

SHOAL EXTENDED EAT OUT, HELP OUT OCTOBER MENU TWO  
COURSES £10 PER PERSON AVAILABLE MONDAYS -  
WEDNESDAYS

STARTERS

CAJUN CHICKEN THIGHS  
SHOAL PATE  
CREAMY GARLIC MUSHROOM BRUSCHETTA (v)  
THAI SWEET CHILLI BELLY BITES  
SOUP OF THE DAY

MAINS

SHOAL MINI MIXED GRILL  
4oz steak, 4oz gammon, sausage & lamb chop served with fried egg, chips & peas  
HOMEMADE STEAK & ALE PIE  
A chunky pie dish brimming with prime steak topped with a crusty lid, accompanied by homemade  
chips & seasonal vegetables  
HERBY DUMPLING TOPPED CHICKEN PIE  
A chunky pie dish brimming with chicken in a rich sage & white wine sauce accompanied  
by homemade chips & seasonal vegetables  
SIZZLING STICKY GAMMON  
6oz gammon, topped with homecooked ham, sticky smoky baconnise & topped with  
cheese, served on a sizzling skillet  
BEER BATTERED COD & CHIPS  
Served with mushy peas  
DEEP SOUTH CHICKEN SIZZLER  
Chicken breast, wok fried with onions and peppers in a rich Deep South sauce  
– served with chips, rice or half and half  
BUMBLEBERRY BELLY PORK  
Belly pork slices, sat on black pudding mash, served with seasonal veg &  
a bumbleberry gravy  
VEGETABLE LASAGNE (v)  
Served with garlic bread & a dressed Shoal side salad  
CHOICE OF CHICKEN  
Breast of chicken served with a choice of garlic & herb, kicking plum or Diane sauce, served  
with baby crushed herby potatoes and seasonal veg  
MARGHERITA PIZZA  
12” freshly prepared Italian based pizza topped with tomato & mozzarella  
VEGAN SAUSAGE & VEGETABLE PIE (vg)  
Vegan sausage & oven roasted vegetables in a rich red onion sauce, topped with a pastry  
lid, served with chips, veg & a pot of gravy  
SHOAL BEEF BURGER/CHICKEN BURGER  
Served in a brioche bun with lettuce, beef tomato slice & Shoal relish – together with chips  
& a pot of homemade coleslaw