



The Keep

TABLE SERVICE ONLY!

Available Tues ~ Fri – 11.30 – 2PM

Sat & Sun ~ Noon – 4PM

SANDWICHES

Served on White or Malted Bread

With Mixed Salad & Potato Crisps and filled with: –

All contain Allergen 1, 2, 8, 11, 12 & 13

Fish Fingers & Tartare Sauce £5.95

Contains 1, 5, 11, 12 & 14

Sausage & Onion £5.95

Contains 1, 2, 9, 11 & 12

Brie & Bacon & Cranberry Sauce on a bed of Lettuce
& Tomato £8.50

Contains 1, 12 & 14

Bacon Butty £5.95

Contains 1, 2 & 12

THE KEEP'S SPECIALITY

TRADITIONAL BANGERS & MASH £10.50

Cumberland, Pork & Apple, or Pork & Leek,
or Roasted Mushroom & Red Onion Sausages (V)

Contains 2, 9, 11 & 12

Served with Creamy Mashed Potato & Onion Gravy

TRADITIONAL PLOUGHMAN'S LUNCH £10.50

Contains 1, 2, 11, 12 & 13

Served with Mature Cheddar, Brie & Stilton

Celery, Apple, Chutney & Crusty Bread & Butter, With
a Salad Garnish



The Keep

HOMEMADE CHILLI CON CARNE

Served with Cheesy Tortillas, Sour Cream & Guacamole
With a Salad Garnish @ £10.50

Contains 1,2, 11, 12 & 13

JACKET POTATOES

All contain Allergen 1, 2, 8, 11, 12 & 13

Served with a full Mixed Salad & Butter

And filled with: -

Cheese (v) (Contains 2 & 12)

Cheese & Bacon (Contains 2 & 12)

Sausage & Beans (Contains 1, 2, 9, 11 & 12)

Cheese & Beans (v) (Contains 2 & 12)

@ £ 7.50

ASK ABOUT OUR DAILY SPECIAL!

Our Fish Dishes may contain small bones.

All Items are subject to availability!

Please ask your server for any assistance you may need & respect our Coronavirus rules!

Allergen Listing

- | | |
|----------------|--------------------|
| 1. EGG | 8. SOYA |
| 2. MILK | 9. SULPHUR DIOXIDE |
| 3. CRUSTACEANS | 10. NUTS |
| 4. MOLLUSCS | 11. CEREALS |
| 5. FISH | 12. GLUTEN |
| 6. PEANUTS | 13. CELERY |
| 7. SESAME | 14. MUSTARD |