



the bluebell helpston

contains **gluten**

NIBBLES AND SHARING

warm homemade bread , balsamic & olive oil	£4.00
homemade hummus with pitta bread	£4.00
breaded whitebait with homemade tartare sauce	£4.00
herb marinated pitted olives, green and black	£3.00

STARTERS

homemade vegetarian soup with homemade bread	£5.00
pea, mint and avocado risotto, lemon oil	£5.50
tiger prawns, garlic butter, tomatoes and wilted spinach, warm homemade bread	£6.00
mackerel paté, with toasted ciabatta , rhubarb, watercress and cucumber	£6.00
smoked chicken salad, sun dried tomatoes, mozzarella, and balsamic dressing	£6.00
locally grown asparagus wrapped in parma ham, poached egg, parmesan shavings	£5.50

THE MAIN EVENT

chef's specials	
cornfed chick breast	£15.00
spinach & parmesan gnocchi , chorizo, tenderstem broccoli, sun kissed tomatoes	
five spice duck breast	£15.00
orange, cucumber and pomegranate salad; soy, lime and chilli dressing	
baked heritage beetroot [vegan]	£12.00
herb polenta cake, salsa verde, watercress	
pork tenderloin	£14.00
mustard mash, courgettes; peas, parma ham and mint, adnams 'wild wave' cider gravy	
monkfish tail	£16.00
hasselback potatoes, broad beans, peas and young carrots, citrus salsa	

- ask about today's specials -

comfort food all at £12.50

trio of **sausages** - stilton butcher's lincolnshire sausages, mash, seasonal vegetables & dan's real gravy
gammon steak house chips, mushroom, tomato, garden peas and two fried eggs

local lambs liver, mash, fresh vegetables, bacon and dan's **real gravy**

fish 'n chips - **beer battered haddock**, house chips, mushy peas and homemade tartare sauce

steak & ale pie shortcrust **pastry pie**, mash or house chips, garden peas, **jug of gravy**

goats cheese, sweet potato & **spinach pie**, mash or house chips, garden peas, jug of gravy [vegetarian]

extras: house chips £4.00 / skinny fries £3.50 side of mixed vegetables £4.00

the descriptions on our menus do not include all ingredients, please ask if you have a dietary requirements
all gratuities and service charges go to the team that prepare and serve your meal and drinks.