

THE SPECIALS

Potted Shrimp, Pea Shoots, Sourdough Toast 9.5

Monkfish and Tiger Prawn Curry, Garlic and Coriander Paratha 18.5

SMALL AND Starters

Walnut & Mushroom Parfait, Toast (vg) 8

Welsh Rarebit, Beetroot Salad (v) 8

Pepper Squid, Aioli (gf) 9.5

Scotch Egg, Dijon Mustard 5.5

Scampi, Preserved Lemon & Dill Mayo 9

Buffalo Wings, Blue Cheese Sauce (gf) 9.5

SIDES

Olives 4.5

French Fries 4

Green Salad 4

Bread 2.5



Monty Bistro

MAINS

Fish & Chips, Pea Puree, Tartar Sauce (gf) 15

Moules Mariniere, French Fries, Bread 15

Caesar Salad, Grilled Chicken, Anchovies, Parmesan Mayo 15.5

Monty Vegan Bowl – Lemon Rice, Sweet Potato, Chickpea Curry, Rainbow Chard & Beetroot, Cauliflower (vg, gf) 13.25

Bavette Steak, Fries, Roasted Cherry Tomatoes Glazed with Sherry Vinegar, Caper Salad (gf) 21.5

Served Thurs – Sat between 12pm and 3pm...

Grilled Merguez, Rosti, Spinach, Eggs, Oyster Mushrooms, Spiced Baked Beans 12

Haddock, Poached Egg, Spinach, Buttered Potato, Smoked Hollandaise 15

v = vegetarian.

vg = vegan.

gf = gluten free (but may contain traces of gluten)

SANDWICHES AND BUNS

Moving Mountains Burger (vg) 13

Steak Sandwich, Red Onion Marmalade, Horseradish 13

Buttermilk Chicken Bun, Cumin Ketchup 13

Beef Burger, Harissa Mayo, Smoked Tomato Sauce, Gherkins 14

(Add Mature Cheddar £1)

All served with either French Fries or House Salad

DESSERTS

Chocolate Tart, Blueberry Compote, Coconut Yoghurt (vg, gf) 7.5

Cheese Board, Comté, Cashel Blue, Stinking Bishop, Plum Chutney, Cheese Biscuit, Bread (v) 8

KIDS

Please ask for an under 12s / kids menu.

