

# FOOD MENU

# TRADERS ARMS

## SMALL PLATES AND SHARERS

*Perfect as a starter or as a snack with a drink*

- HOMEMADE SOUP OF THE DAY v** £3.95  
served with a warm roll and butter
- WARM FALAFEL SALAD v** £4.95  
fresh tomato and cucumber and tzatziki dressing
- BLACK PUDDING FRITTERS** £4.75  
deep fried black pudding bites with mustard mayo
- GARLIC AND CHILLI KING PRAWNS** £5.95  
finished with fresh parsley and served with warm bread for dipping
- MUSHROOM AND STILTON PEPPER POT v** £5.95  
mushrooms baked with creamy Stilton sauce
- NACHOS v** £4.95  
topped with cheese, jalapenos, sour cream and guacamole  
Add homemade beef chilli £2.00
- CRISPY CHICKEN WINGS** £5.45  
in this week's marinade, please ask for the flavour
- HOMEMADE FLATBREAD v**  
finished with garlic and herb butter £3.45  
topped with melted mozzarella £3.95  
topped with spicy tomato sauce and melted mozzarella £4.45

## GRILLS

- 8oz SIRLOIN STEAK** £13.95  
cooked to your liking and served with chips, grilled tomato, mushroom and homemade onion rings
- 8oz RIBEYE STEAK** £13.95  
cooked to your liking and served with chips, grilled tomato, mushroom and homemade onion rings
- 10oz GAMMON STEAK** Small portion £6.45  
topped with a fried egg or pineapple ring and served with chips, mash or new potatoes and seasonal vegetables £11.45
- MIXED GRILL** £15.95  
A hearty plate of 6oz gammon steak, sausage, black pudding, 6oz sirloin steak, lamb cutlet and pork loin served with chips, tomatoes, mushrooms and onion rings
- Add a sauce to your grill for only £2.25  
Choose from: peppercorn, Stilton or mushroom

## PUB CLASSICS

*Our pub favourites, freshly cooked to order*

- BEER BATTERED FISH AND CHIPS** £11.45  
in our own Thwaites ale batter, served with mushy peas, homemade tartar sauce and a lemon wedge Small portion £6.45
- TRIO OF LOCALLY SOURCED SAUSAGES** £9.45  
on a bed of creamy mash and finished with rich onion gravy
- BREADED WHOLETAIL SCAMPI** £11.95  
served with chips, garden peas and dressed salad Small portion £6.95
- HOMEMADE CHEESE AND ONION PIE v** £8.95  
in crisp short crust pastry and served with chips, mash or new potatoes and seasonal vegetables Small portion £5.95
- HOMEMADE PLATE MEAT PIE** £8.95  
minced beef and onion in a rich gravy in crisp short crust pastry served with chips, mash or new potatoes and seasonal vegetables Small portion £5.95
- PASTA ARRABIATA v** £8.95  
penne pasta in a rich and spicy tomato sauce topped with shaved Parmesan Small portion £5.95  
Add chicken for £2.00
- LIVER AND ONIONS** £9.45  
pan fried liver served with rich gravy, mashed potatoes and seasonal vegetables
- PESTO PASTA v** £8.95  
penne pasta in green pesto sauce topped with shaved Parmesan Small portion £5.95  
Add chicken for £2.00
- CHICKEN IN A MUSHROOM OR PEPPERCORN SAUCE** £10.45  
pieces of chicken breast in your choice of mushroom or creamy peppercorn sauce served with chips and seasonal vegetables

## BURGERS

- THE TRADER'S HOMEMADE STEAK BURGER** £9.95  
served in a soft bun with tomato, onion rings, salad and chips  
Add cheese or bacon to your burger for only £1.00 each
- HOT AND SPICY CHICKEN BURGER** £9.95  
served in a soft bun with tomato, salad and chips
- SPICY VEGAN BURGER v** £9.95  
Oriental spiced burger with vegetables, coriander, sesame and chilli in a red lentil crumb served on a soft bun with tomato, salad and chips

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## SANDWICHES

*Served in fresh bread, a toasted ciabatta or a soft tortilla wrap with salad and chips*

HAM	£6.95
CHEESE AND PICKLE v	£6.45
HOT BEEF AND RED ONION MARMALADE	£7.45
PRAWN AND SMOKED SALMON	£7.45
BLT	£6.95
CLUB SANDWICH	£7.45
TUNA MAYO	£6.95
BEER BATTERED FISH FINGERS	£7.45
WARM FALAFEL AND TZATZIKI v	£6.95

## SALADS

*Our house mixed salad served with crusty bread*

HOT CHICKEN AND BACON	£9.45
PRAWN AND POACHED SALMON	£9.95
CAJUN CHICKEN	£9.45
QUINOA, BROCCOLI AND FETA v	£9.45

## SIDES

PORTION OF CHIPS	£2.95
HOMEMADE ONION RINGS v	£2.95
FRESHLY TOSSED SALAD v	£2.95
GRAVY BOAT	£1.50
CURLY FRIES v	£2.95
BREAD AND BUTTER v	£1.25

## SOMETHING FOR THE KIDS - £5.50

*All served with chips, curly fries or mash and garden peas or baked beans and a scoop of ice cream for dessert*

HOMEMADE CHICKEN NUGGETS

SAUSAGES

CHEESE AND TOMATO PIZZA v

HOMEMADE FISH GOUJONS

PASTA WITH TOMATO SAUCE v

PASTA WITH PESTO SAUCE v

All our food is freshly cooked to order so please bear with us at busy times

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[www.tradersarmsmellor.co.uk](http://www.tradersarmsmellor.co.uk) f @TradersArms

v denotes suitable for vegetarians. All weights are approximate before cooking. Some dishes may contain traces of nuts or nut derivatives. Dishes with fish may contain bones. The Traders Arms avoids the use of G.M. foods within their ingredients and so is confident that this menu is free from any genetically modified foods. All our products are subject to availability as our ingredients are locally sourced. Food Allergies & Intolerances: Please speak to our staff about the ingredients in your meal, when placing your order. Thank you.