

THREE MILE

GOSFORTH

STARTERS

STICKY 12-HOUR ASIAN RIBS 8

Chilli Slaw (GF)

NACHO FONDUE 9

Three Cheese Fondue, Garlic, Peppers, Onions,
Guacamole, Roquito Pepper, Salsa,
Coriander & Lime, Sour Cream (V)

GRILLED ASPARAGUS 8

Hummus, Herb Dressing & Dukkha (VG)(GF)(N)
Add Poached Eggs 2.5

TEMPURA PRAWNS 9

Coconut Tempura Tiger Prawns,
Chilli Mango Salad & Miso Dressing

BURRATA SALAD 9

Heritage Tomatoes, Pickled Watermelon with a
Mandarin Dressing (V) (GF)

STEAK & CROUTONS 9.5

Horseradish Dressed Rocket, Date Purée,
Parmesan Croutons & Mustard Dressing

LIGHT BITES

AVAILABLE 12-5 PM

ADD FRIES FOR 1

GREEK CHICKEN GYROS 10

Marinated Chicken, Chunky Tomato,
Cucumber Salad, Tzatziki, Chilli
Mango Sauce
Add Halloumi 3

RUMP STEAK CIABATTA 12

Pesto Mayo, Caramelized Onion
Chutney, Rocket,
Radish Salad

FISH FINGER SANDWICH 9

Haddock Goujons, Ciabatta Bun,
Handmade Tartar Sauce,
Baby Gem, Pot of Curry Sauce

SWEET CHILLI CHICKEN WRAP 9.5

Spiced Coated Chicken, Lettuce,
Tomato Salad, Lime Sweet Chilli,
Herb Sauce

SHARING PLATTERS

SEAFOOD 28

Spiced Garlic King Prawns, Tempura Squid,
Smoked Salmon, Crisp Soft-Shell Crab,
Whipped Potato & Haddock,
Garlic & Sea Salt Bread, Harissa Dressing &
Ponzu Sauce (GF Option)

CURED MEATS 24

Salami, Parma Ham, Chorizo, Smoked
Chicken, Olives, Balsamic Onions, Garlic
Bread, Truffle Mayonnaise & Chilli Jam
(GF Option)

VEGETARIAN 20

Tempura Broccoli, Miso & Sesame Dressing,
Hot Honey Halloumi, Spiced Onion Bhajjis,
Hummus, Olives, Garlic Bread,
Artichoke Hearts, Coconut & Mango Dip
& Ponzu Sauce (V) (VG Option)

MAINS

THREE MILE PIE OF THE WEEK 17

Served with Chunky Chips & Oven
Roasted Vegetables

TANDOORI CHICKEN FLATBREAD 15

Chargrilled Chicken, Herb Flatbread,
Tomato Onion Salad, Spiced Rice,
Mango Chilli Dressing, Raita
Add Seasoned Fries 4

BEER BATTERED HADDOCK FILLET 16

Triple Cooked Beef Dripping Chips,
Minted Crushed Peas, Irish Stout
Curry Sauce, Tartar Sauce

CHICKAZINGAA BURGER 15

9 Spice Buttermilk Chicken, Lemon Herb
Mayo, Gotcha Ketchup, Lettuce, Tomato,
Pickle, Celeriac Slaw, Seasoned Fries (N)

MCDADDY BURGER 15

3oz Double Beef Pattie, Brioche Bun,
American Cheese, Pickles, Signature
Three Mile Sauce, Onions, Celeriac Slaw,
Seasoned Skinny Fries

SPICED BEAN BURGER 14

Vegan Brioche Bun, Tomato Salsa,
Vegan Cheese, Spinach, Tomato, Onion,
Garlic Mayo, Onion Ring,
Seasoned Fries (VG)

KERALA COCONUT CURRY 12

Cauliflower, Sweet Potato, Chilli & Lime
Rice, Coriander Salad, Mango Dressing, Herb
Flatbread (N)(VG) (GF Option)

Add Chicken 4

Includes £1 charity donation to Newcastle West End Food Bank

LAMB KOFTA FLATBREAD 16

Lebanese Lamb Kofta, Herb Flatbread,
Tomato Onion Salad, Lime Chilli Rice, Mint
Tzatziki, Mango Chilli Dressing
Add halloumi 3 seasoned fries 4

CHICKEN CAESAR SALAD 14

Grilled Herb Chicken, Baby Gem Lettuce,
Garlic Croutons, Crispy Pancetta,
Aged Parmesan, Poached Egg,
Caesar Dressing (GF Option)

CHARGRILLED 10oz

RUMP STEAK 23

Triple Cooked Chips, Crispy Onion Loaf,
Oven Roasted Garlic, Thyme Tomatoes,
Mushroom

Add Sauce 3 - Blue Cheese (GF)
Peppercorn (GF) Bearnaise (GF)

SIDES

TRIPLE COOKED BEEF DRIPPING CHIPS

(GF Option) 4.5

TATER TOTS (GF Option) 4.5

SKIN ON FRIES (GF Option) 4.5

BEER BATTERED ONION RINGS (VG) 5

GREEN SALAD (VG) 5

FRICKLES, SWEET CHILLI DIP (VG) 5

FANCY SOMETHING SWEET? ASK TO SEE OUR DESSERT MENU



PLEASE SCAN
THE QR CODE TO
VIEW OUR
ALLERGENS LIST

(V) = Vegetarian (VG) = Vegan (N) = Nuts (GF) = Gluten Free. Please note that all our food is prepared in kitchen where nuts, cereals containing gluten, and other allergens are present and our menu descriptions do not include all ingredients. Please speak to your server if you have any allergies or intolerance of foods. Please note game dishes may include gunshot or residue. All meat weights are uncooked. Prices are in GBP and include VAT. A discretionary service charge of 10% is applied to all tables of 6 or more guests.

EST 1939