

# 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.



## Brunch

Served Monday – Saturday until 2pm • Sunday until 11.45am

**Full English Breakfast** ..... 12.50  
sausage, bacon, mushroom, hash brown, eggs, black pudding, baked beans, slow-roasted tomato (G, E, D, SD, S) 1040 kcal

**Eggs Benedict** (gfo) ..... 10.95  
toasted muffin, ham, poached eggs, hollandaise (G, S, E, D / CE) 454 kcal

**Flat Iron Steak & Potato Hash** (gf) ..... 12.45  
black pepper, mayonnaise, spinach, poached egg (E, MU, SD / D, CE) 662 kcal

**French Brioche Toast** (v) ..... 10.95  
caramelised plums, yoghurt (G, E, D / S, MU) 522 kcal  
add bacon 256 kcal 2.00

## 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.

**Warm House Bread** (v) ..... 7.95  
olive oil, salted butter (G, SE, SD, D / S, E) 742 kcal

**Puffed Pork Quavers** (gf) ..... 3.95  
sage & fennel salt 129 kcal

**Soup of the Day** ..... 6.50  
bread, butter ask for allergens & calories

**Tempura Prawns** ..... 10.50  
mango salsa, gochujang mayonnaise, peanut crumb (G, C, P, S, E / SE, N) 818 kcal

**Beetroot Salmon Gravlax** ..... 9.95  
pickled shallot rings, cucumber, rye bread (G, F, SD / L, CE) 359 kcal

**Honey & Mustard Pigs in Blankets** ..... 5.95  
(G, MU, SD) 451 kcal

**Sticky Korean Fried Cauliflower** (ve) ..... 4.50  
(G, S, SE) 345 kcal

## Starters

**Whipped Feta Cheese with Warm Golden & Ruby Beetroot** (ve) ..... 6.95  
roasted fig, pickled walnuts (G, N) 123 kcal

**Black Pudding Scotch Egg** ..... 8.50  
apple & celeriac remoulade (G, S, E, D, MU, SD, CE / SE, F, MO, C) 435 kcal

**Garlic Mushrooms, Poached Egg & Pancetta** (vo, gfo) ..... 8.95  
toasted sourdough (G, E, D, SE, SD / F, S, CE) 785 kcal

## Classic Sandwiches

white or wholemeal bloomer, dressed salad, piper's crisps (gfo)

**Egg Mayonnaise** (v, gfo) (G, E, D, MU, SD / L, S, CE) 321 kcal ..... 7.95

**Cheddar Cheese & Pickle** (v, gfo) (G, D, SD, MU / L, S, E, CE) 945 kcal ..... 7.95

**Chicken Caesar Wrap** (G, E, D, F, MU / L, CE) 471 kcal ..... 8.95

**Houmous & Beetroot Falafel** (v, gfo) ..... 8.95  
lettuce, carrot (G, D, SE, SD / S, MU) 644 kcal

ADD FRIES 1.50  
ADD A CUP OF SOUP 3.00

## Artisan Sandwiches

dressed salad, skinny fries

**Ultimate Tuna Melt Wrap** (gfo) (G, F, D, MU / L, CE) 361 kcal ..... 9.95

**Fish Finger Butty** (gfo) ..... 10.95  
battered fish bites, tartare sauce (G, F, S, E, D, MU, SD) 826 kcal

**Swans Triple Club Sandwich** (gfo) ..... 12.00  
bacon, chicken, mayonnaise (G, S, E, D, MU, SD / SE) 1278 kcal

**Steak & Onion Focaccia Roll** (gfo) ..... 12.95  
(G, MU, SD / L, S, E, D, CE) 473 kcal

## Main Courses

**Fish & Chips** (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

**Pie of the Day** ..... 16.95  
seasonal vegetables, choice of mash or chunky chips ask for allergens & calories

**The Swans Burger** ..... 16.95  
grilled cheddar, smoked bacon, relish, pickled red onions, brioche bun, skinny fries (G, S, E, D, MU, SD) 1011 kcal

**Red Wine Braised Beef Stew** ..... 13.95  
Stilton & rosemary dumplings, mashed potato, vegetables (G, D, SD / S, E) 595 kcal

**Pan-Fried Lamb's Liver & Bacon** (gf) ..... 13.95  
mashed potato, buttered seasonal greens (D, SD / CE) 482 kcal

**Steak Frites** (gf) ..... 18.95  
8oz flat iron steak, skinny fries, tomato & red onion salad, peppercorn sauce (D, SD) 952 kcal

**Pork Tomahawk Steak** (gf) ..... 19.95  
bubble & squeak cake, root vegetables, honey & garlic sauce (D, CE, MU) 846 kcal

**8oz Sirloin Steak** (gf) ..... 28.95  
tomato & red onion salad, chunky chips, peppercorn sauce (SD, MU) 1267 kcal

**Tagliatelle Bolognese** ..... 13.95  
Grana Padano, garlic bread (G, E, D, CE, SD / L, S, MU) 1008 kcal

**Chef's Butter Chicken Curry** ..... 16.95  
basmati rice, folded naan, onion bhaji (G, SD, D / MU) 1057 kcal

**Chicken Supreme** (gfo) ..... 17.95  
dauphinoise potato, bacon pale ale sauce, roasted carrots (D, SD / G) 1473 kcal

**Smoked Carrot & Sweet Potato Burger** (ve) ..... 15.95  
brioche bun, lettuce, skinny fries (G) 365 kcal

**Breaded Aubergine Schnitzel** (v) ..... 12.95  
curry sauce, pickled red onions, coriander basmati rice (G, E, D, SD / C, F, S) 652 kcal

**Cod Fillet** (gf) ..... 17.95  
courgette parmesan, sautéed potato, tomato & olive sauce (F, D, CE, SD / L) 197 kcal

**Chicken Caesar Salad** (gfo) ..... 14.95  
anchovies, croutons, baby gem (G, F, E, D) 474 kcal

**Super Salad** (ve) ..... 13.95  
avocado, Korean fried cauliflower, pickled shallot, toasted pumpkin seeds (G, S, MU, SD / SE, N) 550 kcal

## Sides

**Chunky Chips** (ve, gf) herb salt (SD / CE) 331 kcal ..... 4.50

**Skinny Fries** (ve, gf) herb salt 363 kcal ..... 4.50

**Simple Salad** (v, gf) ..... 4.50  
olives, radicchio, gem lettuce, cherry tomatoes, red onion (D, SD, MU) 55 kcal

**Buttered Seasonal Greens** (v, gf) (D) 175 kcal ..... 4.50

**Crispy Onion Petals** (ve, gf) ..... 4.95  
garlic mayonnaise 368 kcal

**Tenderstem Broccoli** (v, gf) ..... 5.50  
garlic & chilli (D, MU) 19 kcal

**Invisible Chips** ..... 2.00

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](http://hospitalityaction.org.uk)



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.

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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