHOP** £10.75  
pan-fried with fresh  
pineapple salsa

**SCAMPI AND CHIPS** £9.95  
with tartare sauce

**FISH AND CHIPS** £13.50  
served with mushy peas and  
tartare sauce

**HERB-CRUSTED HAKE** £14.95  
with braised baby gem lettuce,  
peas and soya beans

**PAN-FRIED  
SEABASS FILLETS** £15.95  
with spinach, tomato and  
Piri Piri dressing

**PRAWN AND  
CHICKEN GUMBO** £12.75  
with bacon, rice and peas

**FLAT IRON STEAK  
SANDWICH** £11.95  
with homemade garlic cream cheese,  
fried onions and properly  
seasoned chips

**MALAYSIAN CURRY**  
with coriander rice

**CHICKEN** £11.95  
**VEGETABLE** £9.95

## PIES

**CHICKEN, HAM AND  
LEEK PIE** . . . . . £11.50  
served with properly seasoned chips  
or mash, mushy peas and gravy

**BUTTERNUT SQUASH,  
GOAT'S CHEESE AND  
MUSHROOM PIE** . . . . . £11.50  
served with properly seasoned chips  
or mash and mushy peas

**STEAK AND ALE PIE** . . . . . £11.95  
served with properly seasoned chips  
or mash, mushy peas and gravy

## SIDES

**SWEET POTATO FRIES** . . . . . £3.95  
with Piri Piri salt

**MASHED POTATO** . . . . . £3.25  
with spring onion

**STILTON, APPLE AND  
WALNUT SALAD** . . . . . £3.95

**CHARRED CORN  
ON THE COB** . . . . . £3.50  
with garlic butter

**TENDERSTEM BROCCOLI** . . £3.50  
with harissa and sesame seeds

**BRAISED BABY GEM LETTUCE,  
PEAS AND SOYA BEANS** . . . £3.50

**BEETROOT AND GOAT'S  
CHEESE SALAD** . . . . . £3.95

**FOUGASSE BREAD  
AND BUTTER** . . . . . £2.95

**PROPERLY SEASONED  
CHIPS** . . . . . £3.25

**PEPPERCORN SAUCE** . . . . . £1.95

**CHEESY CHIPS** . . . . . £4.25

**SWEET CHILLI SLAW** . . . . . £2.95

