

THE AMBLE INN

— HARPENDEN —

SUNDAY ROAST MENU

STARTERS

Pork Belly Bites – Succulent cubes of slow-braised pork belly, finished with a delicate honey and soy glaze.	£7.50
Hummus & Pitta – Smooth, house-made hummus accompanied by freshly baked pitta bread.	£6.00
Chilli & Garlic King Prawns – King prawns sautéed with aromatic garlic, fresh chilli, and smoked paprika, garnished with coriander.	£9
Golden Brie with Chutney – Panko-crusted brie infused with rosemary and garlic, served with mango chutney.	£7

TRADITIONAL ROASTS

All roasts are served with crisp roast potatoes, honey-glazed carrots and parsnips, broccoli, home-made yorkshire pudding, and braised red cabbage.

All roasts are GF (excluding the vegetarian) when served without the Yorkshire pudding.

Garlic & Thyme Roast Chicken (¼) – Free-range chicken, roasted with garlic and fragrant thyme.	£17.50
32-Day Aged Roast Beef Sirloin – Prime sirloin, matured for 32 days to enhance tenderness and flavour.	£19.50
Honey Mustard Glazed Gammon – Slow-roasted gammon finished with a subtle honey and mustard glaze.	£17.50
Rosemary & Garlic Roast Lamb – Tender lamb, roasted with rosemary and garlic for an aromatic finish.	£19.50
Vegetarian Wellington – Butternut squash, sweet potato, spinach, and goat's cheese encased in golden puff pastry. Vegan option available.	£15.50
Trio of Meats – Chef's curated selection of any three roast meats.	£23.00
Half Roast – A smaller portion of any roast (excluding the Trio), suitable for lighter appetites.	£10.50

ROAST ACCOMPANIMENTS

Cauliflower Cheese	£5	Extra Roast Potatoes (GF)	£4.00
Pigs in Blankets	£5	Yorkshire Pudding	£2
Sage & Onion Stuffing	£5		

KIDS MENU

All served with your choice of fries or veg sticks:

Chicken Goujons – Home-made crispy golden bites of tender chicken.	£8
Margherita Pizza (VG) – Classic cheese and tomato on a soft, stone-baked base.	£7
Sausages – Juicy pork sausages, grilled until golden.	£7
Fish Goujons – Lightly breaded strips of white fish.	£8

½ Roasts available for children on Sundays

FOR THOSE SEEKING AN ALTERNATIVE TO ROAST

Gosht Beliram (GF) – A regal Punjabi lamb curry, slow-cooked with onions and aromatic spices. Rich, flavourful, and steeped in culinary history.	£14.50
Dal Makhni (GF) – A slow-cooked delicacy of black lentils and red kidney beans, enriched with butter, tomatoes, and gentle spices for a rich, creamy finish.	£9.00
Murgh Makhani (GF) – Tender chicken simmered in a silky tomato, butter, and cream sauce, delicately spiced for a rich yet subtle flavour. A true North Indian classic.	£12.50
Southern Fried Chicken – Crispy Southern-style chicken breast, golden fried to perfection, served with seasoned fries and sweet, buttery corn on the cob.	£16.50
Vegan Burger (GFO) – Lightly spiced broad bean, pea, and spinach patty in a gluten-free breadcrumbcoating, layered with tomato, crisp lettuce, Guacamole and chargrilled red pepper, served in a toasted vegan bun.	£15

TANDOORI BREADS & RICE

All naans are freshly prepared and clay-baked in a traditional tandoor for an authentic smoky flavour.

Plain Tandoori Naan – Soft, fluffy, and freshly baked.	£3.00
Butter Tandoori Naan – Rich, buttery, and straight from the tandoor.	£3.50
Garlic & Coriander Tandoori Naan – Infused with fresh garlic and cilantro, perfectly baked.	£4.00
Plain Rice – Steamed to fluffy perfection.	£4.00
Pulao Rice – Aromatic basmati rice cooked with subtle spices.	£4.50

DESSERTS

Chocolate Brownie Sundae – Chunks of warm chocolate brownie drizzled with rich chocolate sauce, served with creamy soft-serve vanilla ice cream.	£7.00
Cookie Dough with Ice Cream – Square-cut chunks of soft, rich cookie dough paired with creamy vanilla ice cream—an indulgent treat in every bite.	£7.00
Banoffee Pie – Layers of sliced banana, luscious toffee, and fresh cream on a buttery biscuit base.	£7.00
Apple Crumble – Sweet, tender apples baked beneath a golden, buttery crumble topping. Served warm with your choice of vanilla ice cream, custard, or freshly whipped cream.	£7.00
Tiramisu – Classic Italian dessert with coffee-soaked sponge layered with mascarpone cream and delicately dusted with cocoa.	£7.00
Soft Serve Ice Cream – Creamy vanilla soft serve with a flake, accompanied by your choice of strawberry or chocolate sauce.	£4.00

Please let a member of our team know if you have any **allergies** or **dietary requirements** before ordering.

Our dishes are prepared in a kitchen where **all allergens are present**, so we can't guarantee that any item is completely allergen-free.

GF – Gluten-Free | GFO – Gluten-Free Option Available | V – Vegetarian | VE – Vegan