

# The Bentlands

## Light Bites Menu

### JACKET POTATOES

Served with salad and coleslaw

CHILLI BEEF	£6.75
BEANS	£6.75
CHEESE & BEANS	£6.75
TUNA MAYO	£6.75
PRAWN COCKTAIL	£7.95

### BAGUETTES OR WRAPS

MEXICAN CHICKEN	£6.45
CHICKEN / BEEF / VEGETABLE FAJITA	£6.95
HAM & TOMATO	£5.00
CHEESE & TOMATO	£5.50
SCAMPI	£6.45
CHIP BUTTY	£4.95
TUNA MAYO	£5.45
MEXICAN FRIES	£5.45
B.L.T.	£5.95
STEAK ONION & MUSHROOM	£6.95
STEAK AND STILTON	£6.95
PRAWN COCKTAIL	£6.95

### LIGHT BITE BURGERS

served with chips

BEEF BURGER	£7.95
BEEF BURGER WITH CHEESE	£8.55
CHILLI & CORIANDER BURGER (hot) with sriracha mayo and melted cheese	£8.95
VEGETABLE BURGER	£7.95

### SIDES

PLAIN FRIES	£2.95	SPICY FRIES	£2.95
MEXICAN FRIES	£4.45	CHEESY FRIES	£3.45
CAJUN ONION RINGS	£3.25	BATTERED ONION RINGS	£3.25
GARLIC BREAD (4 SLICES)	£3.65		

# Main Menu

## STARTERS

<b>BUFFALO WINGS</b>	<b>Small £6.95   Large £9.95</b>
Coated in your choice of Barbeque, Jack Daniels Glaze, Sweet Chilli & Blazing Chilli	
<b>PAN FRIED MUSHROOMS (V)</b>	<b>£6.75</b>
Pan fried in chilli and garlic butter	
<b>POTATO SKINS</b>	<b>£6.75</b>
3 loaded skins with a choice of one filling cheese and bacon / pulled pork / pulled chicken / chilli beef / spicy vegetable (v)	
<b>NACHOS SUPREME</b>	<b>Small £7.65   Large £11.75</b>
chilli beef / pulled pork / pulled chicken / spicy vegetable (v)	
<b>JACK DANIELS PORK BELLY BITES</b>	<b>£7.25</b>
served with Jack Daniels glaze	
<b>CLASSIC PRAWN COCKTAIL</b>	<b>£6.95</b>

## FROM THE GRILL

<b>CAJUN CHICKEN</b>	<b>£10.75</b>
<b>LEMON PEPPER CHICKEN</b>	<b>£10.75</b>
<b>PIRI PIRI CHICKEN</b>	<b>£10.75</b>
<b>PLAIN CHICKEN</b>	<b>£10.25</b>
All of the above are served with chips and salad	
<b>8OZ SIRLOIN</b>	<b>£14.95</b>
<b>8OZ RUMP</b>	<b>£12.25</b>
<b>12OZ GAMMON</b>	<b>£10.25</b>
<b>MIXED GRILL</b>	<b>£14.45</b>
All of the above served with chips, peas and a tomato	

## SALADS

Mixed leaf salad with tomatoes, cucumber, onions, peppers and a boiled egg & a choice of dressing.

Blue cheese / Caesar / Balsamic / Vinaigrette / Ranch

<b>PLAIN CHICKEN</b>	<b>£10.25</b>
<b>PIRI PIRI CHICKEN</b>	<b>£10.75</b>
<b>LEMON PEPPER CHICKEN</b>	<b>£10.75</b>
<b>CAJUN CHICKEN</b>	<b>£10.75</b>
<b>8OZ RUMP</b>	<b>£12.25</b>
<b>QUORN</b>	<b>£10.95</b>
<b>POACHED SALMON FILLET WITH LEMON BUTTER</b>	<b>£15.95</b>
<b>BLACKENED SALMON</b>	<b>£15.95</b>

## OTHER MAINS

<b>BEER BATTERED COD</b>	Served with chips and garden or mushy peas	<b>£11.75</b>
<b>WHOLE TAIL SCAMPI</b>	Served with chips and garden or mushy peas	<b>£10.75</b>
<b>POACHED SALMON FILLET WITH LEMON BUTTER</b>		<b>£15.95</b>
Served with chips, salad and hollandaise sauce		

**SWEET & SOUR CHICKEN** Served with rice and chips

**£10.45**

### **BURGERS**

YOUR CHOICE OF 8OZ BEEF BURGER OR SEASONED CHICKEN BREAST IN A BRIOCHE BUN  
all served with spicy fries, salad and coleslaw

**CLASSIC BURGER** £9.95 **CLASSIC BURGER WITH CHEESE** £10.75

**TEXAN SMOKED BURGER** £11.95

with bacon, smoked BBQ sauce and cheese

**BENTLANDS BLUE BURGER** £12.75

smothered with our own caramelised Jack Daniels onions and stilton

**MEXICAN BURGER** £11.75

spiked with fresh chillies, topped with cheese jalapeno peppers and fried onions

**CHILLI & CORIANDER BURGER** only available as a beef burger £11.75

Served on a lettuce and red onion base with sriracha mayo and melted cheese

### **TEX MEX**

served with spicy fries, corn on the cob and coleslaw

**DOS ENCHILADAS** pick two of the fillings listed below £10.45

**BURRITO or CHIMMICHANGA** pick one filling from below £10.25

chilli beef / pulled pork / pulled chicken / spicy vegetable (v)

**BLACKENED SALMON** £15.95

**TEX-MEX SIRLOIN** £16.45 **TEX-MEX RUMP** £14.95

**TEX MEX CHICKEN** cajun chicken with chilli beef £13.25

**SOMBRERO RUMP** £14.95 **SOMBRERO SIRLOIN** £16.45

**SOMBRERO CHICKEN** cajun chicken spiked with fresh chillies and topped with guacamole £13.45

**BENTLANDS FAMOUS CHILLI** £10.25

served with cheese, sour cream & nachos. With choice of rice, fries or half & half

### **RIBS N THINGS**

served with spicy fries, corn on the cob and coleslaw

**CHICKEN & WINGS** piri piri chicken breast with jack daniels glazed £14.95

**RIBS & WINGS** half rack of ribs with jack daniels glazed wings £14.95

**STEAK & RIBS** 8oz rump steak with half rack of ribs £17.95

**CHICKEN & RIBS** piri piri chicken breast with half rack of ribs £15.25

### **FAJITAS**

**CLASSIC CHICKEN OR QUORN FAJITAS** for one £13.95 for two £22.95

**SPICY VEGETABLE** for one £12.25 for two £22.25

# Gluten Free Menu

<b>CAJUN CHICKEN</b>	with fries or jacket potato, salad & coleslaw	<b>10.75</b>
<b>TEX-MEX CHICKEN</b> 	topped with `hot` chilli, served with spicy fries, corn on the cob & coleslaw	<b>13.25</b>
<b>8oz RUMP STEAK</b>	with fries or jacket potato, tomato & peas	<b>12.25</b>
<b>TEX-MEX 8oz RUMP</b> 	topped with `hot` chilli, served with spicy fries, corn on the cob & coleslaw	<b>14.95</b>
<b>8oz SIRLOIN STEAK</b>	with fries or jacket potato, tomato & peas	<b>14.95</b>
<b>12oz GAMMON</b>	with egg, pineapple, or both... fries or jacket potato, tomato & peas	<b>10.25</b>
<b>POACHED SALMON FILLET</b>	finished under the grill with lemon pepper butter, served with a jug of hollandaise sauce, fries and salad	<b>15.95</b>
<b>BLACKENED SALMON FILLET</b>	coated in Mexican spices, with spicy fries, coleslaw & corn on the cob	<b>15.95</b>
<b>BENTLANDS BEEF CHILLI</b> 	hot beef chilli, with sour cream & grated cheese .....Rice, fries or half & half	<b>10.35</b>
<b>RED PEPPER &amp; AUBERGINE CHILLI</b>	A rich gluten free & vegan chilli, with sweet red peppers & aubergine, with subtle hints of smooth dark chocolate. Served with rice & chips.	<b>10.25</b>
<b>VEGAN PENANG CURRY</b>	An aromatic gluten free & vegan coconut sauce, with cauliflower, green beans, mange tout & peppers. Served with rice & chips.	<b>10.25</b>

## **STARTER**

<b>FALAFEL</b>	<b>£4.95</b>
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Delicately spiced Middle Eastern style, made with chickpeas & onion.  
Served with vegan sriracha chilli mayo.

## **MAINS**

<b>RED PEPPER &amp; AUBERGINE CHILLI</b>	<b>£10.25</b>
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A rich gluten free & vegan chilli, with sweet red peppers & aubergine,  
with subtle hints of smooth dark chocolate. Served with rice & chips.

<b>VEGAN PENANG CURRY</b>	<b>£10.25</b>
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An aromatic gluten free & vegan coconut sauce, with cauliflower,  
green beans, mange tout & peppers. Served with rice & chips.

<b>VEGAN MOROCCAN STYLE TOMATO &amp; CHICKPEA PIE</b>	<b>£8.45</b>
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Served with chips, peas & vegan gravy

<b>VEGAN POTATO &amp; CAULIFLOWER PIE</b>	<b>£8.45</b>
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Served with chips, peas & vegan gravy

## **TEX-MEX**

<b>DOS ENCHILADAS</b>	<b>£10.75</b>
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Two soft flour tortillas filled with spicy vegetables,  
topped with spicy enchilada sauce & vegan cheese.

<b>BURRITO</b>	<b>£10.25</b>
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A wrapped flour tortilla filled with spicy vegetables & vegan cheese,  
topped with guacamole & salsa.

<b>CHIMMICHANGA</b>	<b>£10.25</b>
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A wrapped deep fried flour tortilla filled with spicy vegetables & vegan cheese,  
topped with guacamole & salsa.

**ALL SERVED WITH SPICY FRIES & CORN ON THE COB**

<b>FAJITAS</b>	<b>For One £11.95</b>	<b>For Two £22.25</b>
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On a hot skillet, stir fried vegetables seasoned with fajita spices.  
Served with warm flour tortillas & pots of guacamole, salsa & vegan cheese.

# DESSERTS

## **RED VELVET CHEESECAKE**

served with cream

## **LEMON SHORTBREAD CHEESECAKE**

served with cream

## **LIME, MANGO & COCONUT CHEESECAKE**

served with cream

## **CHOCOLATE FUDGE CAKE**

served warm with cream

## **GOLDEN SYRUP SPONGE (GF)**

served with custard

## **TOBLERONE ALMOND CAKE**

served with cream

## **WAFFLES**

Choose an ice cream flavour & a sauce from the list below:

ICE CREAM: Vanilla Clotted Cream / Chocolate Orange / Salted Caramel / Strawberry / Mint Choc Chip / Raspberry  
Ripple

SAUCE: Chocolate..... Strawberry.....Salted Caramel

## **ICE CREAM 3 scoops, cream & a wafer**

choose from flavours above

**All desserts £5.95**

**Add a scoop of ice cream for £1**

SUBJECT TO AVAILABILITY

# **Kids**

## **“Build A Meal”**

### **£5.25**

#### **STEP 1 ... pick one**

**CHICKEN DIPPERS**

**FISH GOUJONS**

**SAUSAGES**

**SCAMPI**

**4oz BURGER**

**VEGETABLE NUGGETS (V)**

#### **STEP 2 ... choose one**

**½ JACKET POTATO**

**CHIPS**

**TORTILLAS**

**RICE**

#### **STEP 3 ... add one**

**PEAS**

**SPAGHETTI HOOPS**

**BEANS**

**SALAD**

**CORN ON THE COB**

#### **Desserts**

**VANILLA, CHOCOLATE & STRAWBERRY ICE CREAM POTS**

**£2.25**