

THE LYGON ARMS

NIBBLES 5

Sweet pecans Smoked almonds Vegetable crisps Olives

SALADS

Quinoa, roasted beetroot and walnuts (v)	9
Chopped chicken and avocado (v)	9
Spiced autumn squash (v) <i>Blacksticks blue cheese and hazelnuts</i>	9
Spiced couscous (v) <i>golden raisins, roast peppers and almonds</i>	9
Superfood salad (v) <i>rocket, blackberry vinaigrette, chick pea, nuts and seeds</i>	10

ADD A PROTEIN BOOSTER 3

Poached chicken Flaked salmon Smoked trout Marinated tofu

DESSERTS

Vanilla cream, preserved plums, brown sugar meringue	6
Tiramisu	7
Bitter chocolate tart <i>hung, drawn and portered ice cream</i>	7
Westcombe Cheddar cheese <i>fruit jelly, rye crackers</i>	7

Please inform a member of staff if you have food allergies or intolerances. We will be happy to discuss suitable options with you. A discretionary 12.5% service charge will be added to your bill.

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SMOOTHIES AND JUICES

6

Refresh

mixed fruit blend, milk, Greek yoghurt

Rise and shine

banana, granola, honey, milk

Energy booster

banana, yoghurt, peanut butter, milk, chia seeds

Elixir lean

celery, ginger, apple, spinach

Strength and glow

carrot, orange, pineapple and turmeric

Green detox

Granny Smiths, cucumber, celery, watercress, spinach

BEER

Cotswold premium lager 330ml	5
Cotswold Haus lager 330ml	5
Cotswold 3.8 330ml	5
Windrush ale 500ml	5
Cotswold best 500ml	5

CIDER

Original Cider 500ml	5
Applesecco by glass 125ml/750ml	4 / 18

Full drinks menu available on request. A discretionary 12

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CHAMPAGNE AND SPARKLING 125ml

Prosecco Lampo Borgoluce	9
Taittinger Brut	14
Taittinger Brut Rosé	16

WHITE 125ml 175ml

Sauvignon Blanc 2016 IGP		
Oc Les Fleurs de Montblanc	6	7
Pinot Gris 2014 Isabel Estate	8	10
Sancerre Blanc 2015 H. Natter	9	11

ROSÉ

Rosato di Toscana 2016 Rocca di Montegrossi	8	12
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RED

Château La Grave Singalier 2014 Bordeaux Supérieur	7	8
Merlot 2015 Cape Protea Franschhoek A. Rupert	7	9
Château du Moulin-à-Vent 2014 Cuvée Couvent des Thorins	9	13

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SOFTS

Fever-Tree Lemonade	3
Frobisher's apple, orange, pineapple or tomato juice	3
Coca Cola	4
Diet Coca Cola	4
Appletiser	4

WATER

Hildon still	4
Hildon sparkling	4

TREGOTHNAN TEA 2.75

Classic	Manuka
Afternoon tea	Peppermint
Earl grey	Chamomile
Green	Red berry
Lemon Verbena	

COFFEE 2.75

Espresso	Latte
Americano	Flat white
Cappuccino	Macchiato

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