

The Frames Complex

Sample Menu

WRAPS £4.95

Spicy Meatball
(Cooked in tomato sauce topped with cheese)
Char grilled Chicken & Sweet Chilli
(Chicken, onion, veg, in a sweet chilli sauce)
Beijing Beef & Broccoli
(Tossed in oyster sauce with bean sprouts)
Vegetarian
(Stir Fried Fresh Vegetables tossed in soy sauce)

Fresh Home Made Soup of the Day £2.75
(Served with continental bread selection)
Battered Mushrooms with garlic mayo £2.75

MAIN COURSES £6.50

Pan Fried Chicken Fillet
(Topped with a mushroom & port wine sauce)
***Braised Steak & Kidney**
(Served in a Yorkshire pudding with fresh market Vegetables and served with savoury mash potato)
***Tagliatelle Carbonara**
(Pasta ribbons cooked with bacon, mushroom & leeks in a white wine & cream sauce)
Grilled Salmon with Lemongrass
(Fresh fillet of salmon served on a bed of stir fried vegetables)
Baked Lasagne & Garlic Bread
Layers of Pasta stuffed with a meat sauce
Topped with cheese. Served with garlic bread)
Chicken Curry Madras
(Served on a bed of basmati rice)

Grilled Rib-Eye Steak £8.95
(Served with tomato, onions & mushrooms)

VEGETARIAN

Vegetable Lasagne
(Vegetable casserole with layered pasta & creamy Cheese sauce)
Mushroom & Onion Stroganoff
Chefs own recipes served over golden rice

Above main courses served with choice of chunky home Made fries, garlic or sauté potatoes or salad
Except*

HOME-MADE BEEFBURERS £6.25

Plain
Cheese or Bacon or Both
Creamy Peppercorn Sauce
Spicy Bar-B-Q sauce
(Choice of fries, garlic or sauté potato, garnish & coleslaw)

CHICKEN FILLET BURGERS £6.50

Plain
Cheese or Bacon or Both
Creamy Peppercorn Sauce
Spicy Bar-B-Q
(Choice of fries, garlic or sauté potato, garnish & coleslaw)

SEASONAL SALAD BOWLS £6.25

Prawn & Pineapple Salad
(With Fresh avocado and a tangy Marie-rose sauce)
Warm Chicken Salad
(Marinated breaded fillet sliced over a crisp salad with chefs own house dressing)
Ploughman's Lunch
(with generous helping of cheddar & Branson pickle)

SIDES £1.50

Chips / Garlic potato / Sauté potato / Side Salad /
Coleslaw / Rice

SWEET & STICKY

Chocolate Fudge Cake £3.50
(Served with fresh dairy cream or ice cream)
Fresh Fruit Pavlova £2.95
(With fresh dairy cream)
Home Made Raspberry Cheesecake £3.50
(Served with fresh dairy cream or ice cream)
Assorted Ice Cream Wafer Basket £2.95
(Vanilla, Swiss chocolate and panna cotta ice cream served in a wafer basket with fruit coulis)

ARRIVE AND ORDER 1 MAIN COURSE
Before 12.45 or after 1.30
GET A SECOND MAIN COURSE *HALF PRICE!*