

# SUMMER LUNCH AT THE TICKLED TROUT

Available 12-5pm

## BAR NIBBLES

Local bakers bread, whipped herb butter (veo) **5.00 per person**

House marinated olives (v) **6.00**

Lemon & mint hummus, crudités, sourdough (ve/gfo) **8.00**

Smokey paprika corn ribs, lime yoghurt (v/gf) **7.00**

Tempura squid, lemon & garlic aioli **8.00**

Pork belly bites, burnt apple purée, crispy sage (gf) **8.00**

## STARTERS

Soup of the day, herb croutons **10.00**

Smoked trout, potato rosti, cucumber purée, dill, horseradish crème fraîche (gf) **11.00**

English burrata & roasted peach salad, heritage tomatoes, basil pesto (gf) **11.50**

Half pint shell on prawns, lemon aioli, sourdough **12.00**

Chicken liver parfait, Kentish apple chutney, sourdough toast (gfa) **10.50**

## MAINS

The Tickled Trout 'Croque Madame', hand-carved ham, gruyere, Burford Brown hens egg, fries, **15.00**

Balfour IPA beer-battered fish finger sandwich, tartare sauce, lettuce, fries **13.00**

Heirloom tomato & vegan feta open sandwich, fries **13.00**

Pan-roasted cod fillet, herb new potatoes, tenderstem, vierge sauce (gf) **24.00**

French bean & pesto gnocchi, pangrattato, parmesan cheese (v/veo) **18.00**

Caesar salad, croutons, anchovies, shredded gem lettuce, Caesar dressing **9.00**

**Add:** chicken **6.00**, halloumi **5.00**

Balfour IPA beer-battered fish & chips, minted mushy peas, tartare sauce (gf) **19.00\***

Double cheeseburger, Applewood cheddar, baby gem, tomato, gherkin, crispy onions, house burger sauce, fries (gfo) **18.00**

**Add:** blue cheese or bacon **2.00**

## SIDES

Creamed potato (gf/veo) **6.00**

Curly kale (gf/veo) **6.00**

Hand-cut chips (gf/v) **6.00**

Herb new potatoes (ve/gf) **6.00**

Tenderstem (ve/gf) **6.00**

Fries (v/gf) **6.00**

*Support*  
**A LOCAL CHARITY**

\*For every portion of Balfour Fish & Chips sold, we donate £1 to Dandelion Time - a nature-based charity that works with children and their wider family to overcome issues and difficulties. **Ask our team for further details.**

[www.thetickledtrout.com](http://www.thetickledtrout.com) | [@thetickledtroutmaidstone](https://www.instagram.com/thetickledtroutmaidstone)

**If you are sitting outside, we kindly ask that you order your food & drink at the bar...**

*If you suffer from allergies, please let a member of staff know before ordering. We offer gluten-free and vegan options.*

*A discretionary service charge of 10% will be added to your bill.*