

*The* **RESTAURANT**  
*at* **SOPWELL HOUSE**  
*St. Albans*

**Mothering Sunday Lunch Menu**

**Starters**

Chicken liver parfait, candied fig, toasted walnut and sultana bread  
Nettle and wild garlic soup, sorrel dumpling  
Confit rainbow trout, avocado puree, aubergine and sesame mousse  
New season asparagus risotto, truffle quails egg  
Spring lamb carpaccio, pickled woodland mushrooms, tempura vegetables

**Main courses**

Traditional British roast beef or roast lamb with traditional accompaniments  
bay prawn, saffron potato, bouillabaisse sauce, croutons, rouille  
Grilled fennel, open lasagne, watercress and blue cheese sauce  
Slow roasted belly of pork, braised red cabbage, sweet potato mash, honey and sage sauce

**Desserts**

Chocolate fondant, black cherry ice cream  
Eton mess  
Selection of British cheeses, fig chutney, wheat wafers  
Tiramisu, biscotti biscuit  
Caramelised upside down apple tart, crème fraîche

Coffee and macaroons

**£35.00 per adult**  
**£15.00 per child (3-12 years)**  
**Free for under 3s**