

HESKETH JAN 24 CALORIES

NIBBLES	CALORIES KCAL
FRUITS DE MER	860
MARINATED OLIVES	167
KOREAN CHICKEN WINGS	528
GARLIC CIABATTA	547
GARLIC CIABATTA - CHEESE	688
STARTERS	
HADDOCK GOUJONS	397
SMOKED SALMON	409
QUEENIE SCALLOPS	405
BAKED GOATS CHEESE & CARAMELISED ONIONS	523
BAKED GOATS CHEESE & CARAMELISED ONIONS - GLUTEN FREE	338

DEEP FRIED BRIE	338
VIETNAMESE CHICKEN SKEWERS	213
CHICKEN LIVER PARFAIT	418
KIMCHI FRITTERS	644
BURY BLACK PUDDING	498
DUCK SPRING ROLLS	384
LIGHT BITES	
CHICKEN & BACON BLOOMER	892
HAM & MUSTARD BLOOMER	993
F.L.T. FISH FINGER SANDWICH	965
GARLIC MUSHROOMS	922
GRILLED HADDOCK	722
HAM & CHEESE OMELETTE	1036

SMOKED SALMON OMELETTE	818
PERSIAN CHICKEN WRAP	451
FISH CAKES	407
MAINS	
CHICKEN KATSU	729
BATTERED HADDOCK	919
FISH PIE	753
STEAK PIE	1797
SMOKED HADDOCK	893
KOREAN FRIED CHICKEN BURGER	1443
MALAYSIAN SEAFOOD CURRY	797
FUSILLI ARRABIATA	887
FUSILLI ARRABIATA - ADD CHICKEN	921
FUSILLI ARRABIATA - ADD PRAWNS	906
FUSILLI ARRABIATA - GLUTEN FREE	730

FUNGHI FUSILLI	1384
FUNGHI FUSILLI - ADD CHICKEN	1488
FUNGHI FUSILLI - GLUTEN FREE	1233
CHICKEN & CHORIZO PASTA	1395
CRISPY CHILLI CHICKEN	1021
IMAM BAYILDI	420
BRAISED BEEF	1109
GRILL	
STEAK & BONE MARROW BURGER	1290
HESKETH GAMMON STEAK	879
RIB EYE STEAK	1162
FILLET STEAK	785
SIDES	
ONION RINGS	182
PEPPERCORN SAUCE	177

BLUE CHEESE SAUCE	465
GARLIC & CHILLI PRAWNS	163
CHIPS	231
SEA SALT FRIES	323
TRUFFLE & PARMESAN FRIES	449
SEASONAL VEGETABLES	109
GARDEN SALAD	61
TENDERSTEM BROCCOLI	160
DESSERTS	
CHOCOLATE BROWNIE	782
BAKED CHEESECAKE	593
STICKY TOFFEE PUDDING	1030
CHOCOLATE & CARAMEL TRUFFLES	775
SYRUP SPONGE	822
APPLE & BLACKBERRY CRUMBLE	1019

AFFOGATO	271
ICE CREAM - VANILLA	169
ICE CREAM - CHOCOLATE	179
ICE CREAM - STRAWBERRY	141
ICE CREAM - SALTED CARAMEL	430
SORBET - MANGO	74
CHOCOLATE SAUCE	49
RASPBERRY SAUCE	23
TOFFEE SAUCE	75
SUNDAY MENU	
HADDOCK GOUJONS	397
CHICKEN LIVER PARFAIT	418
KIMCHI FRITTERS	644

DEEP FRIED BRIE	338
CHICKEN SUPREME	1415
PORK LOIN	2310
LEG OF LAMB	1916
BEEF RUMP	2266
PIGS IN BLANKETS	618
CAULIFLOWER CHEESE	542
CHOCOLATE BROWNIE	782
APPLE & BLACKBERRY CRUMBLE	1019
ICE CREAM - VANILLA	169
ICE CREAM - CHOCOLATE	179
ICE CREAM - STRAWBERRY	141
ICE CREAM - SALTED CARAMEL	430
SORBET - MANGO	74
CHOCOLATE SAUCE	49

RASPBERRY SAUCE	23
TOFFEE SAUCE	74

KIDS MENU	
KIDS TOMATO AND BASIL FUSILLI	381
KIDS TOMATO AND BASIL - LENTIL PASTA	340
KIDS FISH GOUJONS	251
KIDS GRILLED PORK SAUSAGE	505
KIDS GRILLED NO PORK SAUSAGE GLUTEN FREE	202
KIDS ROAST BEEF	502
GLUTEN FREE - KIDS ROAST BEEF	406
KIDS ROAST CHICKEN BREAST	588
GLUTEN FREE - KIDS ROAST CHICKEN BREAST	383
KIDS - CHUNKY CHIPS	114
KIDS MASHED POTATO	152
KIDS GEM LETTUCE AND TOMATO SALAD	99

GARLIC ROASTED NEW POTATOES	103
ADD 2 HASHBROWNS	157
KIDS BAKED BEANS	81
KIDS CHOCOLATE BROWNIE - CHOCOLATE SAUCE	559
KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE	316
KIDS - GARLIC BREAD	283
KIDS VEGETABLE STICKS	179
KIDS BEEF BURGER	512
KIDS BEEF BURGER - GLUTEN FREE	506
KIDS CHICKEN BURGER	438
KIDS CHICKEN BURGER - GLUTEN FREE	431