

The Bentlands

Starters

	<i>Single</i>	<i>Sharing</i>
Stuffed Red Jalapeno Peppers - Filled with cream cheese served with dipping sauces.	£4.35	£7.05
Fully Loaded Potato Skins - Your choice of Cheese & Ham, Bentlands Chilli, Mexican (v) or a Combo.	£4.35	£7.05
Buffalo Wings - Chicken wings coated with your choice of Jack Daniels Glaze, BBQ, blazing chilli or sweet chilli sauce.	£4.35	£7.05
Hawaiian Garlic Bread - Slices of garlic bread topped with chopped ham, chopped pineapple & melted cheese.	£3.55	£6.05
Bentlands Combo - A combination of garlic bread, potato skins, onion rings, stuffed jalapeños & chicken wings.	£5.55	£10.05
Calamari - Battered Calamari with lemon mayonnaise dip.	£4.95	£8.95
Skewered King Prawns - Two skewers on mixed salad with chopped bacon and lemon pepper butter.		£5.35
Chicken Caesar Salad - Grilled seasoned chicken, on crisp green leaves, with croutons, crispy bacon and Caesar dressing, finished with Parmesan.		£4.95
Garlic Mushrooms - Mushrooms sautéed in garlic butter and herbs. Served with garlic bread.		£4.55
Nacho Supreme - layers of tortilla chips topped with your choice from below, finished with melted cheese, guacamole, sour cream & salsa. Chilli Beef or Mexican Chicken or Pan-fried Vegetables(V) Large £7.45 Small £5.45		

Salads

Hickory Smoked Chicken & Tiger Prawn - £10.05 Hickory smoked chicken breast with spicy tiger prawns on a bed of mixed leaves tossed in a honey & mustard dressing	spicy Mexican Chicken - A breast of chicken lightly coated in Mexican spices served with sliced jalapeños & onions on a bed of mixed leaves tossed in a lime & coriander dressing. £9.45
Chicken Caesar Salad - Grilled seasoned chicken, £9.45 lettuce, croutons, egg, bacon, parmesan cheese finished with creamy Caesar dressing.	Tuna Nicoise - Freshly grilled tuna steak on mixed leaves, new potatoes, egg & tomatoes in a French dressing. £10.85
Pescado & Prawn Salad - Blackened Salmon £11.55 fillet and a skewer of king prawns on a bed of mixed salad.	Lemon Pepper Chicken & Bacon - Grilled £9.45 Chicken Breast in tangy lemon & pepper rub with grilled bacon served on mixed leaves tossed in a raspberry & mustard dressing.

Fish

Beer Battered Fish 'n' Chips - A select Cod fillet, £9.05 seasoned and freshly battered in our own beer batter, served with chips and peas.	Poached Salmon Fillet - finished under the grill £12.05 with a lemon pepper butter, served with Parmesan roasted new potatoes.
Whole Tail Scampi - Deep fried whole tail Scampi £9.05 with chips, peas and tartare sauce.	Grilled Tuna - with peppercorn sauce, Parmesan £11.05 roasted new potatoes and salad.

Other Mains

Cheese & Broccoli Bake - served with garlic bread and salad £9.55
Moroccan Lamb Tagine - Lamb marinated then slow cooked in aromatic spices with a tomato, apricot and honey sauce. £10.05 Served with rice, flour tortillas and salsa.
Sweet & Sour Chicken - Lightly battered Chicken with a tangy sweet & sour sauce, served with rice, chips & salad. £10.05
Chicken Balti - Medium hot curry served with rice, chips & naan bread £9.55
Vegetable Balti - served with rice, chips & naan bread £9.55

From the Grill *Served with Chips, onion rings, tomato, mushrooms and Peas.*

10oz Rump Steak - 28 Day dry aged mature prime £12.35 rump.	8oz Welsh Black Beef Sirloin - Prime 28 Day £12.55 hung dry aged mature beef.
12oz Gammon £10.05	Minted Lamb Steak £9.55
finish your steak withJack Daniels Bourbon Glaze or Creamy Peppercorn Sauce or Stilton Sauce ...only £ 1.50 extra	

Chicken from the Grill *Served with fries & salad.*

Lemon Pepper Chicken - Grilled chicken breast in a tangy citrus rub. £10.05
Hickory Smoked Chicken - Grilled breast of marinated chicken with a smoky BBQ sauce. £10.05
Cajun Chicken - Grilled breast in a cajun rub with salsa. £10.05

Tex Mex

Served with spicy fries, corn on the cob & coleslaw. (except Chilli)

- HOT Bentlands Famous Chilli** - our own recipe chilli made with prime beef and our blend of cayenne, paprika and cumin powder, oven baked with onions, garlic, tomatoes and kidney beans, presented in a bowl finished with sour cream and grated cheese. Served with rice & nachos. £9.05
- Tex Mex** - Your choice of Steak or Chicken topped with Beef Chilli. £13.85 Rump £14.05 Sirloin £11.55 Hickory Chicken
- HOT Sombrero** - steak or chicken breast spiked with fresh chillies coated in Mexican spices then cooked on a white hot skillet, topped with guacamole. £12.35 Rump £13.05 Sirloin £10.55 Hickory Chicken
- SPICY Blackened Pescado** - Your choice of Tuna loin or Salmon Supreme coated in Mexican spices, cooked on a hot skillet £11.55
- Dos Enchiladas** - 2 rolled warm soft flour tortilla, one filled with our chilli beef and the other savoury chicken, topped with our spicy enchilada sauce and mozzarella then oven baked. £10.05

Cantina Mexicana

Our Mexican section brings together the favourite flour tortilla based Mexican dishes, choose your style and filling from the choices below. Served with spicy fries, corn on the cob and coleslaw.

- HOT Enchilada** - A rolled, warm soft tortilla, with your choice of filling, topped with a spicy tomato sauce, grated mozzarella cheese and then oven baked.
- HOT Burrito** - A wrapped flour tortilla with your choice of filling, topped with guacamole, salsa & sour cream.
- HOT Chimmichanga** - A wrapped deep fried flour tortilla with your choice of filling topped with guacamole, salsa and sour cream.

Fillings

£10.05 Chilli Beef... £10.05 Chicken.. £10.00 pan-fried Vegetables(V)
£

Fajitas

pronounced `fah-hee-tas` is a sizzle platter of either beef, chicken, prawns, vegetarian quorn or a steak & chicken combo in fajita spices, flash fried with onions and bell peppers, with sides of sour cream, guacamole, salsa and cheese, served with a `clay` pot of warm flour tortillas. Then enjoy making and rolling your own wraps!!!

- Fajitas for One** £12.05
- Fajitas for 2** £18.05

Ribs n Things

served with spicy fries, corn cob and coleslaw....upgrade your half rack to a full rack for an extra £ 3.95

- Ribs & Wings** - Half rack of baby back ribs in a Chicago style smokey BBQ sauce, with Jack Daniels Glazed wings. £12.05
- Ribs & Prawns** - Half Rack of baby back ribs with two grilled skewers of king prawns in sweet chilli glaze £13.05
- SPICY Chicken 'n' Ribs** - Full Breast of Cajun Chicken and Half rack of ribs. £13.05
- Full Rack of Ribs** - A whole rack of baby back ribs in a BBQ sauce. £13.05

Burgers..... Chicken or Beef

Our own recipe 100% 8oz prime ground beef burgers or seasoned chicken breast, served with spicy fries & salad.

- Classic Burger** - £8.05 Plain £8.55 with cheese
Our classic burger with crisp lettuce, mayo and tomato
- Texan Smokey** - topped with bacon, smokey BBQ sauce and cheese. £9.05
- Mexican** - Topped with Jalapeños, salsa and melted cheese. £9.05
- Bentlands Blue** - smothered with our own Jack Daniels caramelised red onions and melted stilton. £9.55

Side orders

- Fries** £2.00 Plain £2.35 Spicy £2.85 Mexican
- Mexican Salad** - mixed leaves with sliced jalapeño peppers with a lime & coriander dressing. £2.55
- Parmesan Roasted New Potatoes** £2.35
- Garlic Bread** £2.35 Small £4.05 Large
- Onion Rings** £2.35 Small £4.05 large

All items subject to availability..
Additional charges will apply to any changes to dishes...