



Welcome to The Carrington Arms Restaurant Menu

TIDBITS & SHARING

Crispy Whitebait with Tartare Sauce (DF) - £5.50

Buffalo & Honey Glazed Chicken Wings with Honey Mustard (DF)(GFA) - £6.00

Marinated Olives (V)(DF)(GF) - Large £3.90 - Small £2.00

Bread Selection (V)(DFA)(GFA) For 2 £4.00 or For 4 £6.00

Toasted Breads, Roasted Red Pepper Hummus, Marinated Olives

Deli Board - £16.50

Marinated Olives, Grilled Artichokes, Cherry Peppers Stuffed with Cream Cheese, Smoked Salmon, Roasted Red Pepper Hummus, Smoked Haddock Scotch Egg, Watercress, Edamame, SunBlush Tomatoes, Giant Couscous, Toasted Breads

Meat & Cheese Board - £16.50

Pulled BBQ Pork Shoulder, Steak & Bourbon Sausage, Bresola, Coppa, Rothbury Red Leicester, Grilled Halloumi, Shropshire Blue, Mini Caesar Salad, Pickles, Tomato Relish, Toasted Breads

Baked Camembert (V)(GFA) - £11.50

Honey, Nut & Seed Granola, Apple, Celery, Red Onion Chutney, Toasted Breads

Native Steamed Mussels (GFA)(DF) - **1 Pint** £7.00/ **2 Pints** £13.00

With Cider, Leeks, Toasted Breads; With or Without Woburn Black Bacon

STARTERS

Duck Paté (GFA) - £7.50

Duck Liver Parfait, Pickles, Chilli Jam, Honey, Nut & Seed Granola, Grilled Ciabatta

Kedgeriee - £7.00

Smoked Haddock Scotch Egg, Curry Sauce, Curried Popcorn, Watercress Pesto

Goat's Cheese Tart (V) - £7.50

Soft Goat's Cheese, Caramelised Red Onion, Sun Blush Tomatoes, Mixed Leaves, Balsamic

The Carrington Deli Carpaccio (GFA) - £8.00

Seared Bedfordshire Beef Fillet, Charred Cucumber, Filo Brick Pastry, Smoked Mustard Mayonnaise. Dill, Pink Pepper, Shaved Pecorino

MAINS

Gnocchi Arrabbiata (V)(C) - £12.50

Tomato & Mozzarella Filled Potato Gnocchi, Tomato Arrabbiata Sauce, Baby Spinach, Pecorino, Chilli Oil, Honey, Nut & Seed Granola

"Coq au Vin" (C)(GF) - £15.00

Roasted Cardington Chicken Breast, Confit Chicken Thigh, Charred Shallot, Mushrooms, Woburn Black Bacon, Roasted Root Vegetables, Caramelised Red Onion Mashed Potato, Red Wine Sauce

Lamb (GFA) - £20.00

Slow Roasted Lamb Shoulder Ballotine, Roasted Potato Terrine, Aubergine Purée, Spiced Lamb Bon Bon, Braised Chicory, Lamb Jus, Jerusalem Artichoke Crisps

Bouillabaisse (C)(GF) - £16.00

Pan-Roasted Sea Bass Fillet, Tomato & Shellfish Stew, Fondant Potato, Roasted Cauliflower, Kale

Ale Battered Haddock (C)(DFA) - £12.50

Skin-on-Chips, Buttered Peas, Tartare Sauce

Sausages & Mash (C) - £9.50

Steak & Bourbon Sausages, Crispy Shallots, Caramelised Red Onion Mashed Potato, Gravy, Watercress

Superfood Salad (V)(DF)(GFA) - £9.50

Spinach, Watercress, Mixed Leaves, Kale, Edamame, Tenderstem Broccoli, Olives, Red Onion, Giant Couscous, SunBlush Tomatoes

Add Halloumi - £3.00, **Half Chicken Breast** - £4.00, **Prawn Skewer** - £3.00

Choose a Dressing - Caesar, Honey Mustard, Balsamic

FROM THE GRILL

Due to COVID-19 restrictions we have decided to temporarily remove our meat counter to restrict the movement of too many customers around the restaurant. As an alternative, some of our steaks can now be ordered per ounce at your table.

Dry Aged Bedfordshire Beef

P e r O u n c e

Bourbon Marinated Sirloin (DF)

Our Signature Marinated Bourbon Sirloin. Prime Local Sirloin Cured in Jack Daniels, Soya Sauce, Black Treacle & Brown Sugar. Cut from the large back muscle attached to the spine, opposite the long thin fillet steak, it has a bigger, beefier flavour than fillet or rib-eye steaks. **£3.09 per oz**

Best Served Medium Rare.

Ribeye (GF)(DF)

Considered one of the tastiest and most elegantly flavoured of steaks, rib-eye steaks are cut from the main muscle attached to the spine. The special appeal of rib-eye steaks is that they have a rich marbling of fat throughout them, which gives guaranteed flavour and succulence. **£3.52 per oz**

Best Served Medium.

Fillet (GF)(DF)

The fillet is a very tender steak muscle which comes from the lower middle of the back and forms part of the sirloin. The fillet muscle is so tender because it does the least work. It is also a very lean cut with little fat running through it, which means it doesn't have quite so much flavour as other steak cuts. **£3.79 per oz**

Best Served Rare.

Minimum of 6oz - Includes 2x Sides or Sauces

Feeling Hungry?

Additional Free Side or Sauce per extra 4oz ordered

SHARING STEAKS

ideal for 2 to share...or for 1...we won't judge

20oz "Braveheart" Rump (GF)(DF)

£32.00

*Those who value flavour above all else tend to choose rump. As the name suggests, it's a cut that comes from the backside of a cow. **Best Served Medium Rare***

26oz Cote de Boeuf (GF)(DF)

£59.00

*French trimmed, A thick cut between the rib bones, from the prime fore rib. **Best Served Medium Rare to Medium** (Please allow extra cooking time for this steak)*

Served with your choice of 3 free sides or sauces

BURGERS

All Served on a Toasted Brioche Bun and with Skin-on-Chips

Add Woburn Black Bacon - £1.50 **Add A Fried Egg** - £1.50

Add Grilled Halloumi - £3.00

'The Classic' (C)(DFA)(GFA) - £13.00

Steak Burger, SunBlush Tomatoes, Red Onion, Mature Cheddar, Woburn Black Bacon, Tomato Relish, Mixed Leaves, Pickled Gherkin

'The LumberJack' (C)(DFA)(GFA) - £14.00

Steak Burger, Pulled Cross Key Farm Pork Shoulder, Woburn Black Bacon, Rothbury Red Leicester, Crispy Shallots, Red Onion Chutney, Barbecue Sauce

'The Cajun BLT' (C) - £13.00

Cajun-Fried Chicken Breast, Woburn Black Bacon, Soft Goat's Cheese, Mixed Leaves, SunBlush Tomatoes, Pickled Gherkin, Sriracha Mayonnaise

'The Greek' (V)(C)(GFA) - £12.00

Grilled Halloumi, Roasted Field Mushrooms, Baby Spinach, SunBlush Tomatoes, Pickled Gherkin, Roasted Red Pepper Hummus

OTHER MEATS & FISH

Cardington Chicken Breast (GF)(DF)

£12.50

Woburn Black Bacon Steak (GF)(DF)

£13.50

Sea Bass Fillets (GF)(DF)

£15.50

Include 2 free sides or sauces

ADD ONS

Make it a Mixed Grill (DF)

Half Cardington Chicken Breast, Black Pudding, Steak & Bourbon Sausage, Fried Egg **£6.50**

Cumberland Sausage (DF)

£2.00

Steak & Bourbon Sausage (DF)

£2.00

Grilled Halloumi Cheese (V)(GF)

£3.00

Fried Egg (V)(GF)(DF)

£1.50

Garlic & Herb Tiger Prawn Skewer (GF)(DF)

£3.00

ON THE SIDE

Field Mushroom & Roasted Tomato (V)(GF)(DF)

£3.50

Skin-on-Chips (V)(GFA)(DF)

£3.50

Ale Battered Onion Rings (V)(DF)

£3.50

Caramelised Red Onion Mashed Potato (V)(GF)

£3.50

Black Bacon Cauliflower Cheese

£3.50

Maple Roasted Root Vegetables (V)(GF)(DFA)

£3.50

Baby Spinach, Kale, Tenderstem Broccoli, Peas, Bone Marrow Butter (GF)(DFA)

£3.50

Watercress, Mixed Leaves, SunBlush Tomatoes, Edamame, Red Onion, Balsamic Dressing (V)(GF)(DF)

£3.50

SAUCES

Trio of Peppercorn

£1.50

Béarnaise (V)(GF)

£1.50

Confit Garlic & Rosemary Butter (V)(GF)

£1.50

Red Wine Gravy (GF)(DF)

£1.50

SANDWICHES

Served with Skin-on-Chips

Sussex Charmer Cheese Wholemeal Baguette (V)(GFA) - £7.00

SunBlush Tomatoes, Red Onion Chutney, Baby Spinach

Bedfordshire Steak Ciabatta (DFA)(GFA) - £9.50

Béarnaise, Watercress

Cumberland Sausage Ciabatta (DFA) - £7.50

Honey Mustard, Mixed Leaves

Smoked Salmon & Prawn Wholemeal Baguette (DFA)(GFA) - £8.50

Baby Spinach, Marie Rose Sauce

(GF) Gluten Free – (GFA) Gluten Free Option Available – (DF) Dairy Free - (DFA) Dairy Free Option Available
(V) Vegetarian - (C) Children's Option Available (Main-£6.50, Dessert-£4.00)
If you require further information on the allergen content of our foods,

DESSERTS

Banoffee (C) - £6.75

Banoffee Cheesecake, Caramelised Bananas, Peanut Mousse, Peanut Brittle, Chocolate & Toffee Sauce

Burnt Cream - £6.00

Vanilla Creme Brulée, Lavender Shortbread

Black Forest (C) - £6.75

Black Forest "Gateau", Winter Berries, Vanilla Ice Cream, Cherry Liqueur Syrup, Morello Cherries

Raspberry Ripple (C)(GF) - £6.75

Raspberry Parfait, White Chocolate Mousse, Shortbread, White Chocolate Crisp, Raspberry Coulis, Candy Floss, Honeycomb

Sticky Toffee (C) - £6.75

Sticky Toffee Pudding, Caramel Ice Cream, Butterscotch Sauce, Toffee Popcorn

Ice cream (GF) - £1.50 per scoop

Vanilla Ice Cream, Caramel Ice Cream, Chocolate Chip Ice Cream, Lemon Sorbet (DF), Mango & Passionfruit Sorbet (DF)

BRITISH CHEESE (GFA)

Bread Crostini, Frozen Grapes, Apple, Celery, Red Onion Chutney

(Gluten Free Option Served With Gluten Free Bread)

3 for £8.00 - 5 for £11.00 - £3.00 Each

Sussex Charmer

A marriage of the production methods of a traditional creamy farmhouse cheddar with that of a traditional zingy parmesan. A cheese unlike any other. Started over 50 years ago, the herd of Jersey-Freisian cross cows produces an exceptionally high quality milk that is perfect for creating this full bodied award-winning cheese.

Shropshire Blue

It is a semi-firm blue cheese described as a cross between Stilton and Cheshire. In a period of 10-12 weeks, it forms an orange-brown, natural rind and smooth texture. With a sharp, strong flavour and a bit tangy aroma.

Rothbury Red Leicester

An authentic Red Leicester that is bright like the setting sun with outstanding flavours that are sweet and tangy with just a little nuttiness for balance.

Rosary Goat's Cheese

A fresh, creamy, soft goat's cheese made at their own dairy farm on the edge of the New Forest. Rosary is a young cheese made from pasteurised goats milk. Recent winner of the Supreme Champion at the British Cheese Awards.

Wensleydale with Cranberries

Creamy, crumbly & full of flavour Yorkshire Wensleydale cheese, carefully combined with the delicate fruity succulence of pure, sweet cranberries.

Gorwydd Caerphilly (*pronounced care-fill-ie*)

The style takes its name from a small town in the South of Wales. This cheese presents flavours which are fresh and richly lactic at the centre; closer to the rind the flavour becomes more mushroomy, savoury, and earthy.

DESSERT WINES

	125ml Glass	1/2 Bottle
Quady Winery, Essensia, Orange Muscat California	£6.00	£17.00

Quady Winery, Elysium, Black Muscat California	£6.00	£17.00
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Saint Clair, Nobel Riesling, New Zealand	£12.50	£36.00
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PORTS

	50ml Glass
Quady Winery, "Starboard" Batch 88 California	£3.00

Barros Late Bottle 2013 Vintage	£3.50
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Barros 10 Year Old Tawny	£4.00
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Barros 1995 Vintage	£7.00
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Barros 1978 Vintage "Colheita" Tawny Port from a Single Vintage	£10.00
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Served: Monday to Friday 12pm-2pm & 6pm-9:30pm Saturday 12pm-9:30pm Sunday 12pm-9:00pm

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