

FLAMSTEAD

ST ALBANS



THREE BLACKBIRDS

TRADITIONAL PUB & DINING

MENU

Served Monday – Friday from 12.00pm to 3.00pm & 6.00pm – 9.00pm

Served Saturday – All Day 12.00pm – 9.00pm

STARTERS & NIBBLES

SOUP OF THE DAY <i>served with rustic bread (gf available)</i>	5.25
WHITEBAIT <i>served with zesty lemon mayonnaise</i>	5.5
SALT & PEPPER SQUID <i>served with alioli</i>	5.95
SHARING VEGETARIAN MEZZE PLATTER (v) <i>for two hummus, tzatziki, falafel stuffed bell peppers, mixed olives with feta cheese served with flat breads (gf available)</i>	12.95
OLIVES <i>mixed olives & feta cheese (v)</i>	2.95
RUSTIC BREADS <i>with olive oil & balsamic vinegar</i>	2.95
PRAWN COCKTAIL <i>served with rustic bread</i>	5.95

LUNCH TIMES ONLY

HAM EGG & CHIPS <i>home cooked ham, garden peas, triple cooked chips served with two local free range eggs</i>	10.95
BLACKBIRD'S CHEESE OR HAM PLOUGHMANS <i>Or have both for 11.25 served with warm bread, pickle, pickled onions, apple & salad</i>	9.95

PANINIS

Chicken & Pesto Mayonnaise	6.95
Goat's Cheese & Sundried Tomato (v)	6.5
Pastrami with Pickles & Swiss Cheese	6.95

SANDWICHES & SPANISH BAGUETTES (Bastons)

Mature Cheddar & Chutney (v)	5.95
Smoked Salmon & Cream Cheese	6.95
Breaded Fish Fingers & Sauce Tartare	6.5
Classic BLT	6.5
Chicken & Bacon	6.75
Cumberland Sausage & Caramelised Onions	6.95

"Your Quality Local..."

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MAINS

BEER-BATTERED FRESH HADDOCK <i>with triple cooked chips minted pea puree & sauce tartare (gf available)</i>	12.95
BUTTERFLY CHICKEN BREAST <i>marinated in Mediterranean spices with triple cooked chips & a medley of vegetables</i>	14.95
TRIO OF SAUSAGES <i>with truffle mash & caramelised red onion gravy</i>	13.95
HOMEMADE STEAK & GUINNESS PIE <i>with triple cooked chips & peas</i>	12.95
HOMEMADE CHICKEN & MUSHROOM PIE <i>with triple cooked chips & peas</i>	12.95
SPINACH & RICOTTA CANNELLONI (v) <i>served with dressed salad & garlic bread</i>	13.5

STEAKS & BURGERS

HAND CRAFTED BRITISH BEEF BURGER <i>7oz dry aged beef burger, with lettuce sliced tomatoes, red onion, pickles & mustard mayonnaise served with triple cooked chips</i>	12.95
MARINATED CHICKEN BREAST BURGER <i>with lettuce, sliced tomatoes, red onion & mayonnaise served with triple cooked chips</i>	13.95
SPICY BEAN BURGER (v) <i>with lettuce, sliced tomatoes, red onion & spicy salsa served with triple cooked chips</i>	11.95
PORTABELLO MUSHROOM BURGER (vegan) <i>lettuce, sliced tomatoes, red onion & spicy salsa served with triple cooked chips</i>	10.95
GRILLED HALLOUMI BURGER (v) <i>lettuce, sliced tomatoes, red onion & spicy sauce served with triple cooked chips</i>	11.95

All served in a toasted brioche bun

add halloumi, stilton, brie 1.75 / cheddar 0.95, bacon 1.75, extra burger 5.5, egg 0.75

10oz RIB-EYE STEAK <i>with triple cooked chips or Dauphinoise potatoes roasted cherry tomatoes on the vine, roasted mushrooms & watercress salad</i>	19.95
6oz FILLET STEAK <i>with triple cooked chips or Dauphinoise potatoes roasted cherry tomatoes on the vine, roasted mushrooms & watercress salad</i>	22.50

add a Peppercorn or Bearnaise sauce for 1.95

SIDES

Homemade Mac & Cheese (v)	3.5
Dauphinoise potatoes (v)	3.5
Sweet potato fries (v)	3.5
Triple cooked chips (v)	3.5
Homemade beer battered onion rings (v)	3.5

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