

the lab worth restaurant

tues - sat from 6pm 3 courses for twenty five pounds

starters

home made soup of the day

fresh peaches

marinated in light curried spices with prosciutto

goats cheese truffles (v)

rolled in cranberries and cracked pecans

home made duck and orange pate

with a spiced orange marmalade and brioche roll

mushroom welsh rarebit (v)

toasted english muffin, field mushrooms topped
with a rich stout and mature cheddar sauce

oven roasted brie (v)

topped with a christmas spiced fruit chutney, with a warmed brioche roll

chefs specials

worth paying that little extra for

ham hock terrine £2

with piccalilli and a black pudding bon bon

avocado thermidor £3

baked with tuna, crab and prawns in cream sauce,
topped with melted cheese

tiger prawns £4

peeled and sautéed in garlic butter

prawn cocktail £4

the classic starter

pigeon breast £2

gently sautéed on a bed of savoy cabbage
with bacon and a hint of basil

quartet of prawns £4

sautéed tiger prawns in garlic butter

classic prawn cocktail

filo wrapped tiger prawns with sweet chilli sauce

fresh prawns in tomato salsa

all food is served on extremely hot plates

ten percent service charge will be added to parties of six or more, which will be shared amongst all staff

please inform a member of staff of any food allergies when ordering,

a full list of allergens is available on request

all main courses are served with potatoes and vegetables for the table to share

side orders
three pounds

skin on fries

cheesy mashed potato topped with crispy onions

battered onion rings

savoy cabbage with bacon and cream

garlic ciabatta bread topped with melted cheese

classic caesar salad

tomato and onion salad, in balsamic dressing

steak sauces
one pound fifty

cracked pink pepper

red wine

bearnaise

mains

nut roast (v)

with a garlic and tomato sauce

(alternative vegetarian dishes are available, please ask for details)

loin of cod

grilled with a lightly spiced hollandaise sauce and tempura battered prawns

roasted crown of suffolk turkey

with sage and onion sausage meat stuffing and crispy bacon

fillet of salmon

lightly pan seared with petit pois a la francaise

roasted rump of lamb with bubble and squeak

pork loin

gently roasted with a honey roasted parsnip puree and an apple and red wine reduction

chefs specials

worth paying that little bit extra for

duet of duck £4

pan seared breast of duck with a duck leg croquette with a cherry and almond sauce

fillet of sea bass £5

lightly grilled with a hint of sweet chilli and garlic, crispy kale and sesame seeds

grilled wing of skate £5
simply seasoned

8oz sirloin steak £3

char-grilled to your liking, can be accompanied with one of our steak sauce (see side panel)

fillet steak rossini £10

char-grilled to your liking, topped with pate and a madeira sauce

fillet of venison £3

char-grilled with a blackberry butter