

# EVENING MENU

## GRAZING & SHARING

**Warm Mixed Olives £5.45**  
VE, GF 261 Kcal

**Artisan Bread Board £6.45**  
Olive oil, balsamic vinegar  
VE G, SE, SD 957 Kcal

**Crispy Mussels £6.45**  
Aged chilli aioli G, MO, S, E, D 346 Kcal

**Thai Style Smoked  
Salmon Fishcakes £6.45**  
Tartare sauce G, C, F, E, D 314 Kcal

**Piri Piri Houmous £6.45**  
Toasted bread VE, GF ON REQUEST  
G, SE, SD, N 436 Kcal

**Pigs in Blankets  
& Stuffing Balls £6.45**  
G, D, SD, S 595 Kcal

**Ham Hock Bonbons £5.45**  
Apple purée G, E, D, CE, MU, SE, SD 671 Kcal

**Cajun Cauliflower Bites £5.45**  
Aged chilli aioli VE G, S, MU 366 Kcal

## STARTERS

**Soup of the Day £6.45**  
Crusty bread VE & GF ON REQUEST  
Ask for allergens & Calories

**Classic Scotch Egg £6.95**  
Red pepper ketchup  
G, F, E, D, SD 272 Kcal

**Chicken & Ham Hock Terrine £7.95**  
Toasted ciabatta, piccalilli, watercress salad  
GF ON REQUEST G, E, MU, SE 399 Kcal

**Heritage Tomato Salad £8.95**  
Crumbled vegan Feta, basil pesto,  
micro herb salad VE P, N, S, SD 322 Kcal

**Chalk Stream Trout Rillettes £9.95**  
Caper raisin purée, croutons, micro herbs  
GF ON REQUEST G, F, D, SE 398 Kcal

**Salt & Pepper Squid £8.95**  
Dressed leaves, roasted pepper, chorizo dressing  
G, MO, S, E, MU, SD 681 Kcal

## SEASONAL MAINS

**Pan Fried Lamb's Liver £15.95**  
Onion & bacon gravy, creamed potatoes,  
peas GF D 483 Kcal

**Gnocchi alla Sorrentina £14.95**  
Pomodoro sauce, cherry tomatoes,  
Buffalo Mozzarella  
V, VE ON REQUEST G, D 600 Kcal

**Chicken Supreme £17.95**  
Boulangère potatoes, stem broccoli,  
tarragon cream GF D 606 Kcal

**Moules Frites £15.95**  
Mussels cooked in garlic, parsley &  
white wine cream, skin-on fries, sourdough wedge  
GF ON REQUEST G, MO, D, SE, SD 1299 Kcal

**Poached Hake Fillet £19.50**  
Sweet potato fondant, sea greens & chard,  
caper butter sauce, crispy mussels  
GF ON REQUEST G, MO, F, E, D, SD 799 Kcal

**Steak Frites £18.95**  
8oz flat iron steak, fries, rocket & pepper salad,  
peppercorn sauce GF D, SD 812 Kcal

## EVERYDAY STAPLES

**Chef's Pie of the Day £16.95**  
Creamed potatoes or fat cut chips,  
seasonal vegetables, pan gravy  
ASK FOR ALLERGENS & CALORIES

**Butter Chicken Curry £16.95**  
Folded naan, basmati rice, onion bhaji  
GF ON REQUEST G, SD, D 1356 Kcal

**Chef's Secret Recipe  
Beer Battered Fish £13.95 / £17.95**  
Fat cut chips, mushy peas, tartare sauce  
GF ON REQUEST G, F, E, MU, SD 1070 Kcal / 1297 Kcal

**The Swans Burger £16.95**  
Pulled pork, burger sauce, pickled cucumber,  
Emmental cheese, smoked bacon, skin-on fries  
G, D, MU, SD 767 Kcal

**Moving Mountains Burger £15.95**  
Vegan brioche, vegan cheese, lettuce,  
tomato, skin-on fries VE G, S 730 Kcal

## LIGHT & HEALTHY

**Super Salad £12.95**  
Avocado, stem broccoli, tomato,  
beetroot, toasted pine nuts  
VE SD, MU 246 Kcals

**Grilled King Prawns £14.95**  
Mixed leaf salad, tomatoes, Feta cheese  
GF C, D, MU, SD 502 Kcal

**Mediterranean Vegetable Pasta £12.95**  
Herb & basil oil VE G 766 Kcal

**Courgette & Red  
Pepper Salad £12.95**  
Cajun cauliflower, vegan Feta cheese  
VE G, MU, SD 336 Kcal

## SIDES

**Fat Cut Chips £3.95** VE, GF SD 331 Kcal

**Skin-on Fries £3.95** VE, GF 581 Kcal

**Creamed Potatoes £3.95**  
V, GF D, SD 347 Kcal

**Beer Battered Onion Rings £3.95** VE G, SD 309 Kcal

**Buttered Seasonal Vegetables £3.95**  
V, VE ON REQUEST, GF D 175 Kcal

**House Salad £3.95** VE, GF SD 86 Kcal

**Hospitality  
Action**

**Invisible Chips £2**  
0% Fat, 100% Hospitality

All proceeds from Invisible Chips go to Hospitality Action, who offer help and support to people in Hospitality in times of crisis. Thanks for chipping in! Scan this code for more information or visit [hospitalityaction.org.uk](https://hospitalityaction.org.uk)



## DESSERTS

**Sticky Toffee Pudding £6.45**  
Butterscotch sauce, vanilla ice cream  
V G, E, D 857 Kcal

**Winter Spiced Plum  
Frangipane Tart £7.25**  
Clotted cream V G, N, E, D, SD 1258 Kcal

**Apple & Rhubarb Crumble £7.45**  
V Custard G, D, SD 474 Kcal

**Vegan Chocolate & Caramel Tart £7.95**  
Vegan ice cream, chocolate soil  
VE S, SD 155 Kcal

**Cinder Toffee & Chocolate Sundae £7.95**  
Vegan whipped cream VE S, SD 906 Kcal

**Malteser Sundae £7.95**  
Chocolate & vanilla ice cream, caramel sauce  
V G, N, S, E, D 501 Kcal

**Chef's Cheeseboard £9.95**  
Celery, grapes, chutney, crackers  
G, N, S, E, D, CE, SE 929 Kcal





## Three Swans Hotel

Market Harborough



*"One cannot think well, love well,  
sleep well, if one has not dined well."*

VIRGINIA WOOLF

**Head Chef Deepak and his kitchen team love what they do.** Our food is cooked freshly to order, so let us know if you are in a hurry. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made with no added gluten, please ask a member of our team who will be able to advise you.



### CHILDREN EAT FREE ON SUNDAYS FROM OUR FAMILY TO YOURS...

Get one free children's three-course meal from our Children's Menu when you purchase a full priced adult main course. Drinks not included. Dishes and offer subject to availability. Offer only available for children aged 12 and under.

**V:** Vegetarian **VE:** Vegan **GF:** Gluten-Free. Adults need around 2000 Kcal a day. If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen.

C: Crustaceans / CE: Celery / D: Dairy / E: Eggs / F: Fish / P: Peanuts / G: Gluten / L: Lupin / N: Nuts  
MO: Molluscs / MU: Mustard / S: Soya / SD: Sulphur dioxide / SE: Sesame seeds

We add a discretionary 10% service charge on all our food items. 100% of all gratuities go directly to our team members. Please let your server know if you wish to remove this element.

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