

The Red Deer

Main Menu

Monday to Friday 12pm-3pm/5pm-9pm

Saturday 12pm-9pm

Almost all our food is made in house with the finest possible ingredients, supplied by local independent and family owned businesses. All of our meat products are supplied by John Crawshaws, with beef and pork raised and butchered in the Seven Hills. Fish products are supplied by William Howe and Sons. Fresh fruit and vegetables are supplied by All Seasons.

Snacks & Sharers

Patatas Bravas (v) Lightly fried new potatoes seasoned with smoked paprika. Served with chilli-lime mayo and sweet Cajun sauce. ^{1/3/6/10}	2.00
Bowl of Chips (vv) Served with Henderson's Relish ketchup. ^{9/10} Add gravy ^{1/6/9} , garlic mayo ³ or cheese. ⁷	1.50/2.50 .50
Kumara Fries (v) Served with garlic mayo. ³	1.75/3.50
Crispy Tofu Bites (vv) Fresh organic tofu tossed in sesame seeds, 5 spice and corn starch then deep fried until golden and crisp. Served with satay sauce. ^{5/6/8/11}	4.00
BBQ Cauliflower Wings (vv) Served with BBQ sauce and sesame seeds. ^{1/11}	4.00
BBQ Chicken Wings Served with BBQ sauce.	5.00
Beer-battered Halloumi (v) Cypriot halloumi encased in a lightly seasoned batter. Served with chilli-lime mayo and salad. ^{1/3/7}	5.00
Nachos Fried wheat tortillas topped with cheddar, guacamole, sour cream, spicy tomato salsa, jalapeños and either homemade five bean chilli (v) ^{1/7/12} or spicy chicken. ^{1/7/12} <i>Make it to share.</i>	7.00 10.00

Sandwiches

Cod Fish Fingers With baby gem lettuce and tartare sauce. ^{1/3/4/7/10}	5.00
Stilton & Mushroom (v) With crushed walnuts, honey and rocket. ^{1/7/8}	5.00
Chargrilled Cumberland Sausage With caramelised onions. ^{1/9}	5.50
Smoked Chicken & Fig Maple smoked chicken breast with sliced fresh figs, creamy goats cheese, rocket, and balsamic dressing. ^{1/7/12}	6.00
Tuna & Red Pepper Melt With red onion, emmental and cheddar. ^{1/3/4/7}	5.50
Vegan Breakfast Bun (vv) Grilled flat mushroom, vegan sausage, beef tomato, hash brown, spinach and caramelised onions. ¹	5.00
Full Breakfast Bun Fried egg, chargrilled bacon, sausage, beef tomato, black pudding and hash brown. ^{1/3/9}	6.00
Ham Hock & Honey Mustard Slow cooked ham hock with beef tomato, green leaves and tangy honey mustard sauce. ^{1/3/10}	5.50
Hummus & Tempeh (vv) Sticky balsamic mango jam glazed tempeh with cumin and garlic hummus and beef tomato. ^{1/6/12}	5.00

All of our dishes are prepared in an environment which contains traces of nuts and wheat. If you have any allergies or dietary requirements, please inform a member of our team when placing your order. We have numbered specific allergens in superscript to be used with the Allergen Key provided on the last page of this menu. Gluten free bread is available on request.

(v) = vegetarian (vv) = vegan

Salads

Falafel & Tzatziki (v) Crispy falafel served on a bed of green salad leaves, cucumber, red onion and cherry tomatoes, with tzatziki and Cajun dressing. ^{1/6/9/10/12}	7.00
Goats Cheese Salad (v) Grilled French goats cheese with a garlic and rosemary crouton, on a bed of green leaves, walnuts and grapes, with honey balsamic dressing. ^{7/8/10/12}	8.50
Greek Salad (v) Tomatoes, cucumber and feta cheese dressed with olive oil, oregano and lemon juice. ⁷	7.00
<i>Add chargrilled chicken.</i>	2.00

Mains

Cajun Falafel Wrap (v) Crispy falafel spiced in Cajun sauce and tzatziki, served with salad and chips. ^{1/6/9/10/12}	7.00
Southern Fried Tofu (vv) Chunks of organic tofu in a herb and spice-laden breadcrumb batter. Served with kumara fries, vegan slaw, blackened Cajun corn and Jack Daniel's BBQ sauce. ^{1/6/9}	10.00
BBQ Tempeh Pitta (vv) With chipotle mayonnaise, jalapeño salsa, chips and salad. ^{1/6/10}	8.00
Cumberland Sausage & Spring Onion Mash With caramelised onions, seasonal vegetables and red wine gravy. ^{1/6/9/10}	9.00
<i>Fry's Vegan Sausages (vv) ^{1/6/9} or Quorn sausages (v) ^{1/3/6/7/9} also available.</i>	
Beer-battered Coley & Chips With tartare sauce and garden peas. ^{1/3/4/10}	9.00
Greek Style Lamb Chops With rosemary potatoes and a cucumber, feta and tomato salad. ⁷	10.50
Ploughman's Pub classic with ham hock, pork pie, pickles, cheddar cheese, coleslaw, apple and whole grain bread. ^{1/3/7/10/12}	9.50
Jack Daniel's BBQ Ribs Braised short back beef ribs in a rich Jack Daniel's BBQ sauce. Served with blackened Cajun corn, coleslaw, kumara fries, salad and sour cream. ^{1/3/7/9/10}	12.00

Burgers

Vegan Burger (vv) Butternut squash, sweet potato, cashews and ginger. Baked and then fried. Served with chips and salad. ^{1/8/9}	8.00
Soz Beef Burger Seven Hills beef mince spiced with rosemary and mustard. Served with chips and coleslaw. ^{1/3/10}	9.50
Please allow 20 minutes for beef burgers to be freshly chargrilled.	
Chicken Burger Chicken breast marinated in ginger and garlic. With baby gem lettuce and Creole mayonnaise. Served with chips and coleslaw. ^{1/3/6/10}	9.50
<i>You can upgrade your chips to Kumara Fries for an additional</i>	.75

You can also add any of the following toppings to your burger for an additional 50p each:
Cheddar, Vegan Cheddar, Cheese of the Week, Stilton, Bacon, Chorizo, Caramelised Onions (vv), Flat Mushroom (vv), Guacamole (vv), Black Pudding, Jalapeños (vv).

Desserts

Cheesecake (v) See specials board for today's variety. ^{1/7}	4.50
Beetroot, Banana & Chocolate Brownie (vv) with fruit coulis and vegan ice cream. ^{1/6}	4.50
Chocolate Pot (vv) Served with homemade vegan honeycomb. ⁶	4.50

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