

THE HURT ARMS

Main Menu



STARTERS

SMALL PLATES FULL OF FLAVOUR

- **MAPLE BOURBON CHICKEN LOLLIPOPS** • 8.00
crispy chicken lollipops, maple-bourbon glaze, pickled slaw and ranch dip
- **WILD MUSHROOM ARANCINI** • 8.25
crispy wild mushroom arancini, parmesan, rocket and truffle mayonnaise • **V**
- **PULLED BEEF & CHEDDAR CROQUETTES** • 8.75
slow-cooked beef and mature cheddar croquettes, caramelised-onion mayonnaise, crispy onions and dressed leaves
- **CRISPY BRIE WEDGES** • 8.25
breaded brie, apple chutney, dressed leaves and candied walnuts • **V**
- **STICKY PORK BELLY** • 8.75
crispy pork belly, sticky glaze, sesame seeds and spring onions
- **MADE FOR SHARING, SNACKING AND SETTLING IN**
- **CHORIZO SCOTCH EGG** • 8.50
soft-centred chorizo Scotch egg, paprika mayonnaise and tomato relish
- **SOUP OF THE DAY** • 7.25
freshly made seasonal soup served with a warm miniature loaf • **VEO GFO**
- **ALL OUR SMALL PLATES ARE PERFECT TO SHARE OR START YOUR MEAL WITH A BANG**

GRAZING BOARDS

- THE HARVEST BOARD**
wild mushroom arancini, crispy brie wedges, roasted vegetables, house hummus, apple chutney and warm flatbread • **V**
22.95
VEGGIE FRIENDLY OPTION
- THE HURT SHARER**
bourbon chicken lollipops, sticky pork belly, beef & cheddar croquettes, wild mushroom arancini, brie wedges, warm bread & dipping sauce
25.95
FOR TWO - FOUR PEOPLE
- THE DOUGHY GRAZING BOARD**
one of our sourdough pizzas, chicken lollipops, halloumi fries, doughballs, truffle fries, garlic mayo and BBQ dip
34.95
***£1 SUPPLEMENT OF SELECT PIZZAS**

SANDWICHES

SERVED 12PM UNTIL 5PM

SERVED WITH DRESSED LEAVES AND FRIES

- **OPEN STEAK SANDWICH** • 15.95
char-grilled steak with caramelised onions & peppercorn mayo on toasted sourdough
- **CRISPY FISH SANDWICH** • 13.95
beer-battered fish, baby gem lettuce & homemade tartare sauce in a toasted brioche bun
- **OPEN HALLOUMI & ROASTED VEGETABLES SANDWICH** • 13.50
grilled halloumi, roasted vegetables, rocket and pesto mayonnaise on toasted sourdough • **V**
- **CRISPY CHICKEN CLUB** • 14.50
crispy chicken, smoked bacon, lettuce, tomato, mature cheddar and ranch dressing in a toasted brioche bun
- **PULLED BEEF MELT** • 14.50
slow-cooked pulled beef, mature cheddar and BBQ onions in brioche

ALLERGEN & DIETARY INFORMATION

Please inform a member of our team of any allergies or dietary requirements before ordering.

While we take every care in preparing your food, we cannot guarantee that dishes are free from allergens due to the risk of cross-contamination in our kitchen.

Full allergen information is always available on request.

GF - GLUTEN FREE | GFO - GLUTEN FREE OPTION
V - VEGETARIAN | VE - VEGAN | VEO - VEGAN OPTION

TURN OVER TO DISCOVER OUR MAINS, SOURDOUGH PIZZAS AND MORE....

MAINS & GRILLS

HEARTY, HOMELY AND MADE FOR REAL APPETITES - PUB CLASSICS DONE THE HURT ARMS WAY

- **BEER BATTERED FISH & CHIPS** • 17.95
beer-battered fish, chunky chips, crushed peas and homemade tartare sauce
- **HURT SMASH BURGER** • 17.50
two smashed beef patties, mature cheddar, caramelised onions and burger sauce, served in a brioche bun with fries and slaw

ADD SMOKED BACON • 1.50
- **CHARGRILLED RUMP STEAK** • 23.95
chargrilled rump steak, parmesan fries and tenderstem broccoli • GF

ADD PEPPERCORN SAUCE OR GARLIC BUTTER • 2.50
- **TERIYAKI PORK BOWL** • 18.50
chargrilled pork ribeye glazed with teriyaki sauce, served with tenderstem broccoli and sesame rice.
- **CHARGRILLED LAMB RUMP** • 23.95
with mini cheddar-topped shepherd's pie, roasted carrots, seasonal greens and rosemary gravy • GF
- **WHOLE BEEF & ALE PIE** • 17.95
shortcrust pastry pie with chunky chips or creamy mash, seasonal vegetables and rich gravy
- **WILD MUSHROOM PIE** • 16.95
whole wild mushroom pie served with chunky chips or creamy mash, seasonal vegetables and rich gravy • VEO GFO
- **ROASTED SQUASH CURRY** • 16.50
roasted squash & seasonal veg in an aromatic curry sauce, with rice and warm flat bread • GFO + VE

THE HURT ARMS WINTER SALADS

- **STEAK HOUSE SALAD** • 16.90
chargrilled steak, seasonal leaves, roasted vegetables, tomatoes, crispy potatoes and hot-honey dressing • GF
- **HOT HONEY HALLOUMI SALAD** • 14.95
grilled halloumi, roasted vegetables, seasonal leaves, tomatoes, crispy potatoes and hot honey dressing • GF + V

RUSTIC HAND-ROLLED PIZZAS

HAND-STRETCHED SOURDOUGH BASE, STONE BAKED - MADE TO SHARE OR NOT

- **CLASSIC MARGHERITA** • 13.50
San Marzano tomato base, torn mozzarella, basil oil and sea salt • VEO V
- **VEG PATCH** • 14.50
tomato base, mozzarella and roasted seasonal vegetables • VEO V
- **MEAT MARKET** • 15.95
tomato, mozzarella, and a selection of cured and cooked meats.
- **BBQ BURNT ENDS** • 16.50
BBQ base, mozzarella, slow-cooked beef burnt ends and crispy onions
- **HURT HOT ONE** • 16.50
tomato, mozzarella, spicy meats, chillies and hot honey
- **CHICKEN PARMA** • 16.50
tomato, mozzarella, crispy chicken, parmesan and garlic mayonnaise.
- **TRUFFLESHROOM** • 15.50
garlic base, mozzarella, wild mushrooms, parmesan, rocket & truffle oil • V
- ALL ABOUT THE BASE

OUR HAND STRETCHED, STONE BAKED SOURDOUGH BASES ARE LIGHTER AND MORE DIGESTIBLE

ADD A DIP...YOU'LL THANK US LATER

- CHILLI OIL** • 1.00
heat with a kick
- GARLIC BUTTER** • 1.00
rich, golden, classic
- HONEY DRIZZLE** • 1.00
sweet with a twist

SNAP & SHARE

LOVE YOUR DISH? SHARE YOUR FOODIE SNAPS AND DON'T FORGET TO TAG US!

SIDES

THE PERFECT SIDEKICK

- **GARLIC FLATBREAD** • 5.50
stone baked flat bread with garlic butter • V
- **TENDERSTEM BROCCOLI** • 4.50
with garlic, chilli & olive oil • GF + VE
- **BEER BATTERED ONION RINGS** • 4.50
crispy onion rings with garlic aioli
- **PARMESAN & TRUFFLE FRIES** • 5.50
skinny fries tossed with parmesan and truffle oil • GF + V
- **CHUNKY CHIPS** • 4.50
classic pub chips with sea salt • GF + VE

GREAT WITH FISH, STEAK AND PIES
- **PICKLED SLAW** • 4.00
cabbage & carrot slaw • GFO + VEO
- **CREAMY MASH & GRAVY** • 4.50
portion of creamy mash with rich gravy • V
- **MIXED LEAF SIDE SALAD** • 4.00
cherry tomatoes, cucumber, balsamic dressing • GF + VE

DESSERTS

SWEET FINISHES WORTH SAVING ROOM FOR...FULL OF NOSTALGIA

- **WARM APPLE CRUMBLE TART** • 8.50
warm custard & spiced apple compote • V
- **VANILLA PANNA COTTA** • 8.25
shortbread crumble & raspberry sauce • V
- **CHOCOLATE BRONUT** • 8.95
warm chocolate bronut, white chocolate sauce and popcorn ice cream • V GFO

WHAT IS A BRONUT...
A DELICIOUS CROSS BETWEEN A BROWNIE AND A DOUGHNUT. RICH, FUDGY, IRRESISTIBLY INDULGENT
- **BAKEWELL TART** • 8.50
warm Bakewell tart, blackberry and clotted cream ice cream and raspberry compote • V
- **CARAMEL SLAB CAKE** • 8.50
warm caramel cake with caramel ice cream and toffee sauce • V
- LEMON DRIZZLE** • 8.25
lemon drizzle cake, lemon ice cream, whipped cream and candied lemon peel • V
- CHOCOLATE BROWNIE** • 8.25
chocolate brownie, plant-based vanilla ice cream and chocolate sauce • VE

DAIRY FREE