

# PENVENTON

## EVENING MENU

### APPETISERS

#### NOCELLARA DE BELISE OLIVES £4.50

vibrant green olives from Sicily <sup>1,4</sup>

#### ARTISAN BREADS £6

aged balsamic vinegar & olive oil,  
salted butter <sup>1,10,14</sup>

#### CAMBROOK NUTS £4.50

spicy and sweet mix <sup>5,8,11,13</sup>

*A selection of all 3 for £12.50*

#### SOUP OF THE DAY £6

warm artisan bread <sup>1,9,10,14</sup>

#### HAM HOCK TERRINE £7.50

piccalilli, sourdough toast <sup>9,10,12,14</sup>

#### CRISPY SALT & PEPPER SQUID £7.50

red cabbage slaw, sweet chilli dip <sup>1,3,9,10,14</sup>

#### PAN FRIED SCALLOPS £9

pickled cauliflower, black pudding,  
green apple purée <sup>3,10,14</sup>

#### CRISPY DUCK EGG SALAD £6.50

watercress, pickled fennel,  
wholegrain mustard dressing (v) <sup>1,2,10,12,14</sup>

#### CHICKEN LIVER & BRANDY PATÉ £7

tartare pickles, rocket, brioche toast <sup>1,2,10,12,14</sup>

#### HONEY ROAST FIGS £7

goats curd, candied walnuts,  
raspberry dressing (v) <sup>1,2,13</sup>

#### SMOKED MACKEREL PARFAIT £8

pickled beetroot and ciabatta <sup>1,7,10,14</sup>

#### WINTER SALAD £7

golden beetroot, parsnip, butternut squash,  
orange, red onion, lizard leaves, sunflower  
seeds, honey dressing (vg) <sup>14</sup>

### ALLERGENS

#### GRILL

All steaks served with chunky hand cut chips <sup>1,10</sup>,  
roast tomato, grilled portobello mushroom <sup>7</sup>, onion rings <sup>2,7</sup>

#### 8oz. HANGER £15.50

#### 8oz. RUMP £17

#### 8oz. RIB EYE £22

#### 10oz. SIRLOIN £25

#### 8oz. FILLET STEAK £29

#### Sauces £3

Garlic Butter<sup>1</sup>, Peppercorn <sup>1,9,14</sup>, Blue Cheese <sup>1,14</sup>  
or Béarnaise <sup>1,2,14</sup>

#### PV HOMEMADE BEEF BURGER £11.50

brioche bun, shredded lettuce, tomato,  
ketchup and American mustard <sup>1,2,10,12</sup>

Add Bacon or Emmental Cheese for £1.50 each

#### CHICK PEA & SWEETCORN BURGER £10.50

served in a brioche bun with shredded lettuce,  
tomato, caramelised onions (v) <sup>1,2,10</sup>

#### CHARGRILLED BUTTER MILK £13.50 SPICED CHICKEN BURGER

served in a brioche bun, shredded lettuce and tomato  
<sup>1,2,10</sup>

*All burgers served with chunky chips and coleslaw*

### SIDES

£3.50 each

#### HAND CUT CHIPS

#### FRENCH FRIES

#### BUTTERED SEASONAL VEGETABLES <sup>7</sup>

#### BUTTERED NEW POTATOES CREAMY MASH <sup>7</sup>

#### LIZARD LEAF GARDEN SALAD

### MAIN COURSES

#### Meat

#### PAN FRIED CHICKEN SUPREME £15.50

dauphinoise potato, garlic kale,  
wild mushroom sauce <sup>1,9</sup>

#### THYME ROAST PORK CHOP £14.50

colcannon, honey roast carrots,  
apple & cider sauce <sup>1,9,14</sup>

#### CONFIT DUCK LEG £14.00 <sup>9,10,14</sup>

Toulouse sausage cassoulet, crusty bread

#### Fish

#### MOULES MARINIÈRE £7.50/£16

shallot, garlic, white wine parsley, cream,  
(frites served with main course) <sup>1,3,14</sup>

#### HAKE FILLET £16.50

beetroot risotto, wilted spinach,  
lemon butter sauce <sup>1,7,14</sup>

#### PAN FRIED SALMON £17.50

creamed leeks, sautéed new potatoes,  
prawn butter sauce <sup>1,4,7,14</sup>

#### Vegan &

#### Vegetarian

#### BUDDHA BOWL £12.50

spiced mange tout, red cabbage slaw,  
cumin infused brown rice, grilled pak choi,  
toasted pumpkin seeds, crispy black kale,  
maple & pecan dressing <sup>8,11,14</sup>

#### WILD MUSHROOM & CHESTNUT PITHIVIER £11.50

grilled ceps, new potatoes, cavello nero,  
truffle cream <sup>1,2,10,13,14</sup>

#### TAGLIOLINI DURUM WHEAT PASTA £11.50

sundried tomato, garlic, shallot, fresh basil,  
nocellara olives <sup>14</sup>

### SUPPER HOUR

#### JANUARY OFFER

2 courses and a bottle of house wine for £29 (usually £39)  
6pm to 7pm daily - add a 3rd course for £6 **allergens as listed above unless stated**  
(desserts chosen from the dessert menu)

#### Starters

SOUP OF THE DAY, warm artisan bread

HAM HOCK TERRINE, piccalilli, brioche toast

SMOKED MACKEREL PARFAIT, pickled beetroot, grilled ciabatta

CRISPY DUCK EGG SALAD, pickled fennel, radish, wholegrain mustard dressing (v)

WINTER SALAD, golden beetroot, parsnip, butternut squash, orange, red onion, lizard leaves,  
sunflower seeds, honey dressing (vg)

#### Mains

STEAK FRITES, 8oz. hanger steak, roast tomato, grilled mushroom, béarnaise sauce, frites

PAN FRIED CHICKEN SUPREME, dauphinoise, garlic kale, wild mushroom sauce

PORK SAUSAGE & CREAMY MASH, seasonal vegetables and onion gravy <sup>1</sup>

PAN FRIED SALMON, creamed leeks, sautéed new potatoes, prawn butter sauce

BUDDHA BOWL, spiced mange tout, red cabbage slaw, cumin infused brown rice,  
grilled pak choi, toasted pumpkin seeds, crispy black kale, maple & pecan dressing (vg)

### WHAT'S ON

#### VALENTINE'S

Sharing Menu for 2

served from 8<sup>th</sup> to 16<sup>th</sup> February

#### MOTHER'S DAY

Traditional Sunday Roast

visit website for more details

[www.penventon.co.uk](http://www.penventon.co.uk)

For special dietary requirements or allergy information, please speak with our staff before ordering. Although we endeavour to do so, we cannot guarantee that any of our dishes are allergen free due to possible 'Cross Contamination' in a kitchen environments. Bookings of 8 people or will be asked for an advance minimum 24 hour pre-order. Open daily from 6pm to 9:30pm.

Dietary Coding for Dishes Containing: 1 Milk, 2 Eggs, 3 Molluscs, 4 Crustaceans, 5 Peanuts, 6 Lupin, 7 Fish, 8 Soya, 9 Celery, 10 Gluten, 11 Sesame, 12 Mustard, 13 Nuts, 14 Sulphates

# Allergen Advice



## 1. CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## 2. CEREALS CONTAINING GLUTEN

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried food which are dusted with flour.



## 3. CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



## 4. EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## 5. FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## 6. LUPIN

Yes, lupin is a flower, but it's also found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## 7. MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## 8. MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## 9. MUSTARD

Liquid mustard, mustard powder and mustard. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## 10. NUTS

This ingredient refers to nuts that grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## 11. PEANUTS

Grown underground, peanuts are often found in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## 12. SESAME SEEDS

These seeds can often be found in bread, breadsticks, houmous, sesame oil and tahini.



## 13. SOYA

Found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## 14. SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables, as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



## DC: DAILY CHANGING

Daily changing dishes include varying ingredients containing specific allergens. Please ask your server for further allergen information.