

# Wheatsheaf Evening Menu... Great local food, honestly priced!

Served from 5pm Monday to Thursday

## Grazing Bowls... available from 5 – 7pm

Bowls are £3.95 each or 3 for £10... Ideal to share after work with friends!

Thai Green Chicken Curry, Fragrant Rice

Sausage & Mash, Onion Jus

Parmesan & Wild Mushroom Risotto

Fish Fingers, Chips, Tartar Sauce

Classic Caesar Salad

## Light Bites... available from 7pm... All £4 each, perfect as a starter!

Eggs Benedict – Ham, Poached Egg, Hollandaise Sauce

Wild Mushroom & Leek Risotto, Peppercorn Sauce

Mushrooms & Bacon on Toast, Mustard Sauce

Classic Caesar Salad, Parmesan Shavings

Smoked Salmon.... Simply Black Pepper & Lemon Juice, Oh and Bread!

Baked Camembert, Red Onion & Chive Marmalade, Roquette Salad

## The Sheaf “Grill” from 7pm

Each Steak or Chicken served with Hand Cut Chips, Home Made Onion Rings, Slow Roasted Tomatoes and either Caesar Salad, Greek Salad or Garlic Bread

**Choose your own Size steak!** The price shown is for a 6 oz steak

If you want more please ask when ordering.... **£1.50 per oz!**

**6 oz Sirloin Steak.....** Great Steak, Nice and lean, Sweet Flavour! £7.95

**16 oz Chateaubriand....** The “King” of Steak, Tender, Sweet and full of flavour! £32.00 for 2 to share  
Order Chateaubriand and get a Large Glass of Wine each **FREE\***

**Cajun Roasted Chicken Breast....** 8 oz free range breast marinated in Cajun Spices and Roasted! £9.00

**Honey, Lime & Coriander Chicken Strips...** Sweet & Sour the perfect combination with a hint of the Orient! £8.50

## From the “Stove”... served with Caesar Salad or Garlic Bread from 7pm

Stir Fry of Beef, Oriental Vegetables, and Chilli & Coriander Noodles £8

Wild Mushroom Linguini, Parmesan, Roquette & Lemon Juice £7

Classic Sausage & Mash, Mustard Mash, Guinness Gravy £7

Oven Baked Cod, Ratatouille, Vanilla Sauce £9

Confit Duck Leg, Cabbage & Bacon, Orange sauce “Duck a la Orange” £8

## Bit on the Side.... All £2.50 each

Greek Salad ~ Chunky Chips ~ Mash ~ Ratatouille ~ Green Beans

## Sauces.... £1.25 each

Peppercorn Sauce ~ Parmesan Hollandaise ~ Red Onion Gravy

## Desserts... “Probably the best in the World”... well definitely Worthing!

Caramelized Rice Pudding, Nutmeg & Clotted Cream £4.25

Chocolate & Baileys Martini, Shortbread £4.50

Banoffee Pie in a glass.... £4.25

Sheaf Cheese Cake... what Chesse and Cake together! £4.50

Chesses from near and far, Chutney and Biscuits £6

### The Engine Room

Chefs.... Tony Macaroni & Big “C”

Menu Created by Dan Clarke of Red Anywhere

## Did you know....?

**Sunday Lunch @ The Sheaf....** served from 1 to 6pm. Enjoy Sunday lunch in relaxed and comfortable surroundings. Free parking, kids eat half price including free soft drink. Families welcome, try it to believe it!

**Call 01903 233167 to book a table**

**Express Lunch....** Great lunch and snack menu available every day from 12, no matter how long you have for lunch

We guarantee to get you fed! Try... posh cheese on toast, eggs Benedict, risotto & pastas. **Call 01903 233167**

**New Wine List...** handpicked by the sheaf and Sussex Victuallers of East Preston we have a wine menu that covers all areas of the world and most grape varieties... Our particular favourite is The “Rayen” Range which is exclusive to the Sheaf. The Sauvignon Blanc is sublime and well worth trying

**Free Internet Access...** the Sheaf is now Wi-Fi ready and good news we do not charge you, so come in set up and type away!

**Looking for Outside Catering** with a twist then visit [www.redanywhere.co.uk](http://www.redanywhere.co.uk) the South’s leading catering company that caterers for all corporate and private events led by Dan Clarke, Master Chef of Great Britain

**Oh... take a look at all our menus at the sheaf on**

**[www.redanywhere.co.uk/wheatsheaf](http://www.redanywhere.co.uk/wheatsheaf)**