

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



The Cock Inn Polstead

Country Pub & Kitchen

All our meat is locally sourced



Spring & Summer Menu

FOOD SERVICE HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed (except bank holidays)	Closed (private group bookings only)	12 - 2.30pm & 6 - 9pm	12 - 2.30pm & 6 - 9pm	Food served all day	Food served all day	12 - 4pm (last orders 3.30pm)

WHILE YOU DECIDE

- Ciabatta breads with balsamic and olive oil for dipping (v)(ve)4.50
- Ciabatta bread with garlic butter (v)4.50
- Ciabatta bread with garlic butter and melted cheese (v).....4.95
- Marinated mixed olives (v)(ve).....3.50

STARTERS & SMALL PLATES

- Chef's soup of the day with warm ciabatta bread and butter (gfa)6.50
- Ginger and Garlic marinated king prawns in tempura batter, served with a soy dipping sauce.....7.95
- Ardennes Pâte with chorizo and ciabatta slices7.50
- Smoked Hummus with harissa, celery sticks, marinated olives and wholemeal pitta bread (v)(ve)8.50
- Greek Salad (feta cheese, black olives, tomatoes, mixed leaves and olive oil (v)(gf).....8.50

SHARING PLATTERS

- Mediterranean Platter – continental cured meats, mozzarella cheese, marinated olives, sundried tomatoes, ciabatta bread and balsamic olive oil (gfa).....13.95
- Vegetarian Platter – mozzarella and feta cheeses, sundried tomatoes, artichoke hearts, smoked hummus with harissa, ciabatta & pitta breads and balsamic olive oil (gfa)13.95

WHOLEMEAL BAGUETTES

with balsamic dressed salad garnish. Gluten free rolls also available.

- Suffolk Ham with rocket, tomato and wholegrain mustard.....8.50
- Mature Cheddar cheese with red onion, plum and apple chutney (v)....8.50
- Roasted Free Range Chicken with baby gem lettuce, lemon and tarragon mayo.....8.50
- Local Oak Smoked Salmon with cream cheese and cucumber8.95
- Atlantic Greenland prawns with cocktail sauce.....8.95

Also see our baguette of the day...

- Chunky chips (v) (gf)3.50
- Skinny Fries (v) (gf)3.50

MAINS & PUB CLASSICS

- Suffolk Ham with fried free range eggs and chips11.95
- 9oz Sirloin Steak with rocket, griddled tomatoes, garlic butter & skinny fries (gf)18.95
- The Cock Inn Burger (beef, leaves, tomato, relish and cheese, brioche bun) with fries.....11.95
 - add smoked crispy pancetta.....1.50
- Beer Battered Haddock Fillet with salad or garden peas, skinny fries, tartare and lemon14.50
- Spinach, sweet potato, chickpea and coconut curry with basmati rice, garlic and coriander naan bread (v)(ve)12.50
- Falafel & Spinach Burger in a wholemeal pitta bread with salad, yoghurt and mint dressing (v)12.50
- Pie of the Week...
 - Shortcrust pastry with filling of the week, served with new potatoes, seasonal vegetables and gravy boat14.50

SALADS

- The Cock Inn Ploughman's Lunch (mature cheddar cheese, Suffolk ham, apple, chutney, pickles, salad and wholemeal baguette with butter)11.50
- Wheatberry Kernels, apple & cranberry salad with a red wine & vinegar dressing, served with ciabatta bread and apple slices (v)(ve) ...11.50
 - add a cold chicken breast2.00
 - add smoked salmon or Greenland prawns.....2.50
- Chicken Breast, smoked pancetta bacon and new potato salad with a honey and mustard dressing (gfa)12.50

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
- Mixed seasonal salad (v) (gf)4.00

Also see our evening A la Carte Specials Menu



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