



The Lamb & Flag, Faringdon Road, Longworth, Abingdon, Oxfordshire OX13 5HN

Telephone: 01865 820208

www.lambandflaglongworth.co.uk

To Start

Bread Board	
A selection of freshly baked breads, olive oil and balsamic vinegar	£4.50
The Mussel Pot	
Mussels in white wine, garlic and cream sauce served with fresh bread	£4.50 / £8.50
Farmhouse Vegetable Soup	
A classic chunky vegetable soup	£3.95
Chef's Special Garlic Mushrooms	
Chunky mushrooms in beer batter drizzled in a garlic and chive sauce	£4.50
Tiger Prawns	
Cooked in garlic butter and lemon juice	£5.95
Oaked Smoked Salmon	
Served with rocket, lemon and brown bread	£5.95
Homemade Chicken Liver and Pork Paté	
Served with and fresh bread	£4.50
Haddock Fishcakes	
With rocket and sweet chilli sauce	£4.95 / £9.90

The Main Event

Pork Belly	
Rolled and stuffed with sage and apple, served with sauté potatoes	£8.50
Poached Salmon Fillet	
In white wine and dill sauce with sauté potatoes and fresh vegetables	£8.95
Classic Dudley Burger	
8oz Beef burger with bacon, blue cheese and onions, served with chips	£8.50
Freshly Hand Battered Grimsby Haddock	
Served with Chips and mushy peas	£8.85
Good Old Fashioned Bangers and Mash	
Oxfordshire sausages served with mustard mash and thick rich onion gravy	£7.95
Caesar Salad	
With anchovies, parmesan and croutons	with hot Chicken £8.50 without Chicken £6.50
Mushroom Risotto (V)	
With brandy cream, paprika and parmesan	£7.50
Penne Al Arrabiata (V)	
With tomato, garlic and chilli	£7.50

From the Char Grill

The 'Lamb' Rack	
With rosemary sauce and wholegrain mustard mash	£12.95
Porterhouse 12oz Steak	
The best of fillet and sirloin served with chips onion rings and mushrooms.	£14.95
Sirloin Steak	
8oz 28 day steak, served with chips, onion rings and mushrooms	£11.95

Side Dishes / Sauces

Bowl of Chips	£2.50	Garlic Bread	£2.50
Cheesy Garlic Bread	£2.50	Caesar Salad	£2.50
Tomato, Red Onion and Basil Salad	£2.50	Stilton and	
Peppercorn Sauce	£2.50	Mushroom Sauce	£2.50
Brandy Cream and Mushroom Sauce	£2.50		

Light Bites

All the following items are available from 12:00noon to 3:00pm Monday to Saturday

Italian Antipasti Sharing Board <i>or on your own if you are hungry!</i>	
A selection of sliced cured Italian meats , mixed olives, fresh bread, olive oil and balsamic vinegar	£10.95
Seafood Sharing Board <i>or on your own if you are hungry!</i>	
Tiger prawns, roll mop herring, smoked salmon with fresh bread, olive oil and balsamic vinegar	£10.95
All Day Breakfast	
Eggs, Bacon, Sausage, Mushroom, Tomato and Beans.	£6.50
Hand Carved Norfolk Ham	
Served with a fried egg and chips	£7.95
The Crunch Ploughman's	
Strong mature cheddar and ham served with warm bread.	£6.95
Sandwiches	
5oz Minute steak with caramelized onions	£4.95
Oxfordshire Pork with stuffing and apple sauce	£4.95
Hot Bacon and Brie	£4.95
Mozzarella, tomato and pesto	£4.95
Norfolk Ham and Cheddar	£4.95
Prawns in seafood dressing	£4.95
Granary bread / White bread or Baguette	
All served with crisps and rocket	
Jacket Potatoes	
Cheese and Beans	£4.95
Classic Prawn Cocktail	£4.95
Red Thai Chicken Curry	£4.95
Tuna and Mature Cheese	£4.95
Cheese and Crispy Bacon	£4.95

The Perfect Sunday Lunch

Available Sundays from 12noon until 6.00pm

Come and join us for our 'Perfect Sunday Lunch' we will have a selection of three joints with seasonal vegetables, roast potatoes, Yorkshire pudding and all the trimmings.

£8.95 Adults and £5.95 for Children (under12)

Book early to avoid disappointment

To Start

1	Thai Prawn Crackers	£1.50
2	Spring Rolls Delicate steamed minced pork, prawn and vegetables with sweet soy sauce	£3.95
3	Steamed Dumplings Delicate steamed minced pork, prawn and vegetables with sweet soy sauce	£3.95
4	Chicken Satay Lean strips of marinated chicken on bamboo skewers with peanut sauce	£3.95
5	Fish Cakes Deep fried fish, squid, pork blended in a red curry paste with cucumber sauce	£3.95
6	Prawn in Blanket Deep fried prawns wrapped in rice pastry with chilli sauce	£3.95
7	Golden Bags Deep fried minced chicken and prawn with herbs, vegetables wrapped in rice pastry	£3.95
8	Golden Basket Stir fried pork, peas, sweet corn in deep fried basket	£3.95
9	Mixed Starter Chicken Satay, Spring Rolls, Fish Cake, Prawns in Blankets, Steamed Dumplings	£4.50

Vegetarian Starters

10	Springs Rolls Deep fried vegetables wrapped in pastry with sweet chilli sauce	£3.95
11	Golden Basket Stir fried vegetables, peas, sweet corn in deep fried basket	£3.95
12	Fried Beancurd (Tuu Fuu) Deep fried beancurd served with tamarind sauce	£3.95

Soups

13	Hot and Sour Prawn Soup Rich, Hot & Sour Soup with king prawns, chillies, lemon grass & herbs	£4.50
14	Hot and Sour Chicken Soup Rich Chicken Soup with lemon grass, chillies & herbs	£4.50
15	Chicken and Coconut Milk Soup Chicken simmered in coconut milk, lemon grass & herbs	£4.50

Vegetarian Soups

16	Hot and Sour Mushroom Soup Rich, Hot & Sour Soup with mushrooms, chillies, lemon grass & herbs	£3.95
17	Mushroom and Coconut Milk Soup Mushrooms in coconut milk, lemon grass & herbs	£3.95

Salad Dishes

18	Beef Salad Sliced beef tossed in lemon dressing, chilli, onion & herbs	£6.95
19	Prawn Salad Succulent prawns with herbs, chilli, onion and lemon dressing	£6.95

Prawn, Seafood and Fish

20	Red Prawn Curry Prawns cooked in a dry aromatic curry with coconut milk and Thai herbs	£6.75
21	Green Prawn Curry Prawns in a green curry sauce with coconut milk, vegetables and Thai herbs	£6.75
22	Sweet and Sour Prawn Stir fried prawns with vegetables in a sweet and sour sauce	£6.75
23	Tamarind Prawns Mediterranean prawns with tamarind sauce and crispy seaweed	£7.50
24	Prawns with Asparagus Stir fried prawns with asparagus and carrot in oyster sauce	£6.75
25	Sweet and Sour Fish Stir fried sliced sea bass with vegetables in a sweet and sour sauce	£7.50
26	Fish with Curry Sauce Crispy boneless sea bass with red curry sauce	£8.50
27	Mixed Seafood Stir fried prawns, squid and mussels with onion, pepper, herbs in chilli sauce	£8.50
28	Yellow Sea (Gari) Stir fried prawns, squid, scallops and mussels with egg in a curry sauce	£8.50
29	Sea Bass with Chilli Sauce Crispy boneless sea bass topped with chilli sauce	£10.50
30	Sea Bass with Ginger Steamed sea bass fillets in ginger and Thai herb sauce	£10.50

Duck

31	Duck Curry Roast duck cooked with red curry sauce, coconut milk, vegetables and Thai herbs	£6.95
32	Tamarind Duck Roast duck Thai style with tamarind sauce and crispy seaweed	£6.95
33	Chilli Duck Stir fried duck with fresh chilli, basil and Thai herbs	£6.95

Pork

34	Pork with Garlic and Pepper Stir fried pork with garlic and pepper	£6.50
35	Pork and Ginger Stir fried pork with ginger and vegetables in oyster sauce	£6.50
36	Chilli Pork Stir fried pork with fresh chilli and basil	£6.50
37	Sweet and Sour Pork Stir fried pork with vegetables in a sweet and sour sauce	£6.50
38	Red Curry Pork Pork cooked in a dry aromatic curry with coconut milk and Thai herbs	£6.50

Beef

39	Beef with Oyster Sauce Stir fried beef with onion, pepper and oyster sauce	£6.75
40	Chilli Beef Stir fried beef with fresh chilli, basil and Thai herbs	£6.75
41	Red Beef Curry Beef cooked in a dry aromatic curry with coconut milk and Thai herbs	£6.75
42	Green Beef Curry Beef in a green curry sauce with coconut milk, vegetables and Thai herbs	£6.75
43	Mixed Meat Curry Beef, pork, chicken mixed in a dry aromatic red curry sauce with coconut milk and Thai herbs	£6.95
44	Weeping Tiger Grilled sirloin steak marinated, served with Thai special sauce	£8.50

Chicken

45	Chicken Musaman Curry A mild Chicken curry with potatoes and peanuts	£6.50
46	Chicken Red Curry Chicken cooked in a dry aromatic curry with coconut milk and Thai herbs	£6.50
47	Chicken Green Curry Chicken in a green curry sauce with coconut milk, vegetables and Thai herbs	£6.50
48	Diced Chicken and Cashew Nuts Stir fried diced chicken with chilli, cashew nuts and vegetables	£6.50
49	Chicken with Ginger Stir fried chicken with ginger and vegetables	£6.50
50	Chilli Chicken Stir fried chicken with fresh chilli and basil	£6.50
51	Chicken and Cashew Nuts Stir fried chicken with cashew nuts and vegetables in oyster sauce	£6.50
52	Sweet and Sour Chicken Stir fried diced chicken with vegetables in a sweet and sour sauce	£6.50

Vegetables, Rice, Noodles and vegetarian (V)

53	Tuu Fuu with Cashew Nuts (V) Stir fried beancurd, cashew nuts, onion, pepper and chilli	£5.95
54	Tuu Fuu with Bean sprouts (V) Stir fried beancurd, bean sprouts, spring onions in a light soy sauce	£4.50
55	Vegetable Curry (Choose Red or Green) (V) Mixed vegetables cooked with red or green curry paste and coconut milk	£5.95
56	Mixed Vegetables (V) Stir fried mixed vegetables with oyster sauce	£4.95
57	Pad Thai Noodles (V) Stir fried rice noodles with bean sprouts, egg, beancurd in a tamarind sauce	£5.95
58	Egg Noodles (V) Stir fried egg noodles with bean sprouts, egg and beancurd	£5.95
59	Steamed Jasmine Rice (Plain Rice)	£1.75
60	Egg Fried Rice	£2.00
61	Chicken Stir Fried Rice	£5.95
62	Prawn Stir Fried Rice	£5.95
63	Pad Thai Noodles Stir fried egg noodles with prawns, bean sprouts, egg, beancurd in tamarind sauce	£6.75
64	Egg Noodles Stir fried egg noodles with chicken, egg and bean sprouts	£5.95

Food ingredients may include Nuts, Fish Sauce, Garlic, Eggs or Soya Sauce

If you prefer to eat at home try our Takeaway Menu
Just Call 01865 820208 10% Discount on takeaway

The Lamb and Flag 'It's Our Pleasure'