

Starters

- Homemade Soup** £3.95
Freshly made at the Punch Bowl and served with bread and butter
- Garlic Mushrooms** £4.75*
Mushrooms in a homemade garlic sauce with bread for dipping
- Chorizo in Red Wine** £4.95*
Tasty Spanish Chorizo sausage with peppers & onions sautéed in red wine, you'll never believe me but I showed chef how to make this one!
- Deep fried poached egg** £4.50*
Poached egg, breaded, deep fried and served with mushy peas and homemade parsley and butter sauce.
- Punch Prawn Platter** £4.75*
Always a favourite, North Atlantic prawns in homemade Marie-Rose sauce with a lump of bread and fresh salad leaves
- Homemade Paté** £4.95*
Duck liver and orange paté served with fresh leaves, a cranberry and orange marmalade and some toast.
- Garlic Bread / Garlic bread with cheese** £2.25 / £2.75*
Whatever bread we have in stock smeared with a homemade garlic and herb butter and cooked, with or without a layer of grated mature cheddar.

If you have any concerns with regards dietary requirements, allergies etc then please don't hesitate to ask. If necessary we can make a whole new dish for you based upon your requirements and / or personal tastes.

Fish Dishes

Our fish is supplied by our friends at Mad about Fish. Based in West Felton and with products available from West Felton Stores as well as the ability to deliver fresh to your own home, feel free to ask for their contact details.



Grilled Haddock

£8.95

Fillet of Haddock, simply grilled until flaky and topped with an herby citrus butter, hand-cut chips and fresh vegetables.

Sea Bass

£9.95

Filletted Sea Bass, seasoned and lightly fried in a red hot pan and served with wholegrain mustard mashed potatoes and fresh vegetables. (feel free to ask for chips instead!)

Fish n Chips

£8.95*

There's no way we could take this ever popular dish off the menu! Our own beer batter covered haddock fillet with hand-cut chips and mushy peas.

Whole tail Scampi

£7.95*

Ok, I admit it, we buy this one in. But when a product is this good what can you do to better it? Whitby Breaded Scampi served with hand-cut chips and salad with a lemon wedge

These four dishes will be permanently available but fish will also feature prominently on our ever changing Specials page. Mick Poole of Mad about Fish goes to the fish market every Thursday morning and brings back the freshest, choicest catch for us to serve up over the weekend. If you want to know what we've got, let us know and we'll keep you informed via text, email or Twitter.

Simple Pleasures @PunchBowlWF

8oz / 16oz Rump Steak £9.95 / £15.95
12oz Ribeye Steak £13.95

Welsh Beef steaks supplied by butchers that we know and trust. Premium quality and full of flavour we'll cook them how you like them and serve them up with homemade onion rings, mushrooms and cherry tomatoes. Throw in your choice of hand-cut chips or mashed potatoes and a portion of fresh vegetables or salad and there's little more you could ask for! What's that you say? Sauce? Oh ok then:

Homemade peppercorn sauce, Melted garlic & herb butter or Stilton Crust £1.50ea.

Gammon Horseshoe Steak £8.50

10oz Gammon steak and hand-cut chips with a black pudding and melted cheese topping OR two fried free range eggs. Go on then, spoil yourself, give us an extra £1 and you can have both toppings!

Cock and Bull £9.95*

It's a long story... the bottom line is we cut up half a one of our wonderful steaks and some chicken breast fillet then we sizzle them in a pan with some peppercorn sauce and serve the whole thing up on some wholegrain mustard mash and fresh veg. Taste-bud tingling delight!

Grilled Pork Loin £8.95

Pork Loin. Grilled. Ok so you guessed that from its' name. What the name doesn't tell you is that it comes served on bubble and squeak with apple sauce or wholegrain mustard and fresh vegetables plus your choice of hand-cut chips or mashed potatoes.

Stuffed Chicken Breast £8.95*

Chicken breast fillet stuffed with chorizo sausage, onions and peppers and served with our homemade garlic, herb and tomato salsa. Choose hand-cut chips or mash to go with and enjoy!

Pie of the Day £8.50

Why do we call it that? Because it won't always be the same that's why! If we forget to tell you what the pie of the day is then please ask, we can sometimes be very forgetful! What doesn't change are the fresh vegetables and the choice of hand-cut chips or mashed spuds.

Vegetable Stir Fry £7.95*

Fresh vegetables, um, stir fried! In black bean sauce and everything! Served on a bed of boiled long grain rice. A simple pleasure indeed.

Simple Pleasures @PunchBowlWF

Bangers n Mash

£7.95*

3 locally made sausages, mashed potatoes, fresh vegetables and onion gravy. The very definition of a simple pleasure?!?

Vegetable Chilli

£7.95*

Mikes' secret chilli recipe before the meat gets added. Onions, peppers, courgettes with just the right amount of spices added to bring out a lovely flavour. Served with a big pile of rice in a tortilla basket.

Chilli con Carne

£8.95*

For those that don't speak Spanish this translates as chilli with meat and guess what? It's the vegetable chilli as described above with strips of seasoned beef steak added.

Tortilla Española

£6.25

In case you hadn't noticed already this is the part of the menu where you might have to get the phrasebook out. To save you the trouble it's Omelette Spanish. Or as we know it, Spanish Omelette: Potatoes, onions and eggs. With added Chorizo it's:

£6.95

Homemade Pork & Herb Meatballs

£7.95*

Oh yeah! Lean pork mince rolled into balls with some herbs and smothered in garlic & tomato sauce. Delivered on pasta with homemade pesto and some grated parmesan cheese.

Homemade Lasagne

£8.50*

Layers of pasta and homemade beef bolognaise. Smothered in our tomato and garlic sauce, covered in cheese, and baked until golden. Served with hand cut chips OR fresh salad.

Punch Burger

£6.95*

6ozs of premium Welsh beef steak mince compacted roughly into the shape of a burger by our friendly, carefully chosen butchers. Bacon, grated mature cheddar, onions, a bap and some hand-cut chips are added not necessarily in that order to create a simple pleasure.

There you have it then. Our new "Simple Pleasures" menu. A good read, not much of a storyline but some of the characters sound delicious! The observant amongst you will have noticed some stars (*) along the way. The items marked with a star (*) are available to takeaway, with a 15% discount applied to the asking price. Restaurant customers will, however, always be given priority so plenty of notice is advised when ordering food to take away.

Questions, comments and enquiries are always welcomed. Just ask!

Childrens' Menu

Only £5.00

Because I have two young children of my own and two teenage children with whom I've been there before. Because I know how difficult it is to please them. Because I love to take my boys with us when we go out. Because I want them to eat healthy, home cooked food but also to enjoy what they're eating. Because if I can distract them whilst their meals are being cooked they might not annoy the other patrons.

Because children are very welcome here at the Punch Bowl!

Lots of choice, a pudding thrown in and some crayons & a picture to colour in whilst they wait.

Chicken Goujons

Homemade battered strips of chicken breast fillet with chips & beans

Home made lasagne

With hand-cut chips

Gammon Steak

A half portion from the grown up's menu! With chips

Whitby breaded Scampi

With hand-cut chips & carrots

Spanish Omelette

Chorizo is optional

Vegetable Chilli or Stir Fry

With chips or rice

Sausages!

Locally made premium sausages with chips and beans

Meatballs!

Just like the grown up's menu but a smaller portion

Puddings:

Two scoops of vanilla or strawberry ice cream

Homemade Sticky Toffee Pudding with fresh cream or vanilla ice cream

SUNDAY SPECIAL!

Add Soup or Garlic Mushrooms to any meal for ONLY £1.00

That makes it TWO COURSES FOR £8.95
when you have our roast Sunday dinner!

That's right, for just one extra pound I'll throw in a portion of mushrooms or soup to have as a starter with whatever main course you choose from our extensive menu. Our homemade creamy garlic sauce is stirred over button mushrooms and our soup is made right here at the Punch Bowl using fresh ingredients.

Sunday has always been special for me as it was the only day when mum, dad and all five of us lads got together around the table and had a meal together. Mum's Sunday Roast was always a fantastic meal and Jay and I have done our best to come up with a dinner that does those memories justice:

Sunday Lunch

Main Course Only: £7.95

Add Soup or Garlic Mushrooms for ONLY £1.00

It's all about the gravy!

There are many things that contribute to a great Sunday lunch. The roasted meats, roast potatoes, and fresh vegetables. But the thing that binds it all together is the gravy.

So we use our own special, Punch Bowl magic, to create delicious gravy that really teases our nostrils & taste-buds.

If you're lucky we might even let you have some with your Sunday lunch!

Choose from roast beef, pork or chicken and let us do the rest.

Homemade Puddings

All £4.25

Eton Mess

Strawberries, fresh cream, sugar, meringue all messed up together and drizzled with a homemade fruit coulis.

Homemade Sticky Toffee Pudding

An ever present favourite, delicious light toffee sponge cake with toffee sauce drizzled over it served with your choice of ice cream or fresh whipped cream

Shortbread Stack

Homemade shortbread biscuits with strawberries and cream in between, plus a drizzle of homemade sauce.

Mint Chocolate Ice Cream Sundae

Mint choc chip & vanilla ice creams layered with mint choc crisps, homemade chocolate sauce and topped with fresh cream

Homemade Apple Crumble

Stewed cooking apples with a homemade crumble topping and your choice of custard, fresh cream or ice cream

Ice Cream Selection

We keep premium Vanilla, Mint Choc Chip, Rum n Raisin and Strawberry flavours in the freezer. Choose three scoops and we'll throw in a wafer or biscuit

Cheeeese!

Mature white cheddar, Blue Stilton and creamy Brie. With biscuits and butter

Tea & Coffee is always available and served with fresh milk & a chocolate mint.

Pot of tea for one or Mug of instant Fairtrade coffee	£1.00
Cafetiere of ground coffee per person	£1.85