

Starters

Some dishes are available in starter or main course sizes – see prices below

Soup of the Day **V** **GF**
served with mini tin loaf **£5.25**

Thai fishcakes
served with a cucumber and chilli dip **£5.95/£11.50** served with fries as a main

Homemade Nachos **V**
with cheddar, salsa, guacamole, sour cream and jalapeños **£5.95** or **£9.25** for sharing portion
(add chunky beef chilli for **£2.00**)

Halloumi fries **V**
served with a sweet chilli dip **£5.75**

Crispy duck noodle stir-fry **DF**
with peppers, baby sweetcorn, courgettes, mangetout and Hoisin sauce **£5.95 / £11.50**

Greek salad **GF**
served with a basil dressing **£5.75/£9.95** as main.
(add chicken **£1.50**)

Mains **Don't forget to check the blackboard for today's delicious specials!**

We take great pride in our local, seasonal and home-cooked food and we'd love to hear your feedback.

Ham, egg and chips honey and mustard roast ham, free-range fried eggs and hand-cut chips **£10.50**

Scampi and chips whole-tail scampi and hand-cut chips served with homemade tartare sauce and garden peas **£10.95**

Trafford burger 8oz steak burger in a seeded brioche bun with tomato relish and mayonnaise, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **£10.50**
(add bacon OR cheddar OR Stilton OR red onion marmalade **£1.00** each)

Why not add onion rings **£3.50**

Piri piri chicken supreme
served with coleslaw, fries and salad **£11.95**

Chickpea, sun-dried tomato, feta, chilli and coriander burger **V** in a sesame seeded brioche bun with tomato relish and mayonnaise, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **£10.50**

Tex-mex chicken burger
Panko breadcrumb chicken fillet in a sesame seeded brioche bun with sour cream, guacamole, jalapeños and Little Gem lettuce served with hand cut chips and chilli jam. **£10.50**

Roast butternut squash and thyme risotto **V** with grilled goats cheese and a mixed leaf salad **£10.25**
(Vegan adaptable with toasted pine nuts instead of goat's cheese)

Swannington Farm-to-Fork black pepper sausages and mash with honey-roast carrots and parsnips, broccoli and onion gravy **£10.75**
(**V** veggie sausages and gravy available)

Fish and chips local cod in Adnams' ale batter with hand-cut chips, garden peas and homemade tartare sauce **£10.95**

8oz flat-iron steak (served medium rare), with fries, garlic field mushroom, slow-roast tomato and salad **£14.95**

Chunky beef chilli **DF** with fresh chilli, spices and kidney beans served with rice, guacamole and sour cream **£10.95**

Lasagne
beef and tomato ragu, pasta and creamy béchamel and cheddar sauce served with garlic bread and salad **£10.95**

Mixed bean chilli **Va** **DF** served with rice, guacamole and sour cream **£9.95**

Side Orders

Hand-cut chips **V** **£3.75**
Fries **V** **£3.75**
Cheesy chips/Fries **V** **£4.25**
Garlic bread **V** **£2.95**
Cheesy garlic bread **V** **£3.95**
Mixed leaf side salad **Va** **DF** with olive oil and Balsamic dressing **£2.95**
Onion rings **£3.50**
Coleslaw **GF** **DF** **£2.95**

V Vegetarian **Va** Vegan **DF** Dairy Free **GF** Gluten Free
NB. Food marked V may have been fried in oil which has also fried meat and fish products.
a means the dish is adaptable.

SPECIAL DIETS
Our menu indicates dishes which are vegetarian, dairy and gluten free but it may also be possible to adapt other dishes. We also have full details of all allergens available.

Desserts

Ask for today's chef's specials too

Homemade crumble **V**
with warm custard **£4.95**

Soft centred Belgian chocolate brownie **V** with Morello cherry ice cream and chocolate sauce **£4.95**

Sticky toffee pudding **V**
served with vanilla ice cream **£4.95**

Orange polenta cake **V** **GF**
with pistachio ice-cream **£4.95**

Ice creams **V**
Cornish vanilla bean, chocolate, strawberry, Morello cherry, toffee fudge or banana fudge **£4.95**

Cheese and crackers **GF** Brie, goat's cheese, Cheddar and Stilton with crackers, celery and chutney **£6.25**

Food service times:

Monday – Thursday Midday – 2.30pm
Friday Midday – 2.30pm
Saturday Midday – 2.30pm
Sunday Midday – 6.00pm

6pm - 8.30pm
6pm - 9.00pm
6pm - 9.00pm

Overleaf: Weekend Breakfasts, Sunday Roasts and Hot Drinks

Sandwiches

(Served 12-2.30)

Add a handful of hand-cut chips for **£1.75**

Baked ham and Brie with wholegrain mustard and rocket in malted bloomer bread **£4.95**

Chicken, tomato, lettuce and basil pesto in ciabatta **£5.50**

Battered cod bap with tartare sauce and little gem lettuce. **£5.50**

Goat's cheese and caramelised red onion in ciabatta **£5.50**

Black pepper sausage wholegrain mustard and rocket sandwich in malted bloomer bread **£4.95**

BLT Blythburgh back bacon, lettuce, tomato and mayonnaise in malted bloomer bread **£4.95**

Please ask for gluten free options

Weekend Breakfasts

Saturdays & Sundays 10am – midday

Trafford breakfast

Swannington Farm-to-Fork black pepper sausages, back bacon, fried free-range egg, sautéed mushrooms, slow-roasted tomato, baked beans and fried bread **£6.75**

Vegetarian breakfast V

Slow roast tomato, vegetarian sausages, sautéed mushrooms, fried free-range egg, fried bread, baked beans and hash brown **£6.75**

Scrambled free-range eggs & sautéed mushrooms on toasted malted bloomer bread **£5.75**

Blythburgh back bacon & sautéed mushroom sandwich on malted bloomer **£4.25**

Add any item below to any breakfast for £1.00
Blythburgh back bacon, sausage, sautéed mushrooms, slow-roast tomato, toast, baked beans, fried bread, hash brown

Sunday Roasts

Sundays only Midday – 6pm

Locally sourced meats with Yorkshire pudding, seasonal vegetables, crisp roast potatoes and homemade gravy

Swannington Farm-to-Fork pork loin GF with crisp golden crackling **£10.95**

Locally farmed Hevingham beef served medium rare GF **£10.95**

Norfolk chicken supreme with succulent sage, onion and apple stuffing **£10.95**

Nut roast V GF with toasted brazil nuts, hazelnuts and walnuts and chestnut puree with a vegetarian gravy **£10.95**

Hot Drinks

Americano £1.75

Cappuccino £1.75

Espresso £1.75

Double espresso £1.75

Hot Chocolate £1.75

Mochaccino £1.75

Decaf coffee £1.75

Tea £1.75

The
Trafford
Arms

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FOOD MENU

