

Children's

We welcome children of all ages and have high chairs available

- C1 **Suffolk Sausages, Peas & Handcut Chunky Chips** £5.50
- C2 **Chicken Goujons, Peas & Handcut Chunky Chips** £5.50 V*
- C3V **Risotto**
Mixed vegetable risotto with a salad top £6.90
- C4 **Spaghetti Bolognese**
Spaghetti and a homemade beef bolognese sauce £6.90
- C5 **Bacon Egg Fried Rice**
Mixed vegetables with bacon and egg fried rice £6.90 V*

Chefs Note

Here at The Three Cooks we only like to use the freshest seasonal ingredients available, sourced locally, throughout our menu.

All products may contain nuts as dishes with nuts are prepared in our kitchen.

For further allergy information please ask a member of staff.

Special Dietary Requirements Vegetarian, Vegan, Gluten free, Wheat free, Dairy free please inform us of any special requirements and we can change or substitute items on the main menu as required.

Sides

- S1V **Garlic bread** £3.40
- S2V **Bowl of handmade chunky chips** £3.40
- S3V **Bowl of beer battered onion rings** £3.40
- S4V **Bowl of mixed leaf salad with a seasonal dressing** £3.40
- S5 **Beer battered calamari rings with a lemon herb mayo dip** £4.90

Starters

- A1V **Homemade vegetable soup of the day with a crusty roll & butter** £4.50 (V)
- A2V **Homemade vegetarian spring rolls with a sweet chilli sauce dip** £4.90 (V)
- A3 **Homemade pork spring rolls with a sweet chilli sauce dip** £4.90
- A4 **Chicken satay with a homemade peanut sauce dip** £4.90 V*
- A5 **Homemade fishcake served with salad and lemon herb dressing** £5.50
- A6 **Asian style BBQ pork in garlic & ginger sauce with salad leaf** £5.50 V*
- A7 **Seafood Tom Yam soup** £5.90 V*
- A8 **Mini steak & salad in a red wine garlic butter sauce** £5.90 V*

Traditional Mains

- M1V **Mediterranean Risotto**
Risotto with mixed peppers, sun dried tomatoes & spinach in white wine, topped with salad leaf & parmesan £11.90
- M2V **Veggie Burger**
A homemade vegetarian burger with a generous thick hand cut slice of mature cheddar cheese, a free range egg, salad & The Three Cooks burger sauce with hand cut chunky chips & onion rings £11.90
- M3 **Awesome Homemade Burger**
A beautiful beef burger to our chefs recipe with a generous thick hand cut slice of mature cheddar cheese, bacon, salad & The Three Cooks burger sauce with chunky chips & beer battered onion rings £13.90
- M4 **Pan Fried Chicken**
Chicken breast with sauté new potatoes, green vegetables finished with a creamy wild mushroom sauce £13.90
- M5 **Slow Roast Pork Belly**
Slow roast pork belly with creamy mash and freshly steamed vegetables finished with an apple cider jus £14.90
- M6 **Pan Fried Fish**
Fish of the day with king prawns, sauté new potatoes, tomatoes, green beans finished with a garlic herb white wine butter sauce £14.90
- M7 **Oven Baked Lamb**
*Oven baked lamb in a garlic, herb, tomato & vegetable sauce served with garlic bread and salad leaf £14.90 V**
- M8 **Duck Leg Confit**
Boneless duck leg confit served with creamy mash potato & green cabbage finished with an orange & honey jus £14.90

Oriental Delights

Chopsticks available on request

- O1V **Teriyaki Vegetables**
*Pan fried oriental vegetables Japanese style with rice wine, soy sauce and ginger served with steamed Jasmine rice £11.90 V**
- O2 **Cambodian Breakfast**
*Cambodian style BBQ pork marinated in ginger, garlic, soy & oyster sauce with stir fried vegetables and jasmine steamed rice £13.90 V**
- O3 **Green Curry Cambodian Style**
*Green curry with chicken, coconut cream & vegetables, served with steamed Jasmine rice £13.90 V**
- O4 **Red Beef Curry**
*Creamy red beef curry with vegetables & steamed Jasmine rice £13.90 V**
- O5 **Cambodian Style Pork Belly Noodles**
*Slow roasted pork belly, oriental vegetables & egg noodles £13.90 V**
- O6 **Chan's Special Rice Noodles** *Please say how spicy you would like it.*
*Generous portion of king prawns and Chans secret sauce, with mixed vegetables & rice noodles £13.90 V**
- O7 **Traditional Cambodian Fish Amok**
*Fish Amok with vegetables in tamarind, lemon grass, lime leaf, turmeric and coconut milk served with steamed jasmine rice £14.90 V**
- O8 **The Three Cooks House Special Stir Fry**
Stir fried egg noodles with king prawns, slow roasted pork belly, strips of spicy beef, and chicken fillet cuts, oriental vegetables £15.90

V = Vegetarian option with tofu available*

On all the above dishes the noodles can be changed for egg or rice noodles

Sizzlers

- Q1V **Mixed Veggie Grill**
Aubergine, courgettes, mushrooms, peppers, onions, tofu steak and tomatoes with a cheese herb butter sauce served with hand cut chunky chips & beer battered onion rings £12.90
- Q2 **Asian Style Spicy Hot Rump Steak**
A sizzling 10oz. rump steak drizzled in sesame oil, chillies and herbs with mixed vegetables, served with steamed Jasmine rice £14.90
- Q3 **Rump Steak**
A sizzling 10oz. rump steak with a garlic red wine butter sauce served with hand cut chunky chips, beer battered onion rings, sauté mushrooms & tomatoes £15.90
- Q4 **Giant Rump Steak**
A man sized 16oz. rump steak with a garlic red wine butter sauce served with hand cut chunky chips, beer battered onion rings, sauté mushrooms & tomatoes £19.90
- Q5 **Mixed Meat Grill**
Rump steak, chicken breast, marinaded sweet sticky pork ribs and a sausage with a garlic red wine butter sauce served with hand cut chunky chips, onion rings, sauté mushrooms & tomatoes £23.90
- Q6 **Seafood Mixed Grill**
Fillet of fish of the day, king prawns, calamari and giant mussels with a garlic cream herb white wine butter sauce served with hand cut chunky chips, beer battered onion rings, sauté mushrooms & tomatoes £23.90

On all the above dishes the sauces can be changed to pepper corn sauce. The handmade chips and beer battered onion rings are changeable for bread, rice or salad. At no extra charge.

Steak Notes

All steaks cut in house by chef ensuring fresh & generous cuts. All steaks are cooked how you like.

Desserts

Please see the Desserts chalkboard ...

- D1 **Special Desserts**
Please see the Desserts chalkboard, all £4.95
- DC **Cambodian Coconut Rice Pudding**
*Chan's childhood favourite just as her mother made, Cambodian style
creamy coconut rice pudding with a mixed fruit compote £4.95*
- DV **Homemade Vanilla Ice Cream**
*Homemade vanilla ice cream made with plenty of cream and
whole vanilla pods £4.95 Childs size £3.95*

Chefs Note

These last two desserts will always be on offer. All desserts are home made and thus limited in number.

I also change the special desserts regularly so try them ASAP before I change them again!

Indulge yourself with Something Different...

- IC **Real Irish Coffee**
*An O'Neill favourite; black coffee with brown sugar, a double measure of
real Irish whisky & a large whipped fresh double cream top £6.95*
- CB **Cheese Board**
*Selection of fine cheese, crackers & a large measure of Port.
Ideally for one but guess you could share..... £9.95*

Sunday Roast Menu

Served noon to 3pm

&

6pm to 9pm

BOOKING is ADVISABLE

Sunday Dinner

*A beautiful roast from a choice of Sirloin Beef or Chicken Breast served with a chipolata sausage, a giant Yorkshire pudding, roast potatoes, seasonal steamed vegetables & topped with Chefs secret recipe gravy only £9.95 V**

Smaller appetites under 12's only £7.95 (request SMALL when ordering)

Would you like more veg, roasties, gravy or an extra Yorkie?

No extra charge, Please just ask.

Please see the

DESSERTS CHALKBOARD

All home made desserts just £4.95