



# LUNCH MENU

## FOR THE TABLE

**MARINATED GORDAL OLIVES** £6.25

SUN BLUSHED TOMATO, PICKLED CHILLIES

**BREAD BOARD** £1.80

PER PERSON

HOMEMADE FOCACCIA, EVO AND BALSAMIC

**CHARCUTERIE PLATTER** £14.50

MARINATED GORDAL OLIVES, PICKLED CHILLI  
SUN BLUSH TOMATO TAPENADE AND FOCACCIA

**SALT & PEPPER CHILLI SQUID** £10.50

SAFFRON AIOLI AND CHILLI CORIANDER DRESSING

**GARLIC PRAWNS** £12.50

TIGER PRAWNS & CRAYFISH IN GARLIC BUTTER SERVED WITH  
TOASTED FOCACCIA

**HERATIGE TOMATO &  
MOZZARELLA SALAD** £10.50

BASIL-PINENUT PESTO, EVO, CRACKED BLACK PEPPER  
AND ROCKET

**KING PRAWN SALAD** £11.50

GEM LETTUCE, SMOKED MARIE ROSE AND BUTTERED  
FOCACCIA

**BLUE CHEESE SALAD** £10.50

BEETROOT, BALSAMIC ONION, TOASTED WALNUTS  
AND FILO PASTRY (V)

**FRIED SWEET CHILLI** £10.50

**WATERMELON**

TOASTED SESAME SEEDS, SHREDDED SPRING ONIONS  
AND CHILLI (VEGAN)

## SIDES

**ALL £5.00 EACH**

- CHUNKY CHIPS / SKINNY FRIES
- TRUFFLE AND PARMESAN FRIES + £1.50
- TENDERSTEM BROCCOLI WITH AGED PARMESAN
- ONION RINGS
- SIDE SALAD

### Senior Citizen Thursday Lunch 12-3pm

Fish & Chips £9.50

battered haddock, fresh minted peas,  
tartar sauce, lemon and chunky chips

Hengist Ceasar Salad £7.50

Chargrilled Chicken, crispy gem lettuce, croutons, ceaser  
dressing, freshly grated parmesan

Coffee & Cake £4.50

Cake of the day served with a coffee of your choice

## MAIN COURSE

**CLUB SANDWICH** £15.50

GRILLED CHICKEN, SMOKED BACON, TOMATO,  
GEM LETTUCE, GARLIC MAYO, TRUFFLE AND  
PARMESAN FRIES

**FISH & CHIPS** £16.50

BATTERED HADDOCK, FRESH MINTED PEAS,  
TARTAR SAUCE, LEMON AND CHUNKY CHIPS

**HENGIST BEEF BURGER** £21.50

SESAME BRIOCHE BUN, APPLEWOOD CHEESE BURGER,  
BBQ PORK, PAPRIKA SLAW, PICKLED RED ONION,  
LETTUCE, TRUFFLE AND PARMESAN FRIES

**SOUTHERN FRIED CHICKEN  
BURGER** £19.50

SESAME BRIOCHE BUN, KOREAN CHILLI MAYO, CHEESE,  
SIDE SALAD, PICKLES, LETTUCE, TOMATO AND FRIES

**CRISPY HALLOUMI  
BURGER** £15.00

SESAME BUN, GARLIC MAYO, SIDE SALAD AND FRIES

**CURRY OF THE DAY** £18.50

CASHEW LEMON RICE, POPPADUM, GARLIC NAAN AND  
KATCHUMBER SALAD

## ALL DAY BREAKFAST

**HENGIST BREAKFAST** £15.00

CUMBERLAND SAUSAGE, SMOKED STREAKY BACON,  
BLACK PUDDING, HASH BROWN,  
MUSHROOM, GRILLED TOMATO, BAKED BEANS, TOAST  
CHOOSE FRIED, POACHED OR SCRAMBLED EGG

**STEAK & EGGS** £19.50

MINUTE STEAK, TWO FRIED EGGS, BOK CHOI, HASH  
BROWN, CHIMICHURRI

**SMASHED AVOCADO** £10.50

GRILLED SOUR DOUGH, POACHED EGGS, CHERRY  
TOMATOES, PARMESAN, PEA SHOOTS  
(VE & V AVAILABLE)

**WAFFLES** £14.00

**SAVOURY**

CRISPY FRIED BUTTERMILK CHICKEN, FRIED EGG,  
KOREAN YOGHURT, SPRINGONION, CHIVES

**SWEET**

SUMMER FRUITS, MAPLE SYRUP, VANILLA ICE CREAM,  
PISTACHIO CREMEUX, RASPBERRY GEL