



### FISH

“Table five want their soup and make it snappy”

Our top Chefs checking the fresh fish quality at Openshaws



### MEAT

“Boys will be boys”

Martin, our MD and top Chefs down on the farm at Prospect Farm, Harrogate. The source of our lamb and beef



### BREAD

“You flaming catch it Steve, its red hot!”

Dave & Steve our development Chefs baking bread at Bondgate Bakery, Otley

# FOOD MENU

## Dessert

<b>TARTE AU CITRON (V) (N)</b> Served with fresh raspberries and either cream or ice cream	<b>£5.25</b>
<b>WHITE CHOCOLATE TART (V) (N)</b> Topped with strawberries, drizzled with chocolate dessert sauce and your choice of either cream or ice cream	<b>£5.25</b>
<b>STICKY TOFFEE PUDDING (V) (N)</b> With butterscotch sauce and clotted cream ice cream	<b>£5.25</b>
<b>TARTE AU CHOCOLATE (V) (N)</b> Served with fresh raspberries, chocolate shavings and either cream or ice cream	<b>£5.25</b>
<b>PROFITEROLE CHEESECAKE (V) (N)</b> Drizzled with chocolate and butterscotch sauces, chocolate shavings and either cream or ice cream	<b>£5.25</b>
<b>MINI INDULGENCES (V) (N)</b> A tantalising platter of our favorite desserts for you to share and enjoy	<b>£10.95</b>
<b>LUXURY ICE CREAM (V) (N)</b> Brymore real dairy ice cream, made on the farm from the whole milk & cream from the herd of pedigree Guernsey cows. Only the best fruit and flavours are used. Choose 3 scoops from clotted cream, wild strawberry and chocoholic flavours	<b>£4.50</b>

## Sunday Lunch

Why not try our fantastic locally reared roast,

- **ROAST BEEF** £9.95
- **ROAST PORK** £9.95
- **ROAST CHICKEN** £8.95

Served with roast potatoes, fresh seasonal vegetables, mash potatoes, Yorkshire pudding and gravy

- **TOAD IN THE HOLE** £8.95  
Homemade Yorkshire pudding, pork & leek sausages served with mash potato, seasonal vegetables and gravy

### TWO COURSES FOR £12.95 -

Choose from one of the starters below then enjoy our locally reared roast

#### HOMEMADE SOUP OF THE DAY (V)

Served with warmed bread

#### HOMEMADE GOAT'S CHEESE RISOTTO CAKES (V)

Goat's cheese, butternut squash & rocket risotto cakes served with roast onion chutney and balsamic dressing

#### CHAR-GRILLED LEMON & ROSEMARY

#### MARINATED CHICKEN SKEWERS (N)

With rocket and pesto crème fraiche

#### YORKSHIRE PUDDING

Homemade Yorkshire pudding served with onion gravy

## Hot Beverages

Our Creme coffee beans are blended from the highest quality beans.

<b>AMERICANO</b>	<b>£2.25</b>
<b>CAPPUCCINO</b>	<b>£2.50</b>
<b>LATTE</b>	<b>£2.45</b>
<b>FLAVOURED LATTE</b>	<b>£2.75</b>
<b>ESPRESSO</b>	<b>£2.20</b>
<b>DOUBLE ESPRESSO</b>	<b>£2.55</b>
<b>MACCHIATO</b>	<b>£2.30</b>
<b>MOCHA</b> Topped with cream	<b>£2.80</b>
<b>HOT CHOCOLATE</b> Topped with cream	<b>£2.60</b>
<b>IRISH COFFEE</b>	<b>£3.95</b>
<b>BAILEYS LATTE</b> Smooth and laid back with a shot of Baileys	<b>£3.95</b>
<b>ESPRESSO MARTINI</b> Cocktail or coffee? You decide	<b>£5.60</b>
<b>SUKI TEA</b>	<b>£2.40</b>

## After Dinner Drinks

<b>PORT (50ML)</b> Taylors LBV	<b>£3.00</b>
<b>PORT (50ML)</b> Tawny 10 year old	<b>£6.00</b>
<b>LIQUEUR</b> Disaronno Amaretto	<b>£2.60</b>
<b>COGNAC</b> Courvoisier Exclusif	<b>£5.00</b>
<b>COGNAC</b> Courvoisier XO	<b>£10.00</b>
<b>RUM</b> Royal XM	<b>£5.00</b>
<b>RUM</b> El Dorado 25 year old and forever become a Trio Rumbullion member	<b>£50.00</b>

*all measures are 25ml unless stated*

## Pago Premium Fruits

**All juices £2.50**

Available in the following flavours:

**ORANGE**

**APPLE**

**LEMON LIME** (Great with Vodka)

**MANGO**

**ACE** (High vitamin mix for vitality)

**TOMATO** (Fantastic in a Bloody Mary)

*100% natural & part of your 5 a day*





All products are sourced where possible from local suppliers in our relentless pursuit of entirely fresh produce

WE WOULD LIKE TO THANK  
OUR LOCAL SUPPLIERS

Fruit & Veg – RK Harris, Headingley  
Meat & Game – Alan Morton, Horsforth  
Bread & Cakes – Sally, Bondgate, Otley

## Starters

**ROASTED RED PEPPER SOUP (V) (N)** £4.50  
Freshly made on the premises and finished with sweet chilli sour cream, served with warmed bread

**ORIENTAL STYLE RIBS (N)** £6.95  
Meaty ribs marinated in sticky oriental hoi sin sauce

**BEEF CARPACCIO** £7.50  
Beef fillet 'Carpaccio', lemon oil, balsamic syrup, sweet roast red peppers, parmesan shavings and crisp rocket leaves

**BAKED CAMEMBERT (V)** £6.25  
Camembert scented with garlic and rosemary, oven baked and served with crisp crostinis

**GOAT'S CHEESE RISOTTO CAKES (V)** £6.25  
Goat's cheese, butternut squash & rocket risotto cakes, served with roast onion chutney and a balsamic dressing

**THAI STYLE FISH CAKES (N)** £6.75  
Thai style crab & prawn fishcakes, lemongrass skewer, coconut & coriander crumb, lime and ginger mayonnaise

**CHILLI PRAWNS** £6.75  
King prawns pan-fried with chilli, garlic, coriander and butter, crisp crostinis and fresh rocket

**CHICKEN & CHORIZO SKEWERS (N)** £6.45  
Char-grilled chicken and Spanish chorizo skewers with dressed leaves and sweet chilli dressing

**TEMPURA PRAWN LOLLIPOPS (N)** £6.50  
Crisp tempura king prawn skewer, soy, sweet chilli and honey dip

**HALLOUMI & MUSHROOM (V)** £5.50  
Halloumi fingers & button mushrooms in a herb crust served with rocket, salsa & roast garlic mayonnaise

**FRESH CALAMARI** £6.50  
Served with rocket & garlic mayonnaise

## Deli Sandwiches

All served in a freshly baked rosemary & rock salt Focaccia, stone baked folded pizza bread or tortilla wrap and house fries or upgrade to curly fries for 75p

**WARMED BRIE & CHAR-GRILLED VEGETABLES** £8.25  
Char-grilled Italian garden vegetables & warmed brie served with crisp leaves, black olive tapenade and chunky slow roast tomato relish

**TRIO CLUB** £8.95  
Char-grilled chicken fillet, bacon, Monterey Jack cheese, vine tomatoes, mixed leaves & mayo

**STEAK MELT (N)** £9.95  
Locally reared rump steak, melted Monterey Jack cheese, sautéed red onions and field mushrooms, Dijon mayo and mixed leaves

**THAI TOSTADA (N)** £8.95  
A twist on a classic Mexican dish, a crisp tortilla topped with a Thai red curry sour cream, chicken fillets, spring onion, mixed peppers, basil, coriander, rocket and Monterey Jack cheese, oven baked and drizzled with sweet chilli sauce

**CHICKEN FAJITA** £8.95  
Char-grilled Cajun marinated chicken fillets, melted Monterey Jack cheese, salsa, sour cream, jalapeños, guacamole and roast peppers

**FISH FINGER BUTTY** £8.25  
Beer battered cod, baby gem, parmesan shavings and lemon mayo

## Pastas

**CHICKEN SPIRELLI (N)** £9.75  
Char-grilled chicken with pasta spirals, julienne of spring vegetables with toasted pine nuts tossed in lemon oil & fresh basil, mozzarella and freshly shaved parmesan

**BUTTERNUT SQUASH & BROAD BEAN RISOTTO (V)** £9.50  
Thyme & garlic roasted butternut squash & broad beans bound together with marscapone & parmesan

**KING PRAWN & CRAB RISOTTO** £11.50  
Hand picked crab, sliced red chillies, coriander, tomato & parmesan shavings, stir-fried king prawns glazed in lemon, parsley and butter

**PESTO LINGUINI (V) (N)** £9.25  
Linguini pasta bound with basil pesto, baby spinach, courgettes, cream and served with sun-blushed tomatoes, rocket & parmesan

**CRAB & CHORIZO LINGUINE (N)** £10.50  
Hand picked crab & diced chorizo in a rich tomato & marscapone sauce finished with sliced chillies, spring onion and parmesan cheese

**CHAIRMAN'S CHOICE** £9.95  
Chunks of chicken, meatballs, pepperoni, bacon, red onion, mushrooms and fusilli pasta all finished in a spicy tomato sauce with a touch of cream

## Pizzas

Pizzas from around the world. Trio takes pizza to a new level. Bringing you an amazing stone baked pizza made with fantastic fresh ingredients cooked to perfection in our wood fired oven

**MARGARITA (V)** £7.45  
Traditional margarita, pomodoro sauce with mozzarella cheese

**PEKING (N)** £10.25  
Shredded aromatic duck, hoi sin & plum sauce, mozzarella & spring onions topped with cucumber ribbons

**ACAPULCO** £9.50  
Slow cooked beef chilli, pomodoro sauce, jalapeños, red onion, Monterey Jack cheese, sour cream & guacamole

**MANHATTAN** £10.50  
Meatballs, bacon, chicken, pepperoni, spicy ground lamb, Monterey Jack cheese, red onions, topped with bbq sauce

**KIEV** £10.25  
A folded pizza with char-grilled chicken, spinach & bacon oozing with mozzarella and garlic butter

**ATHENA (V) (N)** £8.75  
Mozzarella, feta, sliced vine tomatoes, mixed peppers, spinach, pine nuts and basil pesto

**WULLY BULLY CALZONE** £10.50  
Meatballs, bacon, chicken, pepperoni, red onion and oozing with garlic butter, mozzarella and Monterey Jack cheese

**JAKARTA (N)** £9.50  
Chicken, jalapeños, char-grilled peppers, red onion & finished with a sweet chilli sauce

## Salads

All our salad ingredients are grown locally where possible & served with warm pitta bread

**SUPER FOOD SALAD (V) (N)** £8.75  
Light refreshing salad consisting of spiced butternut squash, beetroot, green beans, broad beans, sunflower seeds, cashew nuts, pumpkin seeds, house leaves, sun-blush tomatoes and goat's cheese, bound in a garlic & herb dressing

**CHICKEN & CHORIZO (N)** £9.75  
Served with sautéed new potatoes, green beans, sweet peppers, mixed leaf and topped with a poached egg

**ZINGY CHICKEN** £9.50  
Chicken fillets pan-fried in a soy, ginger, honey, chilli & lime dressing with mango and avocado chunks, slow roast tomatoes and house leaves

**SALMON NICOISE (N)** £12.95  
Oven roasted salmon fillet, pesto, mixed leaves, cucumber, red onion, tomato, green beans, new potatoes & mixed olives bound in house dressing and topped with marinated anchovies and a hard boiled free range egg

## Grills & Mains

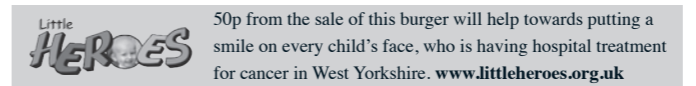
All our meat is sourced locally where possible by our butchers of distinction, Alan Morton, where traditional methods are still in place. 'Local people eating local produce'

STEAKS		
<b>SIRLOIN</b>	8oz sirloin steak	£17.95
	10oz sirloin steak	£19.95
<b>FILLET</b>	8oz fillet	£19.95
	10oz fillet	£21.95

*All served with chunky hand cut chips, garlic and thyme roasted vine tomato & field mushroom and your choice of;*

- **Forestiere sauce**
- **Blue cheese**
- **Garlic & herb butter**
- **Classic peppercorn sauce**

**LITTLE HEROES WULLY BULLY BURGER** £11.50  
Freshly made on the premises and served with bacon, baby gem, tomato, red onion and Monterey Jack cheese. Served with a chunky tomato relish and fries



**MOROCCAN LAMB** £17.95  
A stunning dish! Locally sourced Yorkshire Dales Lamb. Marinated in North African spices served with butternut squash, sweet potatoes and green beans drizzled in a Moroccan dressing

**ROTISSERIE CHICKEN** £14.50  
Spit roasted succulent chicken from our wood fired oven. Served with either bbq, forestiere, pan reduced gravy, piri-piri, or pepper sauce and two of the following;

- House salad
- Roast vegetable chips
- Chunky Californian coleslaw
- House fries

**THAI RED CURRY (V) (N)** £10.50  
Chunks of butternut squash, baby spinach, broad beans and cashew nuts poached in a spicy Thai red coconut broth, served with basmati rice and finished with spring onions, fresh chillies and fragrant herbs  
**Add chicken for £1.75**

## Sides

**WARMED FRESHLY BAKED LOAF (V)** £3.75  
With olive oil, balsamic, butter & served with your very own bread knife. Baked by Sally, Bondgate Bakery, Otley

**MARINATED OLIVES (V)** £2.75  
**HOUSE FRIES (V)** £2.95  
**CHUNKY HAND CUT CHIPS (V)** £3.50  
Served with garlic mayo

**HOUSE SALADS (V)** £2.75  
**COURGETTE CHIPS (V)** £2.75  
**SAUTÉED SPINACH (V)** £2.75  
**TEAR & SHARE GARLIC BREADS (V)** £4.50  
**WITH TOMATO OR CHEESE (V)** £4.75

## Specials

**(V) VEGETARIAN (N) CONTAINS NUTS**

We cannot guarantee our food has not come into contact with nuts.

If you have a food allergy or are sensitive to certain ingredients, please ask our manager for assistance. A full list of ingredients used in each dish is available for your peace of mind.

Service charge is not included, however an optional service charge of 10% will be added to parties of six or more.

ALL TIPS ARE SHARED BETWEEN THE SERVICE AND KITCHEN TEAMS ON DUTY DURING YOUR VISIT. THE MANAGEMENT OF ARC INSPIRATIONS DOES NOT TAKE ANY MONEY WHATSOEVER FROM TIPS