

## Our shopping list

Sourcing ingredients for The Fox & Grapes is a big part of my job. I spend a lot of time meeting new suppliers, testing new products and visiting farms and producers.

I try to shop as seasonally as possible and keep a careful eye on food-miles too.

I am very proud of the suppliers we work with and the quality of the produce we receive. It doesn't matter how good a chef you are if the produce we use is not up to scratch.

We often get interest from guests in how we source our produce so the back of the menu felt like a good place to share that information.

Most of our meat is sourced by Paul Reeves a butcher based in Berkshire. Paul has a great knowledge and buys direct from farmers.

Our beef comes from a few select Surrey farms. We use various cuts and all are

21 day minimum dry aged. This process is important as it increases both tenderness and flavour.

The pork we use is from Dingley Dell, a family run farm on the east coast of Suffolk which produce excellent welfare friendly pork from a mainly red Duroc-based herd.

Our lamb comes from Cornwall and our sausages are made in Rutland by Farmer Lou. She started rearing pigs and selling artisan sausages at markets and country shows and uses only rare breeds – the sausages are 85% lean meat from the shoulder, leg and loin.

Our fish comes from Bethnal Green.... Well it's not caught there obviously but I work with a fantastic East End fish supplier called Serge who buys sustainable day boat fish and shellfish from the harbour side in Cornwall and Newhaven.

Most of our fruit & veg come to us from our Covent Garden based supplier Fresh

Connect, who started out as a small family run greengrocer but now also supply a few restaurants. I make regular visits to the market with my head chefs to see new produce and to check what's in season.

There are certain fruits and vegetables that we will only ever use in season. They are almost like a little culinary calendar ticking off the months. Yorkshire rhubarb in January and February, English asparagus from April, Jersey Royal potatoes in May, English berries from June and then a summer full of softs fruits, apples and pears before the glorious greens of early autumn.

Not *everything* can come from Britain though.....our passion for a bit of exotic spicy food does mean that we also use a specialist Asian supplier for things like curry leaf, lemon grass and galangal.

We also make occasional use of some specialist suppliers such as Spanish produce from Brindisa and Greek produce from Odysea.

Then, in spring and early summer, I use a forager to find us those hedgerow gems that are abundant in the British countryside - nettles, elderflower, wild garlic, morels and chickweed.

And then there is you! We have had keen allotment folk bring in their surplus of carrots or parsnips or soft fruit and we are always happy to swap it for a beer or two!

We are always looking for new interesting suppliers and producers to work with so if you think your spuds are better than ours or you know someone doing something amazing then do let us know!

**Paul Merrett**

@Paul MerrettChef

# THE FOX AND GRAPES

## LUNCH MENU

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### Bar snacks

Greek olives **3.5** / Bread & butter **3.5** / Small British charcuterie board **6.5** / Quail Scotch eggs **6.5**

### To Start

Classic Andalusian gazpacho **6.5** (v)

Tiger prawn cocktail, Marie Rose sauce **9.5**

Pork rillettes, piccalilli, cornichons, toasted sourdough **7**

Oak smoked salmon & chive crème fraiche on country malt bread **9.5**

Homemade salt beef brisket, Dijon mustard & gherkins on ciabatta baguette **10**

### To Follow

Burrata, heritage tomato salad, confit red onions, basil oil, grilled focaccia **8/12** (v)

Buffalo ricotta tortelloni, English peas, broad beans, mint, Parmesan **8/15** (v)

Classic Caesar salad, soft boiled egg, baby gem, croutons, Parmesan, anchovies **7/11** (add chicken **4**)

Quinoa salad, broccoli, pomegranate, sweet potato, tofu, kale, citrus dressing **8/13.5** (vg)

Grilled Yellowfin tuna steak, green bean & new potato salad, sauce vierge, aioli **24**

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### From the Grill

Homemade chuck steak burger with cheese, trimmings & triple cooked chips **15**

28 day, dry aged 8oz Black Angus Sirloin steak, truffle butter *or* peppercorn sauce, triple cooked chips **25.5**

Chargrilled Black Angus bavette, truffle butter *or* peppercorn sauce, triple cooked chips **16.5**

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### Sides

Jersey Royals/ Triple cooked chips/House salad/ Gratin dauphinoise/Green beans & bacon **4**

### Desserts

Treacle tart, vanilla ice cream & strawberries **7.5**

Chocolate torte, summer berry compote & mint Chantilly cream **8** (v)

Coconut & kaffir lime panna cotta, chilli & mango salsa **6.5**

Selection of ice cream & sorbet **1.5** per scoop (v)

Selection of French & British cheeses, chutney, celery & crackers **10** (v)

**v vegetarian | vg vegan | n contains nuts**

A 12.5% discretionary charge will be added to your bill.

Food allergies and intolerances: please ask our staff about ingredients before you order.