

Nutrition Information Ryder Grill Autumn/Winter Menu 2024

Dish	Total Cal	Cal per100g
STARTERS		
Local Artisan Bread Selection, Balsamic & Rapeseed Oil	971	405
Crunchy Soft-Shell Crab, Claw Bon-bon, Raw Mango Salad, Mint & Pepper Chutney	372	174
Braised Heritage Carrot & Leek Mosaic, Goats Curd, Quince Puree & Organic Carrot Vinaigrette	405	101
Smoked Ham Hock & Mustard Terrine, Tarragon Condiment, Chestnuts & Pickled Pears	479	219
Konkani Style Hand Dived Scallops, Textures of Cauliflower, Chilli & Coconut Espuma	319	131
Caramelized Endive & Scamorza Cheese Fagottini, Pickled Shimeji, Salt Baked Celeriac & Black Garlic Foam	701	213
Gressingham Duck & Clementine Parfait, Rainbow Beetroot, Burnt Apple & Charcoal Tuile	453	143
Chef's Soup of the Day	N/A	N/A
MAINS		
Chargrilled 10oz Black Angus Ribeye Steak, Herb Crusted Plum Tomato, Roquette Salad & French Fries	1082	196
Centre cut 7oz Fillet Steak, Café de Paris Butter, Roquette & Parmesan Salad, French Fries	581	149
Chateaubriand 600g, Herb Crusted Plum Tomato, Roquette & Parmesan Salad, Onion Rings, Truffle French Fries	750	71
Fish of the Day	N/A	N/A
Lobster of the day	N/A	N/A
Pan Seared North Sea Halibut Pave, Furikake, Peppered Onion & Fennel Soubise, Light Nantua Sauce	706	103
Roast Highland Venison Loin, Sage & Parmesan Crust, Shoulder Ragout, Turnip Gratin, Bitter Chocolate Jus	1488	136
Soy Glazed Belly of Pork & King Prawns, Pig's Cheek Fritter, Pickled Red Cabbage & Candied Chili, Asian Spiced Jus	1945	256
Sautéed Corn-fed Chicken Supreme, Smoked Almonds, Sweet Potato Mash, Rainbow Kale & Smoked Lardon Jus	882	135
Jerusalem Artichoke & White Truffle Flan	648	164
Miso Butter Braised Parsnips	1632	159
SAUCES		
Béarnaise	128	475
Peppercorn	210	423
Red wine	95	46
SIDES		
Honey Glazed Carrots	209	104
French Beans & Sugar Snaps with Confit Shallots	331	290
French Fries	387	225
Onion Rings	603	389
Creamy Mash Potato with Crispy Onions	616	138
Tender Stem Broccoli with Confit Garlic	240	189
Herb & Garlic Roast New Potatoes	486	146
Maple Roasted Parsnips	166	34
Mixed Tossed Salad	224	72
DESSERT		

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Chocolate Fondant	547	338
Mascarpone cheesecake Mousse	235	198
Poached Plum Financière	342	206
Citrus Fruit Cremeux	400	143
Vanilla & Calvados Mille-feuille	429	226
Slate of British & Artisan Cheeses	841	314
Sticky Toffee Banana Bread, Butterscotch Sauce, Rum & Raisin Ice Cream	550	292
Chocolate, orange Pecan Pie	412	271
Carrot & Pumpkin Cake	357	251
Lemon scented Cheesecake	358	295
Black forest Sundae	531	279