

2 Courses £14.95 3 Courses £17.95

# Wildings

## Lunch Menu

### Starters

- Smoked Haddock Gratin with Creamed Potatoes  
Pear Poached in Grenadine with Prawns Marie Rose  
Chefs Pate with Grape Chutney & Toast  
Leek & Potato Gnocchi Topped with Goats Cheese, a White Wine Cream Sauce & Tomato Concasse  
Melon Fan with Sorbet & Fruit Coulis  
Spiced Chicken Salad with Caesar Dressing & Parmesan  
(Starter or Main)  
Mushrooms Baked in a Cream & Cheese Sauce with Toasted Ciabatta  
Smoked Haddock & Salmon Chowder  
Breaded Goats Cheese Served on a Sun Dried Tomato & Balsamic Salad  
Wildings Meatloaf with a Spicy Salsa

### Mains

- Blackened Salmon, Warm Potato Salad & a Pepper & Mustard Seed Dressing  
Selection of Fish (Salmon, Tiger Prawn, Hake & Cod) with either a  
Tomato & Basil Vinaigrette/Cheese Glaze/Lobster Sauce  
Chicken Breast Coated in Panko Crumb with a Lightly Spiced Sweet & Sour Sauce  
Fillet of Pork Topped with Banana Finished with a Creamy Coconut & Mango Curry Sauce  
Chicken 'Piri-Piri' Szechuan Peppers & Spices served with a Yoghurt & Spring Onion Mayonnaise  
Lamb Fillet with a Cracked Black Pepper Cream & Brandy Sauce  
Pan Fried Fillet of Hake with a Lobster Glaze  
Supreme of Chicken 'Suedoise' White Wine, Swiss Cheese, Cream & Mushrooms  
Spicy Chilli with Rice Topped with Onions & Cheese  
(Starter or Main)  
Haddock in Breadcrumbs or Tempura served with Salad & Peas  
Lambs Liver & Bacon served with a Red wine Jus  
Wildings Fish Linguine Pasta with Garlic Bread

All Mains Served With a Selection of Vegetables,  
Boiled Potatoes and French Fries  
Any Extra Servings £2.00 each

**\*\*Some of the Above Dishes can be Made Gluten Free Upon Request\*\***

**PLEASE LET THE PERSON TAKING YOUR FOOD ORDER KNOW OF ANY ALLERGIES**

**THANK YOU**