



# Glow Wild menu

## Stables Kitchen

*Pre-bookable, family-friendly dining*

### Price

Adults: 2 courses £29 including coffee & petit fours

Children: 2 courses £14.50 including hot chocolate

Recipes may change unexpectedly due to supplier issues or product specifications. An allergy list will be available on the day of your event. Our food is prepared in an environment with possible nut traces.

The children's menu is recommended for age 2 – 12. No reservation is required for children under 2 who aren't eating. Highchairs will be provided, and you can bring your own food for the younger members of your group.

### Starters

Curried parsnip soup with a drizzle of coconut yoghurt & naan chips (VE) (GFO)

Sussex Downs ham hock terrine with piccalilli and toast

Sticky chicken wings with zingy cranberry hot sauce

Wensleydale rarebit with pickled carrot ribbons & caraway (VE) (GFO)

### Main course

Big W burger – 8oz Sussex farm burger in a sesame bun, Harlech cheese, smoked streaky local bacon and sprout top kimchi

Corn fed chicken supreme, served on a bed of puy lentil risotto, toasted heritage carrots

Sussex farm beef bourguignon with creamy mash and crispy bacon

Hasselback squash with quinoa, crumbled vegan goat's cheese and tarragon pesto (GF) (VE)

### Key

GFO – Gluten Free | VE – Vegan



# Children's menu

*Recommended for age 2 - 12*

## Starters

Proper cheesy mozzarella garlic flatbread

Curried parsnip soup (VE) (GFO)

Sussex Downs ham hock terrine with piccalilli and toast

Sticky chicken wings with zingy cranberry hot sauce

Wensleydale rarebit with pickled carrot ribbons & caraway (VE) (GFO)

## Main course

Chicken goujons, chips & peas

Vegetarian goujons, chips & peas

Big W burger – 8oz Sussex Farm burger in a sesame bun, Harlech cheese, smoked streaky local bacon and sprout top kimchi

Corn fed chicken supreme on a bed of Puy lentil risotto and toasted heritage carrots

Sussex farm beef bourguignon with creamy mash and crispy bacon

Hasselback squash with quinoa, crumbled vegan goat's cheese and tarragon pesto (GF) (VE)

### Key

GFO – Gluten Free | VE – Vegan