

The Cock Inn Polstead

Country Pub & Kitchen

The Cock Inn Polstead, The Green, Polstead, Suffolk CO6 5AL

Telephone 01206-263150

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All our fish is sustainably sourced



All our meat is locally sourced



The Cock Inn Polstead

Country Pub & Kitchen

Spring & Summer Menu

Food Served: Wednesday-Friday 12-2.30pm | Saturday 12-9pm | Sunday 12-6.30pm | Wednesday-Friday 6-9pm Evenings
Bar: Wednesday-Friday 12-3pm | Wednesday-Friday 6-11pm Evenings | Saturday 12-11pm | Sunday 12-10pm
Closed all day Monday & Tuesday Except Bank Holidays

We use as much produce
as possible from our kitchen garden

TO NIBBLE ON

Ciabatta breads with balsamic & olive oil for dipping (v).....	4.95
Garlic, rosemary and cheese flatbread (v).....	4.50
Mixed bread basket (v).....	3.50
Marinated mixed olives (v).....	4.00
Pot of nuts (choice of salted, dry roasted or chilli) (v).....	1.30
Black olives & feta cheese (v).....	4.50

STARTERS & SMALL PLATES

Chef's soup of the day (gfa).....	6.00
Buffalo mozzarella with rocket, tomato & lemon dressing (v).....	8.50
Sauteed garlic butter mushrooms on toasted ciabatta (v).....	7.95
Ham hock terrine with shaved pickled fennel & wholemeal slices.....	8.50
Breaded mango & chilli prawns.....	8.50
Prawns with crab mayonnaise cocktail and wholemeal slices.....	8.95
Falafel balls with tzatziki dip and flatbread (v) (ve).....	8.95

FISH & VEGETARIAN

IPA beer battered cod fillet with chips, salad or minted peas.....	13.95
Char-grilled tuna steak (cooked medium rare) with wasabi pickled cucumber and watercress salad, new potatoes or fries (gf).....	14.95
Pine nut, pesto and rocket pasta with rosemary flatbread and parmesan shavings (v).....	11.95
Griddled halloumi cheese burger with rocket and chilli jam in a toasted brioche bun, served with fries (v).....	11.95

SALADS

Super food salad bowl (wheatberry, apple, cranberry & apricots in a red wine dressing), served with apple and a ciabatta roll (v) (ve).....	10.00
add chicken breast supreme.....	3.50
add griddled halloumi.....	2.95
Griddled chicken, bacon and new potato salad with a honey and mustard dressing, served cold (gf).....	11.95
Ploughmans, suffolk ham and mature cheddar cheese, pickles, apple, chutney and wholemeal baguette (gfa).....	11.95

Don't Forget Our
Traditional Sunday Roasts
Served 12-6.30pm
Bookings advised

MEAT MAIN COURSES

Locally sourced sirloin steak with sauteed mushrooms, chips, garlic butter and rocket salad (gf).....	18.50
The Cock Inn Burger - beef patty, mature cheese, tomato and lettuce, griddled brioche bun and fries.....	11.95
add bacon.....	1.50
add sauteed mushrooms.....	1.50
Pie of the week, served with baby potatoes or chips, seasonal vegetables and a gravy boat.....	13.95
Beef shortrib with a Korean spiced glaze, asian slaw, chips and onion rings.....	15.50

WHOLEMEAL BAGUETTES

with balsamic dressed salad garnish. Gluten free also available.

Dingley Dell Suffolk Ham and English mustard (gfa).....	7.95
Mature cheese and real ale chutney (v) (gfa).....	7.95
Chicken, pesto and rocket (gfa).....	7.95
Buffalo mozzarella cheese, tomato and rocket (v) (gfa).....	8.50
Greenland prawns and crab mayonnaise (gfa).....	8.50
Also see baguette of the day... (gfa).....	7.95

SIDE DISHES

Chunky chips (v) (gf).....	3.50
Skinny Fries (v) (gf).....	3.50
Tomato and red onion salad (v) (gf).....	3.50
Baby potatoes (v) (gf).....	3.00
Large beer battered onion rings (v).....	4.00
Rocket & parmesan salad (v) (gf).....	4.00
Mixed seasonal salad (v) (gf).....	4.00

Also see our seasonal specials
and our dessert menu

Cheese Board
Trio of cheeses, grapes and biscuits 8.50

IMPORTANT - FOOD ALLERGENS

If you have any allergies or intolerances please discuss with a member of staff if you are unsure before ordering.

All our food is prepared in a kitchen where nuts-gluten and other allergies are present. Our menu descriptions do not include all ingredients-if you have a food allergy please let us know before ordering. Full allergen information is available please ask a member of staff. The allergen information is the best of our knowledge and will be updated regularly when menus change. Please ask to see the allergen guides at the time of your visit to check if there has been any changes that may affect you.

Menu and Menu items are subject to availability and change.

(v) indicates Vegetarian dish (ve) indicates Vegan dish (gf) indicates gluten free

(gfa) indicates gluten free adaptable subject to availability