

MENU

Food is prepared to order with fresh ingredients

Focaccia

All served in a Sourdough Rosemary Spianata with fresh tomatoes, cucumbers, lettuce

Please ask for Gluten Free Bread

Burrata with Grilled Courgettes and Pesto Salsa	8.00
Wheat, milk	
Parma ham with Parmesan and Sundried Tomatoes	8.00
Wheat, milk	
Smoked Salmon with Peppers and Wild Rocket	8.00
Wheat	

Burgers

All served with fresh homemade coleslaw, tomatoes, cucumbers, lettuce, burger relish,
With choice of corncob or white baps freshly provided by Katie's Bakery in Welwyn village

Please ask for Gluten Free Bread

Beef Slow cooked in red wine for 6 hours	7.00
Wheat, mustard	
Aberdeen Angus 6 Oz	7.00
Wheat, mustard	
Chicken Fillet	7.00
Wheat, mustard	
Halloumi Avocado and Red Pesto Salsa	7.00
Wheat, mustard, milk	
Moving Mountains Plant Base Vegan	7.00
Barley, wheat, oats, soya, mustard	
Add Monterey Jack Cheese	1.00
Milk	

Sides

Potato Chips with chive and spring onions	4.50
Tandoori Potato Chips with chive and spring onions	4.50
Sweet Potato Chips with chive and spring onions	4.50
Hummus and Olive Focaccia	4.50
Wheat	
Vegan Celtic Broth Barley, Pulses, Root Veg	4.50
Barley	
Mixed salad with Soya Beans	4.50
Soya	

Please tell a member of our team before ordering if you have any food allergies or intolerances.



Desserts

Churros warm with cinnamon sugar and chocolate dips 2.75

Wheat, milk, soya

Vanilla Donut filled with vanilla custard cream 2.75

Wheat, milk, soya

Chocolate Donut filled with Belgian chocolate 2.75

Wheat, milk, soya

Vanilla Scones with Cornish clotted cream and strawberry jam 3.75

Wheat, milk, eggs

Indulgent cake of the day served with whipped cream 3.75

Wheat, milk, eggs, soya, nuts

Vegan cake of the day served with vegan whipped cream 3.75

Wheat

Chocolate & Orange Tart Wheat, gluten and milk-free 2.75

Almonds

Raspberry and Almond cake Wheat, gluten and milk-free 2.75

Eggs, almonds

Coffee

Oat milk available on request

Latte 3.50

Hot chocolate 3.50

Cappuccino 3.00

Flat white 3.00

Americano 2.50

Espresso 2.50

Decaf coffee 2.50

Tea 2.50

Decaf & Herbal tea 2.50

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Drinks Menu

Snacks

Flapjacks	2.00
Crisps	1.25

Cold drinks

Folkington's cloudy apple juice 250ml	3.00
Folkington's mango juice 250ml	3.00
Folkington's orange juice 250ml	3.00
Folkington's old-fashioned elderflower drink 250ml	3.00
Still water	2.00
Sparkling water	2.00
Cawstons Apple and mango	2.00
Cawstons Apple and pear	2.00

Cider

Napton Cider No.3 dry cider 500ml 6.0%	5.50
Napton Cider No.5 Blackcurrant fruit cider 500ml 3.4%	5.50
Dunkertons craft medium cider 500ml 5.0%	5.50
Dunkertons black fox medium dry cider 500ml 6.8%	5.50

Traditional Ale

Saltaire Brewery

CITRA Fresh and zesty pale ale 500ml 4.2%	5.00
AMARILLO Fresh hops with orange flavours 500ml 4.5%	5.00
HAZELNUT COFFEE PORTER Chef's thumb up must try 500ml 4.6%	5.00
TRIPPLE CHOC Hops with rich chocolate decadence 500ml 4.8%	5.00
NORTHERN LIGHTS pale ale 330ml 0.5% 3.50	3.50

River Brewery

ISLE OF RYE Rye pale ale 500ml 5.2%	5.00
FIVE INCH DROPS Tripple hopped IPA 500ml 4.6%	5.00
LONDON TAP Refreshing pale ale 500ml 3.8%	5.00

White wine

Pinot grigio (Italy)	btl 19.00	175ml 5.00
Sauvignon blanc, Verdejo organic (Spain)	btl 21.00	175ml 5.00

Red wine

Primitivo organic (Italy)	btl 19.00	175ml 5.00
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Meads

The Rookery best made mead in UK, from Scotland

Various flavours spruce, Traditional 17%.	btl 25.00	125ml 5.00
Mint, wild cherry, wildflower 17%	btl 25.00	125ml 5.00
Raspberry, elderflower, silver birch 17%	btl 25.00	125ml 5.00

Hive Mind honey & ginger mead drink 330ml 4.0%	5.00
Hive Mind pure honey mead drink 330ml 4.0%	5.00

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