

# Refreshment Rooms

## Over 60's Special Menu

0151 644 5893 email: info@refreshmentrooms.com www.refreshmentrooms.com

Smaller portions for the smaller appetite - available all day and night Monday, Tuesday & Wednesday

Main Course £11 2 courses £14.45 3 courses £17.90

### STARTERS

**Ask for today's freshly prepared Soup (Vgn)** with warm flatbread

**Chilli, Soy & Honey Chicken Goujon** with a sprinkle of sesame seeds

**Hot Smoked Salmon Fishcakes (GF)** with pickled seaweed 'n' samphire and caper mayo

**"Bang Bang" BBQ Belly Pork Squares (GF)** with home pickled 'slaw

**Vegan Cauliflower Mac 'n' Cheese Croquettes (Vgn)** with an earthy truffle mayo

**Smooth Chicken Liver & Sweet Mincemeat Paté "to die for"** with sourdough toast

**Posh Fish Fingers RR Style (£1 supp)**

tempura fingers of seabass with a Mediterranean style olive & sundried tomato chunky dip

### MAINS

**Honey & Mustard Glazed Home Cooked Ham (served cold)(GF)** hand carved with fried free range eggs & chunky chips

**Refreshment Rooms Jerk Chicken (GF)** on the bone super spiced Jamaican style with fluffy coconut 'rice 'n' peas'

**Salmon Thermidor (GF) (£1 supp)** with cream, mustard, cheese 'n' brandy glaze, new potatoes & sautéed peas 'n' leeks

**Sweet Potato Cutlets (Vgn)** garlic, sesame, pepper, pine nut & chilli duxelle, whipped tahini & chunks of Turkish flatbread

**Chef's Spiced Chilli Con Carné (GF)** with dirty rice, soured cream and salsa

**Local Bangers 'n' Mash (GF)** pork or vegetarian sausages (PLEASE SPECIFY), creamy mash, onion gravy & green vegetables

**Beer Battered Ward's Fresh Haddock** chunky chips, mushy peas & salt 'n' vinegar sauce

### DESSERTS

WiFi network:  
REFRESHMENT ROOMS  
PASSWORD:  
ROOMS2024

Please make your  
server aware of any  
allergies or intolerances  
We will be happy to help

**Warm Alabama Chocolate Fudge Cake (V)(GF)** with Nicholl's vanilla ice cream

**Chef's Banoffee Cheesecake (V)** sliced banana, toffee sauce and pouring cream

**Spiced Carrot Cake (Vgn)** packed with sultanas & pineapple - topped with vegan orange buttercream & vegan ice cream

**Honey Rippled Fresh Natural Yoghurt (V)** layered with crunchy granola and topped with summer fruits compôte

**Nicholl's of Parkgate Ice Cream 1 scoop with a chocolate flake (GF)**

vanilla, pistachio, chocolate, strawberry, cinder toffee, raspberry ripple (V) vegan vanilla, vegan salted caramel or vegan sorbet (Vgn)

**English & Continental Cheese Board (V)(GF) (£1 supp)**

a selection of locally sourced English cheese with some joie de vivre, celery, grapes, fig chutney & crackers

add a glass of LBV port for £3.00

### SIDES

<b>Skinny Fries (Vgn)(GF)</b>	<b>£4.50</b>	<b>Garlic Flatbread (V)</b>	<b>£4.25</b>
<b>Chunky Chips (Vgn)(GF)</b>	<b>£4.95</b>	<b>Garlic Flatbread &amp; Cheese (V)</b>	<b>£4.75</b>
<b>Salt 'n' Pepper Skinny fries (Vgn)(GF)</b>	<b>£5.95</b>	<b>Chef's Pepper Sauce</b>	<b>£3.50</b>
<b>Chef's Crispy Coated Sweet Potato Fries (V)</b>	<b>£5.50</b>	<b>Red Wine &amp; Mushroom Sauce</b>	<b>£3.50</b>
<b>Chilli Cheese Fries (GF)</b>	<b>£5.95</b>	<b>Blue Cheese Sauce (V)</b>	<b>£3.50</b>
<b>Crispy Duck Hoisin Fries</b>	<b>£6.50</b>	<b>Salt 'n' Vinegar Sauce</b>	<b>£3.50</b>
<b>Onion Rings (Vgn)</b>	<b>£4.95</b>	<b>Plain Chicken Goujons (each)</b>	<b>£3.00</b>

(V) = vegetarian (Vgn) = vegan (GF) = can be gluten free  
although..... **it is very important** that you make your server aware as some elements may need omitting or replacing  
i.e. gluten free bread, gravy etc. N.B. Trace gluten can be found in chunky chips etc. from a shared fryer