



# THE COMPLEAT ANGLER

## **The History of Sunday Roast**

The Sunday Roast is a beloved British tradition that has been enjoyed by families for centuries and is still such a pivotal part of lots of Britain's weekly routine. Historically, it is a meal that brings people together on a Sunday afternoon with a large roasted joint of meat served alongside potatoes, vegetables, and gravy.


### **Why did the Sunday Roast originate?**

It is believed to have originated in mediaeval times when folks of certain faiths, such as Anglicans and Roman Catholics would abstain from eating meat on certain days. As a day of celebration, a roast would be eaten on a Sunday and therefore birthed a tradition.

Poorer families wouldn't have the privilege of an oven and would instead use the bakery ovens. On a Sunday no bread would be baked and therefore they could drop off their roasts at bakeries and allow them to cook while attending church and pick them up after to enjoy.

### **The modern-day Sunday Roast**

While the ingredients of the Sunday Roast have remained largely the same over the centuries: meat, carrots, parsnips, gravy, potatoes, there have been some changes to the way the meal is prepared and served. Today, many families will add additional ingredients such as Yorkshire puddings, stuffing, pigs in blankets, and even cauliflower cheese in recent years, to their roast dinner.





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## Starters

### **Salt and Pepper Squid /11**

*Jalapeno and coriander mayonnaise, almond and lime*

### **Ham hock Terrine /14**

*Pickled shimeji, fig chutney, balsamic, sourdough*

### **Soup of the day /10**

*served with sourdough*

### **Whipped truffle Goat cheese /13**

*Heirloom beetroot, pickled onion, pea shoot, balsamic, parsley oil*

### **Beetroot Smoked Salmon /16**

*Smoked caviar, dill crème fraiche, compressed cucumber, pickled fennel, sourdough*

## Mains

### **Traditional Beef Roast /28.50**

*With traditional garnish*

### **Traditional Chicken Roast /22**

*With traditional garnish*

### **Roasted catch of the Day /28**

*Seasonal greens, mash potato, chimmichurri, hollandaise sauce*

### **Roasted Aubergine /23**

*Wild rice, chickpeas, courgette, red pepper, peashoots, beans, hazelnut*

## Desserts

### **Chocolate and Walnut Brownie /10**

*Caramel, vanilla ice cream*

### **Vanilla Crème Brûlée /10**

*Scottish shortbread*

### **Selection of English cheeses /15**

*Fruit compote, grapes, crackers*

### **Isle of Arran Ice cream /8.5**

*3 scoops, selection of flavours available*

A 12.5% discretionary service charge will be added to your final bill. Please let us know about dietary requirements on bookings, we have taken all reasonable steps to avoid the unintentional presence of allergens however we cannot guarantee that products are 100 percent free from allergens celery, crustaceans, eggs, fish, lupin, milk molluscs, mustards, nuts, peanuts, sesame seeds, soya and sulphur dioxide owing to cross contamination.

