

REFLECTIONS MENU

Good Evening

Homemade Bread, Black Olive & Crème Fraiche Dip £4.50

STARTERS

Soup of the day (V/GF) £9.00

Alexander House Prawn Cocktail (GF/DF) £14.00

Traditional Oak Smoked Salmon, Seeded Rye Toast (GF/DF) £15.00
Green Apple, Pickled Mooli, Bloody Mary Sorbet, Coriander (GF/DF)

Seared & Pickled Mackerel £13.00
Avocado, Apple, Radish, Squid Ink Coral (GF/DF)

Slow Cooked Pork & Prune Terrine (GF/DF) £11.00
Date & Pumpkin Chutney, Melba Croute

English Muffin, Autumn Forest Mushrooms £11.00
Slow Cooked Hen's Egg, Truffle Hollandaise (v)

Charcoal & Almond Goat's Cheese £11.00
Beetroot, Grapefruit & Citrus Dressing (V/GF)

MAIN COURSES

Sussex Day Boat "Catch of the Day" (supplied by Brighton & Newhaven Fish) £22.00

"Butcher's Special of the Day" £24.00

Chef's Fish Pie £20.00
Wholegrain Mustard Mashed Potatoes, Crab Bisque Sauce

Braised Lamb Shank £24.00
Mashed Potatoes, Wild Mushrooms, Baby Leaf Spinach (GF)

Pan Fried Seabass Fillet £21.00
Baby Leeks, Confit & Crispy Shallots, Celeriac & Watercress Puree (GF/DF)

Trio of Heritage Cauliflower £18.00
Cave Aged Cheddar Cheese, Steeped Raisins & Puree (v)

Roasted Autumn Squash £18.00
Butternut Squash & Aged Parmesan Risotto (V/GF)



SIDE ORDERS

Truffle & Parmesan Fries (V/GF/DF)	£5.00
Sautéed Seasonal Greens (V/GF/DF)	£5.00
Roasted Honey Root Vegetables (V/GF/DF)	£5.00
Garden Leaf & Herb Salad (V/GF/DF)	£4.00
Creamy Mashed Potatoes (V/GF/DF)	£4.00
French Fries (V/GF/DF)	£4.00

FROM THE GRILL

All grills are served with triple cooked had cut chips, field mushroom, watercress, braised red onion and your choice of homemade sauce

7oz aged English Fillet Steak (GF/DF)	£37.00
8oz aged English Sirloin Steak (GF/DF)	£27.00
10oz Chilli, Garlic & Thyme Pork Chop (GF/DF)	£22.00
8oz Lime & Coriander Chicken Fillet (GF/DF)	£18.00
Add Garlic Tiger Prawn Skewer	£7.50

SAUCES

Peppercorn Sauce (V/GF)
Blue Cheese Sauce (V/GF)
Béarnaise Sauce (V/GF)
Café de Paris Butter (GF)



DESSERTS

Pear & Raisin Tart Tartin	£16.00
Rum & Raisin Ice Cream—to share (Please allow 25 minutes for your dessert to arrive)	
Lemon Posset (GF)	£10.00
Citrus Shortbread	
Apple & Blackberry Crumble (V)	£10.00
Star Anise Ice Cream, Vanilla Anglaise	
Warm Chocolate Tart (V)	£10.00
Chocolate and Mint Ice Cream	
Selection of Homemade Ice Creams (3 scoops) (GF)	£8.00
Chocolate, Vanilla, Strawberry	
Selection of Homemade Ice Sorbets (3 scoops) (GF/DF)	£8.00
Raspberry, Lemon, Mango and Passion Fruit	
Selection of British Cheeses (GF)	
Grapes and an Assortment of Crackers	For One £10.00 For Two £15.00

HOT DRINKS

Coffee: Americano Cappuccino Latte Espresso Macchiato Mocha Hot Chocolate	£4.50
Tea: English Breakfast Earl Grey Classic Green Lemon & Ginger Chillout Mint Cosy Camomile	£4.50
Liqueur Coffee: Irish Coffee Calypso Coffee Bailey's Coffee Coffee Royale	£7.50

PORTS AND DESSERT WINE

Dow's Midnight Blend, Portugal (50ml)	£4.50
2012 Graham's LBV, Portugal (50ml)	£6.50
2012 Quinta do Noval LBV, Unfiltered (50ml)	£10.60
2016 Moscato d'Asti, Fontanafredda, Italy	£7.50
2014 Sauternes Chateau Clos Dady, France	£15.500
2006 Tokaji Aszu, 5 Puttonyos, Hungary	£19.00