

The background is a complex, abstract composition of various colors and textures. It features large, irregular shapes in shades of dark grey, black, white, orange, blue, and pink. The textures are grainy and layered, suggesting a collage or a heavily textured surface. The overall effect is dynamic and visually rich.

F O O D

THE SOAK

FOR THE TABLE

Padrón peppers (VG, GF) 200 kcal **4.5**

Marinated olives (VG, GF) 109 kcal **4**

Warm focaccia, extra virgin olive oil, balsamic vinegar (VG) 619 kcal **4**

STARTERS

Falafel, roasted red pepper hummus, beetroot, yoghurt (V) 668 kcal **8**

Pearl barley, beetroot, roast butternut squash, leaves, cress, toasted pumpkin seeds, herb dressing (VG) 521 kcal **8.5**

Buttermilk chicken tenders, chipotle mayo, pickles 1066 kcal **9**

Lamb kofta, yoghurt, chilli sauce, pomegranate 703 kcal **9**

Red velvet king prawns, wasabi mayo, radishes 795 kcal **9.5**

Nachos, smoked cheese sauce, tomato salsa, guacamole, sour cream, jalapeños, spring onions (V, GF) 1325 kcal **8**

MAIN PLATES

THE SOAK FISH & CHIPS

freshly battered cod fillet with triple-cooked chips, mushy peas, tartare sauce 1100 kcal **18**

MOULES FRITES

steamed mussels in white wine, parsley & garlic cream sauce, served with skin-on fries (GF) 1359 kcal **16**

GRILLED 7oz FILLET STEAK

triple-cooked chips, roast vine tomato, flat mushroom, watercress – béarnaise or green peppercorn sauce (GF) 1315 kcal **36**

GRILLED 7oz RUMP STEAK

triple-cooked chips, roast vine tomato, flat mushroom, watercress – béarnaise or green peppercorn sauce (GF) 1055 kcal **23**

DOUBLE-COOKED HALF CHICKEN

poached then chargrilled, served with triple-cooked chips, roast vine tomato, flat mushroom, and a garlic, lemon & herb butter (GF) 1664 kcal **19**

BANGERS & MASH

Cumberland sausages, mashed potato, mushy peas, red wine & onion gravy 763 kcal **16**

BIRYANI POTS

lamb kofta with aromatic pilau rice, crispy onions, pomegranate, yoghurt, Madras Chettinad curry sauce 1619 kcal **17**

Vegetarian option available (V) 1488 kcal **17**

CAESAR SALAD

baby gem lettuce, creamy Caesar dressing, Italian hard cheese, croutons (V) 496 kcal **11**

Add grilled chicken 520 kcal **6**

Add salmon 592 kcal **6**

PEARL BARLEY SALAD

beetroot, roast butternut squash, leaves, cress, toasted pumpkin seeds, herb dressing (VG) 858 kcal **14**

Add grilled chicken 520 kcal **6**

Add salmon 592 kcal **6**

TAGLIATELLE

pesto, asparagus, peas, roquette (V) 809 kcal **12**

Add grilled chicken 520 kcal **6**

Add salmon 592 kcal **6**

BURGERS

All served with skin-on fries

THE SOAK BURGER

100% British beef, streaky bacon, cheese, sweet pickled red onion, roquette, tomato, gem lettuce, chipotle mayo, brioche bun 1359 kcal **17**

CHICKEN BURGER

fried buttermilk chicken, Frank's RedHot sauce, blue cheese sauce, pickled cabbage slaw, lettuce, tomato, mayo, pretzel bun 1224 kcal **17**

PLANT BURGER

Moving Mountains® burger, roast vegetables, vegan cheese, roquette, sweet pickled red onion, mustard mayo, brioche style bun (VG) 1442 kcal **16**

GRILLED CHICKEN CAESAR

grilled chicken escalope, baby gem lettuce, Italian hard cheese, Caesar sauce, brioche bun 1231 kcal **17**

PHILLY CHEESE STEAK

sautéed rump escalope with peppers, onions, melted mature cheddar cheese, mustard mayo, pretzel bun 1166 kcal **17**



ping pong

Handmade Dim Sum

Sometimes it just has to be dumplings. No-one does them better than Ping Pong, so that's why we had to feature them in our menu at The Soak. Try a dish and see for yourself.

We would suggest 3 dishes for a main course portion.

Choose one from each section for £23

DUMPLINGS

BLACK PRAWN DUMPLING

king prawn, garlic butter, squid ink pastry (GF) 132 kcal **8.5**

SHANGHAI CHILLI WONTONS

with spinach & mushrooms, rocket leaves, bean curd, Chinkiang vinegar & chilli oil (VG) 291 kcal **8**

SPICY VEG & MUSHROOM DUMPLINGS

shiitake mushrooms, root vegetables and water chestnut with aromatic coriander, chilli and sesame (VG-GF) 109 kcal **6**

GRIDDLED BEEF GYOZA

with Chinkiang vinegar 198 kcal **7.5**

POTS

CREAMY TOFU & ENOKI NOODLE SOUP

creamy soup with noodles, sliced tofu steak and grilled enoki mushroom, topped with fresh chilli and thinly chopped spring onion (VG) 390 kcal **9**

SICHUAN CHICKEN RICE POT

braised chicken with chilli, edamame beans, shiitake mushrooms on steamed rice 330 kcal **8.5**

MUSHROOM & BLACK BEAN RICE POT

sautéed Chinese mushrooms with bean curd & black beans on steamed rice (VG) 464 kcal **8.5**

CRISPY

CHICKEN WINGS

cherry wood smoked chilli chicken wings, tangy tomato chilli sauce 528 kcal **9.5**

CHICKEN SKEWERS

soy marinated chicken skewers, smoky orange sauce 205 kcal **8**

GLAZED SPARE RIBS

honey glazed pork spare ribs, toasted sesame seeds (GF) 845 kcal **9.5**

SESAME PRAWN TOAST

sesame prawn toast with a hint of garlic, spicy mango sauce 220 kcal **8.25**

VEGETABLE SPRING ROLL

vegetable spring roll – mushrooms, carrots, white cabbage and potato with a hint of pepper, wrapped in a crispy spring roll pastry, served with spicy mango sauce (VG) 217 kcal **6**

DUCK SPRING ROLL

crispy duck spring roll, cucumber & spring onion, hoisin sauce 234 kcal **7.5**

SIDES *All sides are 4*

Triple-cooked chips (VG, GF) 713 kcal

Skin-on fries (VG, GF) 840 kcal

Sweet potato fries (VG, GF) 785 kcal

Roast vegetables (VG) 255 kcal

Onion rings (V) 698 kcal

Garlic mushrooms (V, GF) 324 kcal

Mixed leaves, herb dressing (VG, GF) 265 kcal

DESSERTS

STEAMED STICKY TOFFEE PUDDING

with vanilla custard (V) 380 kcal **8.5**

BLACK FOREST BROWNIE

with chocolate mousse, cherry compote, double cream (V) 1317 kcal **8.5**

EARL GREY PANNA COTTA

with mixed berries (V, GF) 433 kcal **8.5**

BLACKCURRANT CHEESECAKE

with raspberry sorbet and coulis (V) 753 kcal **8.5**

FRESH FRUIT SALAD

with berries, mango sorbet (VG, GF) 174 kcal **7**

ICE CREAM & SORBET

a selection of ice creams (V, GF) 252 kcal & sorbets (VG, GF) 155 kcal **7**