



Church Rd, Yate, Bristol

BS375BG

01454 855043

12-5pm

NIBBLES

Rustic bread, marinated olives, balsamic Modena & olive oil £5

STARTERS

Soup of the day with parmesan croutons £4

Crispy coated Cypriot halloumi with capers & olive tapenade £6

Crispy BBQ pork belly with fried rice noodles, spring onion & chilli jam £6

Sea salt & black pepper squid with pickled vegetables & chilli jam £6

Crispy garlic & herb breaded brie with tomato chutney £6

MAINS

Beef Lasagne, salad & garlic bread £10

Buxton's Butcher sausages creamy mash, onion gravy veg of the day £9

Home-cooked Ham, double eggs, rustic chips & salad £8

Wholesale Scampi, skinny fries, tartare sauce & salad £8

Shortcrust pie of the day, mash, peas & gravy £9

'Doombar' battered market fish of the day triple cooked chips, tartare sauce, minted peas £8

Classic beef burger, mayo, lettuce, tomato, red onion, gherkins, toasted bun, slaw, fries £10

Buttermilk fried free range chicken burger, paprika mayo, lettuce, tomato, toasted bun, slaw, fries £9

Sweet potato, chickpea & coconut curry, lime & coriander rice (V) £11

Mac n' cheese with spinach, sweet potato, butternut squash with garlic bread £8 (V)

Ciabatta £7.50

All with skinny fries

Beef, melted cheddar & red onion chutney

Twisted Club – spiced chicken, bacon, melted cheddar

Falafel, carrot, red pepper hummus, pickled red cabbage

Pig in blanket – pork sausage, bacon, tomato chutney & crispy onions

Posh fish-finger, tartare

All £3

Ex cheese £1

SIDES

Chips - Fries - Garlic ciabatta - Onion rings - Veg of the day – Slaw – Mixed leaves

DESSERTS £5

Sticky toffee pudding, with toffee sauce & vanilla ice-cream

Jam Roly Poly with custard OR vanilla ice-cream

Triple cooked chocolate brownie with vanilla ice-cream

Affagato, espresso shot over vanilla ice-cream, shortbread

'LION' Eton mess

Local cheeses, crackers, ale chutney £8



(All weights are approximate uncooked weight)

(All steaks/fish meals are suitable for Gluten Free diet with no onion rings)

10oz Gammon Steak £13

8oz Sirloin Steak £18 (double up + £7)

These alternative meats are low in fat & cholesterol, as well as being very high in iron, very tender & delicious. All the meat supplied is offered as part of the conservation & welfare policy of the country of source. We only have meats that are EU Approved.

Ostrich 2x4.5oz Fillet (South Africa)

£22

Ostrich is a truly delicious meat. It is comparable to the highest quality beef fillet, however ostrich meat is extremely healthy due to its low fat levels and high protein and iron levels.

Kangaroo 2x4.5oz Fillet (Australia)

£23

Arguably the healthiest meat in the world. Our great taste award winning Kangaroo meat is unbelievably tender and succulent. Once you've tried this meat it will be hard to return to the likes of Beef, Pork & Lamb.

It will have you jumping for joy. (Best enjoyed rare/medium rare)

Mouflon 2x 4.5oz Medallion Rumps (Europe)

£20

Flavourful like lamb or venison. Mouflon is the wild ancestor of the sheep their natural diet creates great taste

Wild Boar 2x4.5oz Medallion Rumps (USA/ Australia/ Europe)

£23

Wild Boar meat is a fantastic alternative to Beef and is packed full of fantastic sweet game flavours

Zebra 2x4.5oz Medallion Rumps (South Africa)

£25

Superb tenderness and gamey tastes.

Buffalo 2x4.5oz Rump (Italy)

£23

Similar to beef but a more meaty flavour. Naturally nutritious & delicious

**MEAT DISHES ARE ALL SERVED WITH FLAT MUSHROOM, ROASTED TOMATO,
BEER BATTERED ONION RINGS & TRIPLE COOKED CHIPS**

Tuna Steak £13

Swordfish Steak £13

† **FISH DISHES ARE ALL SERVED WITH SKINNY FRIES & CRISP HOUSE SALAD**

What is Black Rock Grill

Black Rock Grill is cooking on Volcanic Rock, no oil or fat is used making it a healthier option as well as a tastier option. The Black Rocks are heated to 440*c and are then placed onto our specially designed grill platters. Your choice of meat or fish is placed before you at the table to cook.

Your meal will continue to cook as you eat.

1. We place your protein on the stone in the kitchen and flip it over. This will immediately seal the fibres in the meat. This process actually slows down the cooking of the steak as the fibres in the meat are sealed and the heat cannot easily transfer through the meat
2. We bring the steak out to your table.
3. You slice one piece at a time and lay the piece flat onto the stone. Let the piece sit for a few moments then flip it over with your knife and fork to cook it quickly on the other side. The longer you leave it the more done it will become.

A few helpful hints:

- a. Don't cut the pieces into chunks and squares: The flatter the piece, the faster it will cook.
- b. Don't cut up the entire steak and cook it at one time: Small pieces cook fairly quickly and will all be done at the same time. This will cause some of them to over cook as you are completing the rest of your meal.
- c. The best taste is: When you cook a single or couple of pieces exactly how you want them, then eat them before cutting additional pieces. You will have each piece fresh, juicy and hot.
- d. DONT TOUCH THE STONE: It is over 440*c and is very hot- at the end of the meal the stone will still be hot