

# Breakfast

## Breakfast

Served 09:00 - 11:30

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<b>Full English Breakfast</b> (1467 kcal)	<b>£11.95</b>
Two eggs of your choice, two rashers of bacon, two breakfast sausages, two hash browns, black pudding, roasted tomatoes, flat mushroom, baked beans & toast	
<b>Light breakfast</b> (831 kcal)	<b>£9.45</b>
One egg of your choice, one rasher of bacon, one breakfast sausage, hash brown, roasted tomato, flat mushroom, baked beans & toast	
<b>Vegetarian breakfast</b> (723 kcal)	<b>£9.45</b>
One egg of your choice, grilled halloumi, crushed avocado, hash brown, roasted tomato, flat mushroom, baked beans and toast	
<b>Child's Breakfast</b> (583 kcal)	<b>£6.95</b>
Fried egg, breakfast sausage, baked beans, hash brown and toast	
<b>Eggs on Toast</b>	<b>£6.45</b>
Your choice of eggs served on white, brown or sourdough toast.	
<b>Breakfast Cob</b>	<b>£6.45</b>
Your choice of sausage, bacon, fried egg or grilled halloumi served on a buttered cob.	
<b>Toast and Preserve</b> (462 kcal)	<b>£3.95</b>
White, Brown or Sourdough Toast with your choice of preserve (Gluten free bread available)	
<b>Toasted teacake</b> (276 kcal)	<b>£2.95</b>
served with butter	

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### **breakfast sides each** £2.45

Bacon 167kcal, Sausage 221kcal,  
Black Pudding 252kcal, Fried Eggs 311kcal,  
Poached Eggs 131kcal, Scrambled Eggs 384kcal,  
Sliced Ham 114kcal

### **breakfast sides each** £1.95

Avocado 168kcal, Baked Beans 137kcal,  
Halloumi 257kcal, Hash Brown 320kcal,  
Hollandaise 224kcal, Mushrooms 63kcal,  
Spinach 129kcal, Tomato 114kcal

**add smoked salmon** (94 kcal) **£2.95**

## Breakfast Specials

Served 09:00 - 11:30

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<b>Breakfast sundae (N)</b> (523 kcal)	<b>£7.95</b>
Homemade granola, yoghurt, seasonal berry compote, honey and fresh berries	
<b>American style pancakes</b> (746 kcal)	<b>£8.95</b>
with maple syrup and bacon	
<b>Eggs Benedict</b> (641 kcal)	<b>£9.95</b>
Wiltshire ham, toasted English muffin, poached eggs and hollandaise sauce	
<b>Eggs Cypriot</b> (1042 kcal)	<b>£8.95</b>
Grilled Halloumi, smashed avocado, toasted English muffin, poached eggs and hollandaise sauce	
<b>Eggs Royale</b> (682 kcal)	<b>£10.95</b>
Smoked salmon, toasted English muffin, poached eggs and hollandaise sauce	
<b>Croque Madame</b> (450 kcal)	<b>£10.95</b>
layers of thinly sliced ham, becamel sauce, melted cheese on toasted bread & fried egg	
<b>Children Pancakes with berries and yogurt</b> (569 kcal)	<b>£7.95</b>
<b>Children Pancakes with nutella and banana (N)</b> (677 kcal)	<b>£7.95</b>

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**FROSTS**

### FOOD ALLERGIES AND INTOLERANCES

Please speak to our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

(V) Vegetarian • (VG) Vegan • (GF) Gluten free • (DF) Dairy free • (N) Contains nuts • Adults need around 2000kcal a day as a requirement.

# Lunch

## Soup

Served 11:30 - 16:00

Served with a warm white, brown or GF bread.

Soup of the Day £7.45

Please ask a member of the team for today's choice.

## Baked Potatoes

Served 11:30 - 16:00

Served with a salad garnish

Baked beans and Cheddar cheese (v) (998 kcal) £8.45

(Vegan cheese available)

Classic coronation chicken (1015 kcal) £9.45

Melted brie and crispy bacon (1176 kcal) £9.45

Prawn Marie Rose (740 kcal) £9.95

Beef chilli con carne (1308 kcal) £9.95

With crushed avocado and sour cream

Tuna Mayonnaise (796 kcal) £9.45

add cheese (248 kcal) £2.25

## Plated Salads

Served 11:30 - 16:00

Seasonal Glazed goats cheese and (983 kcal) £12.45

roasted beetroot salad

with baby gem, kale, pine kernels, grapes and a fig coulis

Chicken Caesar salad (684 kcal) £12.45

Roast chicken breast, crispy bacon, gem lettuce, anchovies, egg, sourdough croutons, Parmesan & Caesar dressing

Traditional ploughman's platter (930 kcal) £12.95

Honey glazed ham, Cheddar cheese, pickled onion, gherkins, piccalilli, boiled egg, apple and a sourdough roll.

## Toasted Ciabatta

Served 11:30 - 16:00

Served with salad garnish and crisps.

Swap your crisps for chips: £2.50

Glazed ham, mature Cheddar and (805 kcal) £8.95  
tomato

Grilled back bacon brie and cranberry (829 kcal) £8.95  
sauce

Ranch chicken with bacon and (834 kcal) £8.95  
Cheddar

Tuna and Cheddar melt (823 kcal) £8.95  
Tuna, black pepper mayonnaise and Cheddar

Smoked applewood, tomato and basil (719 kcal) £8.95  
(v/vg)

## Between the Breads

Served 11:30 - 16:00

Choice of white or brown bloomer bread.

Served with salad garnish and crisps (GF bread available)

Swap your crisps for chips: £2.50

Classic coronation chicken (1071 kcal) £9.45  
with gourmet leaves

Egg mayonnaise and chive (v) (923 kcal) £8.95

Prawn Marie Rose (894 kcal) £9.95

Ploughmans cheese sandwich (1098 kcal) £8.95  
With Branston pickle & tomato

Tuna Mayonnaise and cucumber (905 kcal) £9.45

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# Lunch

## Homemade Mains

Served 12:00 - 15:30

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<b>Fish and chips</b> (1356 kcal)	<b>£15.95</b>
Hand-battered sustainably sourced fish with gourmet chips, your choice of peas, tartare sauce & lemon (gf)	
<b>Pie of the day</b>	<b>£14.95</b>
Please ask for today's choice and Kcals.	
<b>Signature burger</b> (1546 kcal)	<b>£15.95</b>
Beef burger, maple glazed bacon, mature cheddar, relish, gherkins, tomato, red onion & baby gem served in a toasted brioche bun with gourmet chips & homemade onion rings	
<b>Homemade beef lasagne</b> (1295 kcal)	<b>£14.95</b>
served with gourmet salad & garlic bread	
<b>Maple-glazed ham</b> (789 kcal)	<b>£13.95</b>
with two fried eggs, gourmet chips, piccalilli & homemade pickled cabbage.	
<b>Signature Sausage and Mash</b> (839 kcal)	<b>£13.95</b>
Two Cumberland sausages with creamy mashed potato, caramelised onion gravy & crispy shallots	
<b>Frosts Fish Sandwich</b> (906 kcal)	<b>£12.95</b>
baby gem, tartare sauce, gherkins & gourmet chips	
<b>Frosts Club Sandwich</b> (1062 kcal)	<b>£12.95</b>
Roast chicken, grilled back bacon, baby gem, tomato, fried egg, lemon & tarragon mayonnaise with gourmet chips & Classic Coleslaw	

## Sides

Served 11:30 - 15:30

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<b>Cheesy gourmet chips</b> (631 kcal)	<b>£4.95</b>
<b>Garlic ciabatta</b> (354 kcal)	<b>£3.95</b>
with dressed watercress	
<b>Gourmet chips</b> (385 kcal)	<b>£3.95</b>
<b>Seasonal salad</b> (250 kcal)	<b>£3.45</b>

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# Sunday Lunch

## Roast Dinners and Hot Food

Served 12:00 - 15:30

All Roast Dinners are served with thyme roast potatoes, mixed vegetables, Yorkshire pudding and rich red wine gravy

Three meats roast (1558 kcal)	£18.95
Roast topside of beef (1260 kcal)	£15.95
Garlic and thyme roast chicken (1037 kcal)	£15.95
Roast gammon (987 kcal)	£15.95
Squash, Spinach & Vegan Feta Pie (v/vg) (958 kcal)	£15.95
Children's Roast Beef (826 kcal)	£9.95
Children's Roast Gammon (650 kcal)	£9.95
Children's Roast Chicken (727 kcal)	£9.95
Fish and chips (1356 kcal)	£15.95
Hand-battered sustainably sourced fish with gourmet chips, your choice of peas, tartare sauce & lemon (gf)	
Frosts Fish Sandwich (906 kcal)	£12.95
baby gem, tartare sauce, gherkins & gourmet chips	
Frosts Club sandwich (1062 kcal)	£12.95
Roast chicken, grilled back bacon, baby gem, tomato, fried egg, lemon & tarragon mayonnaise with gourmet chips & Classic Coleslaw	

## Roast dinners sides

Served 12:00 - 15:30

Seasonal mixed vegetables (255 kcal)	£3.95
Roasted seasonal vegetables	
Thyme roast potatoes (304 kcal)	£3.95
Yorkshire pudding & red wine gravy (253 kcal)	£3.95

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# Childrens

## Childrens Lunch Menu

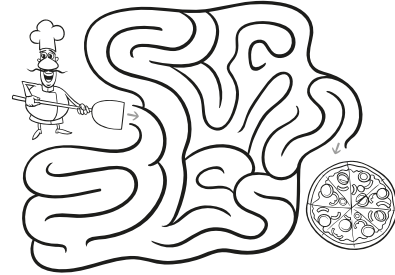
Served 11:30 - 15:30

<b>Baked potato with beans</b> (484 kcal)	<b>£6.45</b>
Half a baked potato with baked beans	
<b>Baked potato with beans and cheese</b> (624 kcal)	<b>£6.45</b>
Half a baked potato with baked beans and cheese	
<b>Baked potato with cheese</b> (645 kcal)	<b>£6.45</b>
Half a baked potato with cheese	
<b>Baked potato with tuna</b> (501 kcal)	<b>£6.45</b>
Half a baked potato with tuna mayo	
<b>Margherita pizza</b> (233 kcal)	<b>£6.95</b>
5" Stone baked margherita pizza topped with tomato sauce and grated mozzarella served with chips	
<b>Chicken goujons</b> (766 kcal)	<b>£7.45</b>
with chips & baked beans	
<b>Fish and chips</b> (803 kcal)	<b>£7.95</b>
Fish and chips – hand battered fish with chips and buttered garden peas	
<b>Sausages and chips</b> (716 kcal)	<b>£7.45</b>
Sausage & chips with baked beans	
<b>Children's picnic bag</b>	<b>£5.45</b>
Your choice of sandwich, savoury snack, drink, fruit and sweet treat from the selection available	
Kcal will depend on choices, please speak to a member of the team.	
<b>Pasta pomodoro</b> (409 kcal)	<b>£7.45</b>
Penne pasta in rich & rustic tomato sauce topped with Parmigiano Reggiano (vegan cheese available) served with garlic bread (v/vg)	

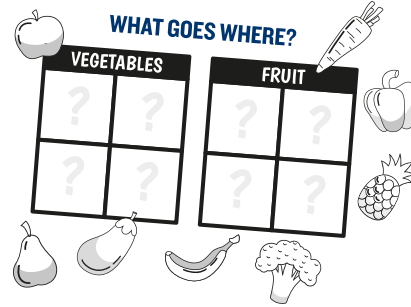
### childrens drinks £1.75

- 100% Fruit Juice Cartons
- Choose from Orange or Apple
- Flavoured Milk Cartons
- Choose from Chocolate, Banana or Strawberry
- Radnor still water Carton

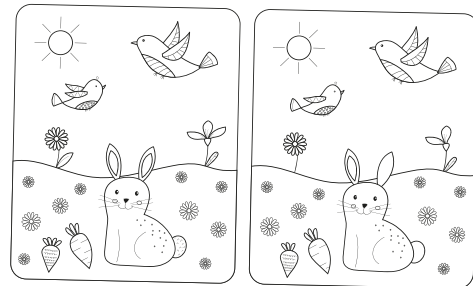
### WHICH WAY TO THE PIZZA?



### WHAT GOES WHERE?



### SPOT THE 10 DIFFERENCES



### FOOD SEARCH

H	L	D	O	N	U	T	A	F	R
A	C	P	A	N	C	A	K	E	Q
M	U	N	K	A	R	C	H	S	A
B	P	S	C	B	L	O	E	A	J
U	C	R	O	I	S	S	A	N	T
R	A	D	Y	B	R	E	A	D	N
G	K	P	A	R	I	S	U	W	C
E	E	Q	H	M	U	F	F	I	N
R	F	P	E	L	M	C	S	C	D
I	C	E	C	R	E	A	M	H	Z

### ANSWERS (and no cheating!)

**FOOD SEARCH:** Donut, cake, croissant, bread, cup cake, hamburger, ice cream, pancake, sandwich, muffin.

**WHAT GOES WHERE?** Vegetables: carrot, broccoli, pepper, aubergine. Fruit: banana, pineapple, pear, apple.

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