

A R E N S

BAR & GRILL

DINNER PRE-DRINKS

Prosecco	4.50	Peach Bellini	4.95
Bloody Mary	4.95	Arens Royale	4.95

STARTERS

Chef's Soup of the Day (v) - <i>with Freshly Baked Bread</i>	4.95
Light & Crispy Calamari Fritti - <i>Aioli, Chilli Jam & Salad Garnish</i>	7.45
Breaded Portobello Mushroom (v) - <i>Stuffed with Ricotta & Spinach with a Pomodoro Sauce & Salad Garnish</i>	5.95
Goat's Cheese, Sun-Dried Tomato & Basil Tartlet (v) <i>Pesto Sauce & Salad Garnish</i>	7.45
Duck Liver & Orange Parfait <i>Onion Chutney, Toasted Brioche & Salad Garnish</i>	6.95
Burrata Mozzarella, Cherry Tomatoes & Basil Sorbet (v) <i>Pesto & Balsamic Vinegar</i>	7.95
Loch Duart Smoked Salmon Terrine <i>Served with Toasted Brioche & Balsamic Dressing</i>	8.45
Mediterranean King Prawns - <i>In a Cherry Tomato, Garlic, Sweet Chilli, Fresh Basil & White Wine Sauce with Garlic Bread</i>	9.50
Sharer 1 <i>BBQ Chicken Goujons, Calamari, Stuffed Mushrooms, Beef Corn Dogs, Nachos & Garlic Bread (Recommended for 2ppl)</i>	15.50
Sharer 2 (v) <i>Home Cooked Nachos - Topped with Mozzarella & Cheddar Melted Cheese, Tomato Salsa, Sour Cream, Guacamole & Jalapenos</i>	7.95

BREADS & OLIVES

Mixed Bread Basket (v) <i>with Baked Whole Camembert plus Chutney Dip</i>	3.50 Add 5.50
Garlic Bread (v)	3.50
Garlic Bread With Melted Cheese (v)	4.50
Mediterranean Olives (v)	2.95

THE SPECIAL 24 Hour Pre-Order Recommended

Live Atlantic Lobster with Garlic Butter & Fresh Lemon **34.90**
Mixed Salad Garnish & Seasoned Fries - Catchweight

STEAKS



Our award-winning Beef is selected & produced by Donald Russell, from cattle which have been fed on a natural, grass-based diet. This is easily identifiable through it's unique succulent, tenderness & flavour. Donald Russell are royal warrant holders since 1984 and a trusted supplier to H.M the queen.

Steaks are Served with Seasoned Fries, Mixed Salad Garnish & a Steak Sauce of your choice

 200g* Finest Fillet of Beef <i>Recommended Medium-Rare</i>	26.50
 340g* Prime Ribeye Steak <i>Recommended Medium</i>	26.50
 280g* Sirloin Steak <i>Recommended Medium-Rare</i>	20.50
 200g* Pave' Rump Steak <i>Recommended Medium</i>	14.50
 180g* Flat Iron Steak <i>Always Cooked Medium-Well (Small Portion)</i>	11.95
 Arens Surf 'N' Turf Steak <i>Recommended Medium-Rare</i> Fillet of Beef 100g* & Live Atlantic Lobster	44.90
 900g* Tomahawk <i>Recommended Medium (Serves 2)</i> <small>24 Hour Pre-Order Recommended</small>	29.90 <small>(per person)</small>
 400g* Chateaubriand (Serves 2) <i>Recommended Medium-Rare</i>	26.50 <small>(per person)</small>

Add to any Steak above

Barbeque Rack of Ribs **12.95** BBQ Chicken Skewer **10.95**

Steak Sauces *Bearnaise - Peppercorn - Mushroom Stroganoff - Red Wine Gravy*

SLOW COOKED DISHES

Water-Bathed Steak Forestiere <i>Mushrooms, Lardons & Red Wine Sauce with Rissolle Potatoes</i>	15.95
Slow Roasted "Seven Hour" Leg of Lamb - <i>Sicilian Style Dish</i> <i>with Fruits, Chickpeas, a Tomato Based Fiery Sauce & Rissolle Potatoes</i>	15.95
Gressingham Duck Confit <i>Classic French Dish with Cherries & Port Sauce & Rissolle Potatoes</i>	16.50

BURGERS

Arens Ultimate Beef Burger <i>Brioche Bun, Caramalised Onions, British Cheese, Bacon,</i> <i>Baby Gem & Seasoned Fries</i>	11.95 <i>Add Double-Decker 5.00</i>
BBQ Pulled Pork Cheeseburger <i>Brioche Bun, Baby Gem,</i> <i>Caramalised Onions & Seasoned Fries</i>	13.50 <i>Add Double-Decker 5.00</i>
BBQ Slow Cooked Beef Steak Burger <i>Brioche Bun, Caramalised Onions, Baby Gem & Seasoned Fries</i>	15.95

POULTRY/PORK & HANGING MEAT SKEWERS

All dishes below come with Rissole Potatoes, Coleslaw & Mixed Salad Garnish. *Please Note - The skewers come with Roasted Peppers & Onions*

Medium Rack of Barbeque Pork Ribs	16.95
Large Rack of Barbeque Pork Ribs	22.95
BBQ Ribs & Flame Grilled Marinated BBQ Chicken Skewer	23.95
Flame-Grilled Marinated BBQ Chicken & Chorizo Skewer	15.95
Flame-Grilled Minted Loin of Lamb Skewer	19.95
Roasted Corn-Fed Spring Chicken 'French Trimmed' <i>Garlic & Rosemary Butter</i>	11.95

FISH, SALADS & VEGETARIAN

Flame-Grilled Halloumi, Courgette & Pepper Skewer (v) <i>Rissole Potatoes, Coleslaw & Mixed Salad</i>	14.95
Grilled Loch Duart Salmon <i>Roasted Spanish Vegetables, Provencal Sauce & Rissole Potatoes</i>	13.95
Hand Battered Fish <i>Mixed Salad, Seaonsed Fries & Tartar Sauce</i>	10.50
Grilled Halloumi Salad (v) <i>Roasted Peppers, Zucchini, Tomatoes & Mixed Salad - Balsamic Vinegar</i>	12.95
Mediterranean Lasagna (v) <i>Garlic Bread</i>	11.50
Creamy Wild Mushroom & Truffle Oil Linguine (v) <i>with Grilled Loch Duart Salmon Fillet</i>	9.95 Add 5.95
Pasta Giardino (v) <i>A Selection of Grilled Spanish Vegetables served in a Tomato & Basil Sauce</i>	10.95
Portobello Mushroom & Melted Mozzarella Burger (v) <i>Rissole Potatoes & Mixed Salad Garnish with Grilled Halloumi</i>	11.95 Add 3.40

SIDES

All 3.40

Seasoned Fries	Sweet Potato Fries
Rissole Potatoes	Creamed Mushrooms
Wilted Spinach	Mashed Potato
Grilled Spanish Vegetables	Caramalised Onions
Mixed Salad	Onion Rings
Grilled Halloumi	Onion & Tomato Salad

DESSERTS

Rich Chocolate Fudge Cake Parcel - <i>Vanilla Ice Cream</i>	6.90
Sticky Toffee Pudding - <i>Rich Toffee Sauce</i>	6.50
Crème Brûlée with a Nutella® surprise <i>Home-Made Shortbread Biscuits</i>	5.95
Baked Cheesecake - <i>Mixed Berry Compote</i>	5.95
Spiced Macabeo Poached Pears & Lemon Sorbet	5.95
Lemon & Panna-Cotta Tart - <i>Cream</i>	6.50
Vanilla Ice Cream 4.50 Chocolate Ice Cream	4.50
Chef's Cheese Selection <i>Served with Grapes, Chutney & Biscuits</i>	9.95

DESSERT COCKTAILS & SHOOTERS

Espresso Martini	7.95
Dulce De Leche Martini	7.95
Arens Lemon Tart Martini	7.95
Jam Doughnut	5.00
After Eight	5.00

HOT DRINKS

Tea - <i>Earl Grey, Breakfast, Green, Mint</i>	2.50
Espresso	2.00
Filter Coffee	2.00
Latte	2.50
Cappuccino	2.50
Americano	2.00
Liqueur Coffees	5.50
Hot Chocolate	2.50

All our dishes are prepared in kitchens where nuts, flour etc. are commonly used, so unfortunately we cannot guarantee our dishes will be free of traces of these products. Olives may contain stones, fish & meat dishes may contain bones, all dishes may contain items not mentioned in the menu description. Our beef burgers are served 'medium' as standard. Please notify your server if you would like your burger 'well done'. All prices include VAT at current rate. A discretionary 10% service charge will be added to all parties. (V) Vegetarian Option, (*) Approximate Uncooked Weight