



STARTERS

SMALL PLATES FULL OF FLAVOUR



LAMB KOFTAS, MINT YOGHURT • 8.00 & FLAT BREAD

char-grilled spiced lamb served with cooling mint yogurt and warm flat bread • **GFO**



SMOKED HADDOCK FISHCAKE • 8.00

served with salad and lemon mayonnaise



STICKY PORK BELLY • 8.00

honey soy glaze, sesame seeds and spring onions • **GF**



CHAR-GRILLED HALLOUMI • 7.00 & HONEY-CHILLI DRIZZLE

grilled halloumi topped with our signature honey-chilli glaze • **GF + VE**

SALTY • SWEET • PERFECT



SOUP OF THE DAY • 6.50

served with mini loaf and butter • **GFO + VE**



PADRON PEPPERS • 6.00

smoked paprika salt and roasted garlic aioli • **GF + VEO**



CRISPY CAULIFLOWER BITES • 6.50 CHILLI & MAPLE GLAZE

lightly battered cauliflower florets in a sticky chilli- maple glaze with sesame seeds • **GF + VE**

CRISP • SWEET • SPICY



CRISPY BUTTERMILK CHICKEN • 7.50

coleslaw, spicy mayo

MADE FOR SHARING, SNACKING AND SETTLING IN
ALL OUR SMALL PLATES ARE PERFECT TO SHARE OR
START YOUR MEAL WITH A BANG

GRAZING BOARDS

MEDITERRANEAN GRAZING BOARD

charred halloumi with honey-chilli, padron peppers, bread & dips, whipped ricotta, olives & roasted peppers • **GFO + V**

26.00

VEGGIE FRIENDLY OPTION

THE HURT ARMS SHARER BOARD

sticky pork belly, lamb koftas, crispy buttermilk chicken, halloumi fries, crispy cauliflower bites, flat bread & dips

34.00

FOR TWO - FOUR PEOPLE

THE DOUGHY GRAZING BOARD

full size pizza of your choice, crispy buttermilk chicken, crispy cauliflower bites, cheesy dough balls, parmesan & truffle fries

34.00

TURN OVER FOR PIZZA OPTIONS

SANDWICHES

SERVED 12PM UNTIL 5PM



OPEN STEAK SANDWICH • 11.00

char-grilled rump steak with caramelised onions & peppercorn mayo on toasted bloomer • **GFO**



HALLOUMI & ROASTED • 9.00 RED PEPPER

grilled halloumi and roasted vegetables with pesto mayo in toasted focaccia • **GFO**



PULLED BEEF & CHEDDAR MELT • 10.00

brisket slow-cooked, melted cheddar and BBQ onions in brioche • **GFO**



CRISPY FISH • 9.50

crispy battered fish goujons, tartare sauce and baby gem lettuce in toasted brioche bun • **GFO**



CRISPY CHICKEN • 10.00 & BACON CLUB

buttermilk fried chicken, bacon, lettuce, tomato, cheddar and ranch-style sauce

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.

TURN OVER TO DISCOVER OUR MAINS, SOUR-DOUGH PIZZAS AND MORE....

MAINS & GRILLS

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

- **BEER BATTERED FISH & CHIPS** • 16.50
crispy, golden batter, chunky chips, crushed peas and tartare sauce
- **CAJUN CHICKEN & RICE BOWL** • 16.00
chargrilled chicken breast over spiced rice, roasted vegetables and lime dressing • **GF**
- **HURT ARMS SMASH BURGER** • 16.50
double beef, melted cheddar, caramelised onions, house burger sauce, fries and slaw, toasted seeded brioche bun • **GFO**
- **DERBYSHIRE STEAK & ALE PIE** • 17.00
served with chips or mash and seasonal vegetables
- **CHARGRILLED 8oz RUMP STEAK** • 22.00
served with truffle & parmesan fries, chilli & garlic tenderstem broccoli • **GF**
- **MUSHROOM BOURGUIGNON PIE** • 15.00
mixed sautéed mushrooms, silver skin onions and carrots in a smoky red wine sauce and shortcrust pastry with chips or mash & seasonal veg • **GF + VE**

SALADS

- **TERIYAKI PORK RIBEYE BOWL** • 16.00
sticky teriyaki glaze, broccoli, sesame rice
- **STEAK HOUSE SALAD** • 16.50
sliced rump steak, mixed leaves, roasted vine tomatoes, red onion, blue cheese, crispy onions & balsamic glaze • **GF**
- **PULLED BEEF BRISKET MAC & CHEESE**
baked with smoked cheddar and topped with crispy onions and BBQ drizzle
- **HOT HONEY HALLOUMI SALAD** • 15.00
crispy fried halloumi, mixed leaves, cherry tomatoes, cucumber ribbons, pickled red onion & hot honey drizzle • **GF + V**
- **BUTTERNUT SQUASH, SPINACH & CHICKPEA CURRY**
coconut-based sauce, rice & flat bread • **GFO + VEO**

RUSTIC HAND-ROLLED PIZZAS

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

- **THE CLASSIC MARGHERITA** • 11.00
San Marzano tomato base, torn mozzarella, basil oil and sea salt • **GFO + VEO**
- **THE VEG PATCH** • 12.00
tomato base, roasted peppers, courgette, red onion and olives • **GFO + VEO**
- **THE MEAT MARKET** • 15.00
pepperoni, chipotle sausage, pulled beef, mozzarella and BBQ drizzle
- **THE BBQ BURNT ENDS** • 14.00
beef brisket, BBQ glaze, red onion, mozzarella and ranch swirl • **GFO**
- **THE HURT ARMS HOT ONE** • 14.00
spicy nduja, jalapeños, red onion, mozzarella and honey-chilli drizzle • **GFO**
- **THE CHICKEN PARMA** • 14.00
crispy chicken bites, tomato base, mozzarella, shaved parmesan & basil drizzle
- **THE TRUFFLE SHROOM** • 13.00
garlic butter base, mushrooms, truffle oil, mozzarella and rocket • **GFO + VEO**
- **THE HONEY HEAT** • 13.00
tomato base, mozzarella, charred peppers, whipped ricotta ,chilli honey drizzle • **GFO + VEO**

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

- **BBQ BUTTERMILK CHICKEN** • 15.00
BBQ base, buttermilk chicken, smoked bacon, mozzarella and red onion
- **CHILLI OIL** • 1.00
heat with a kick
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ALL ABOUT THE BASE
OUR HAND STRETCHED, STONE BAKED SOURDOUGH BASES ARE LIGHTER AND MORE DIGESTIBLE
- **GARLIC BUTTER** • 1.00
rich, golden, classic
- **HONEY DRIZZLE** • 1.00
sweet with a twist

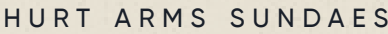
SIDES

THE PERFECT SIDEKICK

- **GARLIC FLATBREAD** • 4.50
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 • **GF + VEO**
- **PARMESAN & TRUFFLE FRIES** • 5.00
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
- **HOUSE SLAW** • 4.00
cabbage & carrot slaw • **GF**
- **MAC & CHEESE SIDE** • 4.50
small portion of smoked cheddar mac
- **MIXED LEAF SIDE SALAD** • 4.00
cherry tomatoes, cucumber, balsamic dressing • **GF + VE**

DESSERTS

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

- **CARAMEL APPLE CRUMBLE** • 8.00
with custard & fruit compote • **V**
- **WHITE CHOCOLATE & RASPBERRY PANNA COTTA** • 8.00
with shortbread crumble, raspberry drizzle • **V**
- **CHOCOLATE BRONUT** • 8.00
with white chocolate & popcorn ice cream • **V**
- **HURT ARMS SUNDAES**
- **LEMON DRIZZLE CAKE** • 8.00
lemon gelato, chunks of lemon drizzle cake, syrup, whipped cream, candied lemon peel • **V**
- **BAKEWELL TART** • 8.00
with blackcurrant & clotted cream ice cream and raspberry compote • **V**
- **CHOCOLATE & SALTED CARAMEL SLAB** • 8.00
layer upon layer sponge, chocolate fudge, caramel icing, salted caramel ice cream, warm toffee sauce • **V**
- **STICKY TOFFEE PUDDING** • 8.00
warm sponge pudding with vanilla ice cream & warm toffee sauce • **GF + VE**
- **SALTED CARAMEL BROWNIE** • 8.00
caramel brownie, Madagascan bourbon vanilla ice cream, chocolate & caramel sauce • **GF + VE**
DAIRY FREE



FIND THE LOCAL LEGENDS

CAN YOU SPOT ALL THE HIDDEN PUBS

H	Q	W	E	R	T	Y	U	I	O	P	A	S	D
O	A	M	B	E	R	G	A	T	E	G	H	J	K
R	S	D	F	G	H	J	M	L	Z	X	C	V	B
S	E	W	E	S	S	I	N	G	T	O	N	M	Q
E	D	F	G	H	J	K	L	P	O	I	U	Y	T
X	C	A	N	A	L	I	N	N	A	S	D	F	G
Z	X	C	V	B	N	M	O	O	R	W	O	O	D
Q	W	R	E	Y	T	U	I	O	P	A	S	D	F
B	U	L	L	B	R	I	D	G	E	I	Z	X	C
N	M	Q	Y	T	R	W	E	U	I	P	A	S	O
F	G	H	H	U	R	T	A	R	M	S	L	X	Z
A	S	D	F	G	H	Y	U	W	E	A	Y	Y	I
B	V	C	X	Z	T	R	A	H	E	T	I	H	W
J	J	O	C	K	E	Y	Y	U	I	W	E	R	T

FIND THE FOLLOWING WORDS

HURT ARMS • AMBERGATE • MOORWOOD • HORSE • JOCKEY •
WESSINGTON • WHITE HART • CANAL INN • BULLBRIDGE

Kids Menu

FOR OUR YOUNGER GUESTS • SIMPLE FAVOURITES MADE WITH QUALITY INGREDIENTS

STARTERS

CHEESY GARLIC DOUGH BALLS • 3.50
warm dough balls brushed with garlic butter
served with tomato dip • **GFO**

SOUP OF THE DAY & BREAD • 3.50
ask the team for todays homemade soup
served with warm bread • **V**

CRISPY CHICKEN BITES • 3.50
golden chicken strips with
BBQ or ketchup

MAINS

MINI FISH & FRIES • 8.00
battered fish goujons, fries & garden peas

CLASSIC MAC & CHEESE • 8.00
creamy cheddar macaroni with garlic bread • **V**

MINI CHEESEBURGER • 8.00
beef patty, melted cheese, brioche bun, fries & ketchup

MARGHERITA PIZZA • 8.00
tomato,mozzarella & basil oil • **V**

GRILLED CHICKEN & RICE BOWL • 8.00
chicken breast, rice & seasonal vegetables • **GF**

SAUSAGE & MASH • 8.00
pork sausage, creamy mash and gravy

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DESSERTS

CHOCOLATE BROWNIE • 3.50
warm chocolate brownie with vanilla ice cream

MINI ICE CREAM SUNDAE • 3.50
vanilla ice cream with chocolate sauce & sprinkles

STICKY TOFFEE PUDDING • 3.50
soft sponge, toffee sauce & vanilla ice cream

TWO SCOOPS OF ICE CREAM • 3.50
choose from vanilla, chocolate or strawberry