

Fixed Priced Menu

2 courses £16.50 / 3 courses £22.50

Pick any courses marked with the wheel icon.  
Available Monday to Friday, 12 noon until 8.30pm.



Chef’s Message

Head Chef Luciano and the kitchen team are passionate about what they do. They take pride in sourcing the finest local ingredients while also seeking out the best seasonal produce from further afield. Every dish is cooked fresh to order, so if you’re short on time, just let us know.

Grazing & Sharing

<b>Warm House Bread</b> (v).....7.95 olive oil, salted butter (G, SE, SD, D / S, E) 742 kcal	<b>Honey &amp; Mustard Pigs in Blankets</b> .....5.95 (G, MU, SD) 451 kcal
<b>Puffed Pork Quavers</b> (gf).....3.95 sage & fennel salt 129 kcal	<b>Sticky Korean Fried Cauliflower</b> (ve).....4.50 (G, S, SE) 345 kcal

Starters

<b>Soup of the Day</b> .....6.50 bread, butter ask for allergens & calories	<b>Whipped Feta Cheese with Warm Golden &amp; Ruby Beetroot</b> (ve).....6.95 roasted fig, pickled walnuts (G, N) 123 kcal
<b>Tempura Prawns</b> .....10.50 mango salsa, gochujang mayonnaise, peanut crumb (G, C, P, S, E / SE, N) 818 kcal	<b>Black Pudding Scotch Egg</b> .....8.50 apple & celeriac rémoulade (G, S, E, D, MU, SD, CE / SE, F, MO, C) 435 kcal
<b>Beetroot Salmon Gravlax</b> .....9.95 pickled shallot rings, cucumber, rye bread (G, F, SD / L, CE) 359 kcal	<b>Garlic Mushrooms, Poached Egg &amp; Pancetta</b> (vo, gfo).....8.95 toasted sourdough (G, E, D, SE, SD / F, S, CE) 785 kcal

Main Courses

<b>Fish &amp; Chips</b> (gf).....13.95/17.50 beer-battered North Sea haddock, chunky chips, mushy peas, tartare sauce, lemon (F, E, MU / S) 961 kcal / 1298 kcal only the small portion is included in the fixed price menu	<b>Tagliatelle Bolognese</b> .....13.95 Grana Padano, garlic bread (G, E, D, CE, SD / L, S, MU) 1008 kcal
<b>Pie of the Day</b> .....16.95 seasonal vegetables, choice of mash or chunky chips ask for allergens & calories	<b>Chef’s Butter Chicken Curry</b> .....16.95 basmati rice, folded naan, onion bhaji (G, SD, D / MU) 1057 kcal
<b>The Swans Burger</b> .....16.95 grilled cheddar, smoked bacon, relish, pickled red onions, brioche bun, skinny fries (G, S, E, D, MU, SD) 1011 kcal	<b>Chicken Supreme</b> (gfo).....17.95 dauphinoise potato, bacon pale ale sauce, roasted carrots (D, SD / G) 1473 kcal
<b>Red Wine Braised Beef Stew</b> .....13.95 Stilton & rosemary dumplings, mashed potato, vegetables (G, D, SD / S, E) 595 kcal	<b>Smoked Carrot &amp; Sweet Potato Burger</b> (ve).....15.95 brioche bun, lettuce, skinny fries (G) 365 kcal
<b>Pan-Fried Lamb’s Liver &amp; Bacon</b> (gf).....13.95 mashed potato, buttered seasonal greens (D, SD / CE) 482 kcal	<b>Breaded Aubergine Schnitzel</b> (v).....12.95 curry sauce, pickled red onions, coriander basmati rice (G, E, D, SD / C, F, S) 652 kcal
<b>Steak Frites</b> (gf).....18.95 8oz flat iron steak, skinny fries, tomato & red onion salad, peppercorn sauce (D, SD) 952 kcal	<b>Cod Fillet</b> (gf).....17.95 courgette parmigiana, sautéed potato, tomato & olive sauce (F, D, CE, SD / L) 197 kcal
<b>Pork Tomahawk Steak</b> (gf).....19.95 bubble & squeak cake, root vegetables, honey & garlic sauce (D, CE, MU) 846 kcal	<b>Chicken Caesar Salad</b> (gfo).....14.95 anchovies, croutons, baby gem (G, F, E, D) 474 kcal
<b>8oz Sirloin Steak</b> (gf).....28.95 tomato & red onion salad, chunky chips, peppercorn sauce (SD, MU) 1267 kcal	<b>Super Salad</b> (ve).....13.95 avocado, Korean fried cauliflower, pickled shallot, toasted pumpkin seeds (G, S, MU, SD / SE, N) 550 kcal

Sides

<b>Chunky Chips</b> (ve, gf) herb salt (SD / CE) 331 kcal.....4.50	<b>Buttered Seasonal Greens</b> (v, gf) (D) 175 kcal.....4.50	<b>Invisible Chips</b> .....2.00 0% FAT, 100% HOSPITALITY
<b>Skinny Fries</b> (ve, gf) herb salt 363 kcal.....4.50	<b>Crispy Onion Petals</b> (ve, gf).....4.95 garlic mayonnaise 368 kcal	 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 <a href="http://hospitalityaction.org.uk">hospitalityaction.org.uk</a>
<b>Simple Salad</b> (v, gf).....4.50 olives, radicchio, gem lettuce, cherry tomatoes, red onion (D, SD, MU) 55 kcal	<b>Tenderstem Broccoli</b> (v, gf).....5.50 garlic & chilli (D, MU) 19 kcal	

Desserts

<b>Sticky Toffee Pudding</b> (v).....6.45 butterscotch sauce, vanilla ice cream (E, D, G / S) 1129 kcal	<b>Chocolate Orange</b> (v, gf).....9.25 chocolate soil, orange gel (S, E, D / MU) 669 kcal
<b>Croissant, Pear &amp; Dark Chocolate Bread &amp; Butter Pudding</b> (v).....6.95 whisky orange glaze, clotted cream ice cream (G, N, S, E, D, SE, SD / MU, F) 1146 kcal	<b>Salted Caramel Sundae</b> (v).....9.95 toffee sponge pieces, gingernut crumb (G, S, E, D) 833 kcal
<b>Chef’s Crumble</b> (v, gfo).....6.45 custard or ice cream ask for allergens & calories	<b>Cheeseboard</b> (v).....9.95 two local cheeses, crackers, chutney, grapes (G, S, E, D, CE, MU, SE, SD / N) 613 kcal
<b>Lemon &amp; Cardamom Posset</b> (v, gfo).....7.50 gingernut crumb (G, D, SD) 1115 kcal	

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. Items cooked within our fryers and ovens cannot be separated from allergenic ingredients and cross contamination may occur.

v (vo): Vegetarian (on request) ve (veo): Vegan (on request) gf (gfo): Gluten-Free (on request)  
Allergens (Contains / May Contain): 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.



# Three Swans Hotel

Market Harborough



## Children Eat Free on Sundays

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.



## Be Inn the Know

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## Afternoon Tea

Join us every day between 2pm and 5pm for our sumptuous Afternoon Tea. Enjoy a selection of finger sandwiches and sweet treats with unlimited tea or coffee.

Why not add a glass of fizz and make it extra special?

Afternoon Teas must be pre-booked.

[www.threeswans.co.uk](http://www.threeswans.co.uk)



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