



The Tickell Arms

GLUTEN FREE MENU

STARTERS

(Bread is complimentary – 2nd helpings £1.50)

Soup of the Day (vg) £6.50

Salmon Pastrami

*kohlrabi & samphire slaw, dill crème fraiche,
hen's egg £8.50*

Pressed Chicken & Apricot Terrine

*crisp breads, apricot chutney,
mixed leaves £8.00*

Salt & Pepper Squid

*shaved fennel, radish & spring onion salad, garlic
& herb mayonnaise £7.50*

Salad Bowl

*bulgur wheat, peas, radish, pickled red onion,
watercress, herbs, chick peas, tahini & lemon
dressing (vg) - Starter £7.50 / Main £12.00
add chicken breast £4.00, smoked salmon £4.00, halloumi £3.50*

SIDES

Mixed Salad
soft herb dressing

Steamed Fine Beans
olives, almonds

Charred Avocado
pickled red onion, capers

Bone Marrow Mash
Potato

Grilled Baby Gem
tahini, cured parmesan

Jersey Royals
garlic & herb butter

All £4.00

TO KICK OFF..

Root Vegetable
Crisps £3.50

Hummus
~~pitta~~, crudités £4.50

Marinated Mixed
Olives £3.50

Pork Crackling
apple sauce £4.00

MAINS

Jerk Tofu Skewer (vg)

*mixed bean salad, flat bread, pineapple salsa, popped
beans £13.50*

Fillet of Cod

*slow roast fennel, romesco sauce, chive oil,
sautéed jersey royals £18.00*

Pan Fried Sea Bass Fillet

*courgette & basil puree, flageolet beans, sun blushed
tomatoes & artichokes £17.00*

Roast Chicken Breast

*potato & herb terrine, smoked bacon, charred gem, broad
beans, soy cured parmesan £16.75*

9oz (255g) Sirloin Steak

*confit plum tomato, chips, mixed salad & a
choice of sauce £24.50*

Sauces - mushroom, red wine, garlic & herb butter

SAUSAGES



*Please see our boards for our
specialist Sausages.*

*All of our Sausages are gluten free and we only
use locally sourced meat. £13.50*



Doggy bags available



Reading glasses available



We're serious about allergies,
so please let us know if you or
anyone on your table has an
allergy.

LUNCH MENU

Menu available 12-2.30pm Mon - Fri
12-6pm Sat

Set Menu - 2 courses £16.00, 3 courses £22.00
Please choose any pudding or selection of two cheeses

Starters

Soup of the Day (vg)

Feta Cheese Filo Tartlet (v)

~~caramelised onions, tomatoes, capers & balsamic~~

Salt & Pepper Squid

shaved fennel salad, garlic & chervil mayo

Mains

Sausage & Mash

from the blackboards

Beef Burger

~~brioche bun, tomato, gherkin, gem, jalapeno beer cheese, fries, slaw~~

Egg Pappardelle (v,n)

~~courgettes, peas & basil, parmesan & hazelnut crumb~~

Pie of the Day

~~bone marrow & chervil mash, fine beans, roasted garlic, gravy~~

VEGETARIAN MEZZE BOARD (V)

mozzarella, marinated artichokes, stuffed sweet peppers, hummus, rocket, sundried tomatoes, ~~sourdough bread~~ £12.00

add cured meat selection £7.00
add whitebait & salmon pastrami £7.00

SANDWICHES

Spiced Beef Kofte

~~flatbread, tzatziki, rocket, pickled red onion, yoghurt, fries~~ £9.00

Fish Finger

~~ciabatta, tartare sauce, chips & leaves~~ £8.50

Buttermilk Chicken

~~ciabatta, garlic & herb mayonnaise, chips & leaves~~ £9.00

Jerk Tofu (v)

~~flatbread, avocado puree, chilli & lime, fries~~ £8.00

PUDDINGS

Sticky Toffee Pudding (v)

butterscotch sauce, vanilla ice cream £7.00

Elderflower & Raspberry Mousse (v, n)

~~meringue shards, toasted almonds, raspberries~~ £7.75

Chocolate Delice (vg,n)

mango gel, passionfruit & mango salsa, coconut brittle £7.75

Peanut Butter Parfait (n)

~~malteser cookie crumb, whipped yoghurt, pickled strawberries~~ £7.50

Criterion Ice Cream (v) & Sorbets (vg) (3 scoops)

ask for flavours £6.50

Affogato (v)

scoop of vanilla ice cream, espresso shot & ~~biscotti~~ £5.50
add Pedro Ximénez + £1.00 | Baileys + £2.00 | Amaretto + £2.00

Selection of British Cheeses (v)

3 Cheeses £10.00 / 4 Cheeses £12.00 Cambridge Blue, Godminster Cheddar, Driftwood Goat's, Sussex Brie.

Served with grapes, celery & ~~biscuits~~
(set lunch menu - 2 cheese selection)

PUDDING WINES

Muscat de Rivesaltes, Domaine Treloar
100ml £7.50 / Bt. £32.00 (500ml)

Côtes du Roussillon, France. A late harvested fortified sweet aperitif and/or dessert wine. Rich, honeyed palate.

Banyuls Traditionnel Robert Pages AOC VdN
100ml £9.50 / Bt. £62.50

90% Grenache Noir, 10% Grenache Gris. A traditional Banyuls-sweet, complex and marvellous. Served chilled.

Maury Rouge, Domaine des Soulanes, Maury AOC
100ml £9.00/ Bt. £59.50

From a single vineyard of old vine Grenache. This vintage port style is deeply fruited, well structured and extremely satisfying!
Only made in the best years.

COGNACS, ARMAGNACS & WHISKIES

VS Classic Cognac £4.20

VSOP Grande Champagne Cognac £5.50

VSOP Armagnac £4.00

Buffalo Trace Bourbon £4.00

Whiskies -

GlenDronach 8yr (Highland) £5.00

Auchentoshan (Lowland) £5.00

Benromach 10yr Speyside £5.00

Talisker Island £5.00





The Tickell ^{Arms}

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PUDDINGS

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butterscotch sauce, vanilla ice cream £7.00

Chocolate Delice (vg) (n) *

mango gel, passionfruit & mango salsa, coconut brittle £7.75

Peanut Butter Parfait (n) *

~~malteser cookie crumb~~, *whipped yoghurt, pickled strawberries £7.50*

Criterion Ice Cream (v) & Sorbets (vg) (3 scoops) *

ask for flavours £6.50

Affogato (v) *

scoop of vanilla ice cream, espresso shot & ~~biscotti~~ £5.50

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Selection of British Cheeses (v) *

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Driftwood Goat's, Sussex Brie. Served with grapes, celery & ~~biscuits~~

(set lunch includes 2 cheeses).

DIGESTIVES & LIQUEURS

Baileys (50ml) £4.00

Amaretto (35ml) £4.20

Jerez Xérès Sherry Pedro

Ximénez (70ml) £4.50

Warre's LBV Port

2012 (70ml) £5.00

Calvados (35ml) £4.50

Cointreau £3.20

Kahlua £3.20

COGNACS, ARMAGNACS & WHISKIES

Maxime Trijol Cognac:

VS Classic £4.20

VSOP Grande Champagne £5.50

Château de Laubade

Armagnac: VSOP Armagnac £4.00

Whiskies: GlenDronach 8yr

(Highland) £5.00

Auchentoshan (Lowland) £5.00

Benromach 10yr Speyside £5.00

Talisker Island £5.00

Bourbon: Buffalo Trace £4.00

PUDDING WINES

Muscat de Rivesaltes, Domaine Treloar

100ml 7.50 / Bt. 32.00 (500ml)

Côtes du Roussillon, France. A late harvested fortified sweet aperitif and/or dessert wine. Rich, honeyed palate.

Banyuls Traditionnel Robert Pages AOC VdN

100ml 9.50 / Bt. 62.50

90% Grenache Noir, 10% Grenache Gris. A traditional Banyuls - sweet, complex and marvellous. Served chilled.

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100ml 9.00/ Bt. 59.50

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