



No. 29 BAR AND KITCHEN

Bar Menu

Served 12-9.30pm (Monday-Saturday)

TO START/TO SHARE

- SOUP OF THE DAY** £3.95
Homemade and hearty with ciabatta
- BREAD BASKET** £3.95
A warm assortment of freshly baked bread with butter, olive oil and balsamic vinegar, black olives
- THE KENSINGTON PRAWN COCKTAIL** £5.95
North Atlantic prawns in Marie Rose sauce, served with mixed salad, chunky seeded bread and butter
- BREADED WHITEBAIT** £5.45
with rocket, chunky tartare sauce, lemon wedge and seeded bread
- WHOLE BAKED CAMEMBERT** £5.95
with rosemary oil, red onion chutney, ciabatta bread perfect for dipping
- CHICKEN GOUJONS** £5.25
Our own lightly battered Norfolk chicken breast with freshly mixed salad and barbecue dip
- THE KENSINGTON PLATTER** £9.95
Lightly spiced chicken wings, beer battered onion rings, garlic ciabatta, breaded mushrooms, sweet chilli dip and garlic mayonnaise

SALADS

- CHICKEN CAESAR SALAD** £10.95
Grilled strips of chicken breast, baby gem, garlic croutons, flaked parmesan and ciabatta
- PLOUGHMANS** £9.95
Mature cheddar cheese, carved gammon ham, pickled onions, sweet pickle, freshly mixed salad, ciabatta
- 'STEAK AND CHIPS' SALAD** £16.95
Freshly mixed salad with strips of griddled 8 oz rib eye steak, homemade coleslaw, hand cut chips and balsamic dressing

FROM THE GRILL

STEAKS

Our steaks are matured for 21 days then cooked just the way you like them.

- 8oz RIB EYE STEAK** £16.95
hand cut chips, grilled tomato, garden peas, portabello mushroom
- 8oz SIRLOIN STEAK** £16.95
hand cut chips, grilled tomato, garden peas, portabello mushroom

BURGERS

8oz beef burger, toasted bun, mixed salad, fries and homemade coleslaw

- PLAIN BURGER** £8.95
8oz burger just plain and simple
Why not add cheese? £1.00
- SEA AND LAND** £10.95
8oz burger with North Atlantic prawns and Marie Rose sauce
- BARBECUE CHEESE AND BACON** £9.95
8oz burger with smoky barbecue sauce, grilled back bacon and melted cheese
- BARBECUE PULLED PORK** £9.95
8oz burger topped with barbecue pulled pork
- BLACK AND BLUE** £9.95
8oz burger with large flat mushroom and melted stilton



- GOURMET CHICKEN BURGER** £9.95
Griddled butterflied chicken breast served with back bacon, melted cheddar
- BANGKOK BAD BOY BURGER** £9.95
A lightly spiced vegan burger with minted yogurt
- MUSHROOM BURGER** £8.95
Large flat mushroom, melted cheese with a blue cheese dressing

THE MAIN EVENT

HAM, EGG AND CHIPS £9.95

Home baked carved gammon ham, two free range fried eggs, hand cut chips and garden peas

THE KENSINGTON FISH AND CHIPS £11.95

Large cod fillet in crispy beer batter, garden or mushy peas, hand cut chips and chunky tartare sauce dip

SLOW COOKED LAMB SHANK £12.95

with a rosemary and mint gravy, mashed potato and garden peas

TEXAS BARBECUE CHICKEN MELT £9.95

Butterflied Norfolk chicken breast in a smoky barbecue sauce topped with back bacon and melted cheese with freshly mixed salad, homemade coleslaw and fries

BARBECUE PORK RIBS £11.95

Full rack of barbecue ribs, fries, mixed salad and homemade coleslaw

BEEF LASAGNE £8.95

Homemade beef lasagne served with garlic ciabatta and mixed salad

CURRY OF THE DAY £9.95

steamed basmati rice or handcut chips (or 1/2 & 1/2), naan bread and mango chutney

BREADED WHOLETAIL SCAMPI £11.95

served with hand cut chips, freshly mixed salad, chunky tartare sauce and lemon wedge

JACKET POTATO

MATURE CHEDDAR AND BEANS £5.95

MATURE CHEDDAR AND BACON £6.95

PRAWNS AND MARIE ROSE SAUCE £7.95

TUNA MAYONNAISE £6.95

CHILLI £7.95

All served with freshly mixed salad

TOASTED PANINIS

HOME BAKED GAMMON AND £6.95

MATURE CHEDDAR MELT

SUN DRIED TOMATO, £5.95

MOZARELLA, CHEDDAR AND

PESTO MELT

BACON AND STILTON MELT £6.95

All served with freshly mixed salad, crisps and coleslaw

SANDWICHES

Served Monday - Saturday 12-5pm

All on thick crusty white loaf, thick seeded wholemeal loaf or gluten free bread. Served with freshly mixed salad, homemade coleslaw and crisps

NORTH ATLANTIC PRAWNS IN £6.95

MARIE ROSE SAUCE

TOPSIDE OF BEEF, STILTON AND £6.95

CARAMELISED ONION CHUTNEY

HOME BAKED GAMMON HAM £5.95

WITH MUSTARD MAYONNAISE

MATURE CHEDDAR WITH £4.95

CHERRY TOMATOES AND SWEET

PICKLE

FILLET OF COD 'POSH' FISH £7.95

FINGER SANDWICH

thick breaded cod fingers with chunky tartare sauce

EXTRAS

SKINNY FRIES/ HAND CUT CHIPS £2.50

TWISTER/ SWEET POTATO FRIES £2.95

FRESHLY MIXED SALAD £2.95

HOMEMADE COLESLAW £2.50

BEER BATTERED ONION RINGS £2.95

BUTTERED NEW POTATOES £1.95

GARLIC CIABATTA £1.95

GARLIC CIABATTA WITH CHEESE £2.45

DESSERTS

WARM CHOCOLATE BROWNIE £4.95

Warm chocolate brownie served with vanilla pod ice cream and warm chocolate fudge sauce

STICKY TOFFEE PUDDING £4.95

With warm caramel sauce and vanilla pod ice cream

FRUITS OF THE FOREST CHEESECAKE £4.95

With vanilla pod ice cream

TRIO OF ICE CREAM/SORBET £2.90

Please ask for today's selection

Please inform staff at the time of ordering of any food intolerances, so we can discuss the ingredients with you.

As our food is prepared in a kitchen where nuts are used we cannot guarantee and food is nut free.

Dairy free spread and flora are always available as an alternative to butter and soya milk is available as an alternative to milk. Gluten free bread and gluten free rolls are also available as an alternative on any bakery items.

Full allergen information is available on request.