

# FOLLY INN

## Starters & Sharers

### CRISPY SQUID†

Salt and pepper coating. Sweet and spicy chilli sauce, spring onion, dressed salad garnish and spring onion  
(435 kcal) 6.99

### OAK SMOKED SALMON†

Dressed salad garnish, lemon & chive sour cream (194 kcal) 7.99

### KING PRAWN COCKTAIL†

King prawns coated in seafood sauce with lettuce, tomato and toasted sourdough  
(347kcal) 6.49

### BANG BANG CAULIFLOWER (v)

Crispy cauliflower bites, drizzled with spiced mayo, topped with charred corn and pico de gallo salsa (621kcal) 6.99  
Vegan option (ve) (431kcal) 6.99

### CREAMY GARLIC MUSHROOMS (v)

Pan-fried mushrooms and spinach, in a creamy garlic sauce, topped with cheese and served with char-grilled sourdough  
(522 kcal) 5.99

### CHAR-GRILLED CHICKEN SKEWERS

Marinated char-grilled chicken thigh on a skewer with char-grilled peppers, drizzled with mango, chilli and pineapple dressing and topped with a spicy herb garnish (475 kcal) 6.49

### ANTIPASTI SHARING BOARD

Prosciutto, sliced salami Milano, Irish mature Cheddar and Camembert, with ciabatta croûtes, grilled flatbread, pickled cucumber and edamame guacamole  
(1816 kcal, serves two) 14.99

### SEA BASS AND SEARED SCALLOPS RISOTTO†

Two grilled sea bass fillets and pan-fried scallops, served on a mint, pea and courgette risotto (765 kcal)  
16.99

### MUSSELS WITH SKIN-ON FRIES†

In a white wine sauce, with rosemary sea salted skin-on fries and sourdough with butter  
(1504 kcal) 17.49

## Taste of the Tides

### GRILLED SALMON FILLET†

Topped with a shell-on black tiger prawn with roasted baby potatoes, roasted butternut squash, char-grilled peppers and courgettes, drizzled with parsley & garlic dressing (1019 kcal) 18.49

### HAND-BATTERED COD†

Hand-battered Atlantic cod served with chips, tartare sauce (1291 kcal) and your choice of peas (71 kcal) or mushy peas (89 kcal) 15.99

### WHOLETAIL SCAMPI†

Breaded wholetail Whitby scampi with chips, tartare sauce (922 kcal) and your choice of peas (71 kcal) or mushy peas (89 kcal) 13.49

## Crew Pots

### COD & KING PRAWN CHOWDER†

Cod and king prawns in a mussel, sweetcorn and smoked bacon chowder, with roasted peppers, roasted butternut squash and wilted spinach. Served with warm ciabatta roll  
(987 kcal) 16.99

### PULLED BEEF STEW

Pulled beef in a rich red wine gravy with roasted baby potatoes, roasted carrots and roasted red onion. Served with warm ciabatta roll  
(1223 kcal) 15.99

### CHICKPEA KERALAN CURRY (ve)

Creamy coconut and chickpea curry, with lemon & parsley wild rice, served with a warm flatbread. Topped with spring onion, red chilli and coriander (701 kcal) 13.99

## Steaks

Our steaks are from grass-fed beef, matured for a minimum of 28 days, making them wonderfully tender, lean and full of flavour. All of the following steaks are served with chips, half a grilled tomato, an onion nest and topped with parsley butter.

8oz\* RUMP STEAK  
(1092 kcal) 15.99

8oz\* SIRLOIN STEAK  
(1136 kcal) 19.49

10oz\* RIBEYE  
(1318 kcal) 20.99

Add two char-grilled shell-on black tiger prawns with parsley butter†  
(131 kcal) 3.79

Add flame seared, slow-cooked beef burnt ends in BBQ sauce (178 kcal) 2.79

Creamy Peppercorn & Brandy Sauce  
(104 kcal) 1.79

Béarnaise Sauce (184 kcal) 1.79

Argentinian Steak Sauce (280 kcal) 1.79

Adults need around 2000 kcal a day

## Classics

### CHICKEN & HAM HOCK PIE

Served with maple-roasted carrots, seasonal veg and rich gravy (1026 kcal) with your choice of chips (428 kcal) or mash (243 kcal) 14.99

### HUNTER'S CHICKEN

Char-grilled chicken breast topped with smoked streaky bacon, melted cheese and BBQ sauce. Served with chips, onion rings and coleslaw (1122 kcal) 13.99

### ROASTED BUTTERNUT SQUASH RISOTTO (ve)

Roasted butternut squash and beetroot wedges served on a mint, pea and courgette risotto with toasted seeds (805 kcal) 13.99

### BBQ JACK BURGER

Char-grilled beef burger topped with Monterey Jack cheese, pulled beef in Texas BBQ sauce and sautéed red onion. Served with rosemary salted skin-on fries, onion rings and coleslaw (1540 kcal) 15.79

### JACK 'N' GUAC BEYOND BURGER (v)

Topped with Monterey Jack cheese, char-grilled peppers, guacamole and tomato salsa. Served with rosemary salted skin-on fries, onion rings and coleslaw (1587 kcal) 14.99

Vegan option available (ve)

(1172 kcal) 14.49

### CHAR-GRILLED SKEWERS

Served on a flatbread with a dressed salad garnish, spicy seasoned fries, a Greek-style yoghurt & mint sauce and ezme dip

Chicken (1513 kcal) 18.49

Halloumi (v) (1639 kcal) 18.49

Prawn<sup>†</sup> (1466 kcal) 19.99

### VEGAN KOFTA (ve)

Served on a flatbread with a dressed salad garnish, spicy seasoned fries, vegan mayo and ezme dip (1316kcal) 18.49

Go Lighter: Swap your flatbread and fries (984 kcal) for spicy rice and a dressed salad garnish. (341kcal)

## Light Bites

Available Monday to Sunday 12-5pm

### TOASTED PASTRAMI MELT

Ciabatta, Pastrami, gherkin and three cheeses (649 kcal) 7.99

### CAESAR SALAD (v)

Baby gem leaves tossed with sourdough croutons, shaved Italian hard cheese and Caesar dressing (504 kcal) 8.99  
Add Chicken (204 kcal) 2.00

### SALMON & VINTAGE CHEDDAR FISH CAKES<sup>†</sup>

Served with a dressed side salad and garlic & rosemary mayonnaise (1002 kcal) 11.99

### TOASTED THREE CHEESE CIABATTA (v)

Served with caramelised onion chutney (650 kcal) 6.99

### SCOTTISH SMOKED SALMON OPEN SANDWICH<sup>†</sup>

Served with dill sour cream served on toasted sourdough, topped with pickles, pea shoots and a honey & mustard dressing (481kcal) 8.49

## Sides

### CHIPS (v)

(428kcal) 3.29

### ROSEMARY SALTED SKIN-ON FRIES (v)

(619 kcal) 3.29

### ONION RINGS (v)

(394 kcal) 2.99

### GARLIC CIABATTA (v)

(365 kcal) 3.49

### GARLIC CIABATTA WITH CHEESE (v)

(463 kcal) 3.99

### DRESSED HOUSE SALAD (v)

(215 kcal) 2.79

### DRESSED HOUSE SALAD (ve)

(186 kcal) 2.79

## Desserts

### TRIPLE-CHOCOLATE BROWNIE (v)

Served warm with clotted cream ice cream, chocolate sauce and a chocolate pencil (708 kcal) 6.99

### RASPBERRY SWIRL CHEESECAKE (v)

Vanilla and raspberry cheesecake, served with raspberry coulis, shortbread crumb and clotted cream ice cream (674 kcal) 7.29

### LUXURY ICE CREAM & SORBET (v)

Your choice of three scoops from the following delicious flavours: chocolate with Belgian truffle (155 kcal), clotted cream (126 kcal), strawberry (147 kcal), raspberry sorbet (88 kcal) and vegan vanilla (113 kcal).(kcal per scoop) Served with a chocolate pencil (22 kcal) 5.29

### STICKY TOFFEE PUDDING (v)

With a rich date & sultana toffee sauce and clotted cream ice cream (933 kcal) 6.49

### ETON MESS SUNDAE (v)

Two scoops of clotted cream ice cream and one scoop of frozen strawberry flavour yoghurt topped with crushed meringue, mixed berries and cream (509 kcal) 7.49

Adults need around 2000 kcal a day

Please advise the team of any dietary requirements before ordering. (v) Suitable for Vegetarians. (ve) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. <sup>†</sup>Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tail per piece. \*All stated weights are approximate before cooking. Our menu descriptions do not list all ingredients. Some dishes may contain alcohol. Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Calorie counts are correct at time of print.