

The Tollington Arms menu





SUNDAY ROAST

(Not available on Match days)

Traditional Sunday Lunch with all the trimmings.

Choose from:

Roast Beef / Roast Chicken / Roast Lamb.

(Sunday Roasts include Yorkshire Puddings which contains Wheat, egg, milk)

Vegetarian Option Available. **£9.00**

THAI CUISINE

Authentic Thai Cuisine served for both lunch and dinner.

Monday to Friday 12 – 3pm and 6 – 10pm

Saturday 12 – 9pm

Sunday 12 – 8pm

Takeaway service available

Children are welcome until 7pm each evening apart from Matchdays

IMPORTANT NOTICE:

ALLERGENIC INGREDIENTS

To the best of our knowledge, we do not use any genetically modified or irradiated ingredients in any of our dishes.

PEANUTS

NUTS *including walnuts, cashews, pecan, brazils, almonds, pistachio, macadamia nuts.*

MILK

CEREALS *containing Gluten wheat (including spelt and Khorasan wheat) rye, barley, oats*

FISH

CRUSTACEANS *(such as prawns, shrimps, scampi, lobsters, crabs).*

MOLLUSCS *(such as mussels, oysters, squid,, whelks, crabs).*

EGGS

SOYBEANS

CELERY *(Including celeriac)*

MUSTARD

SESAME SEEDS

LUPIN

Sulphur dioxide and **SULPHITES** *(at concentrations more than 10mg/kg)*

PLEASE NOTE THAT EACH OF OUR DISHES WILL SHOW THE RELEVANT ALLERGENS HIGHLIGHTED IN YELLOW

STARTERS

- | | |
|---|---------------|
| 1. BASKET OF PRAWN CRACKERS | £2.00 |
| <i>Contains Shrimp</i> | |
| 2. CHICKEN SATAY | £5.00 |
| Skewers of marinated chicken served with peanut sauce. | |
| <i>Contains Peanuts</i> | |
| 3. SPRING ROLLS | £4.00 |
| Thai style vegetable spring rolls served with a sweet chilli sauce. | |
| <i>Contains Wheat, Sesame</i> | |
| 4. SPARE RIBS | £5.00 |
| Marinated with five spices & served with a barbeque sauce. | |
| 5. CRISPY WANTON | £5.00 |
| Minced pork wrapped in wonton crêpe, deep-fried & served with sweet chilli sauce. | |
| <i>Contains Wheat</i> | |
| 6. PEEK KAI | £5.00 |
| Marinated spicy chicken wings, lightly battered & deep-fried served with chilli sauce. | |
| <i>Contains Wheat</i> | |
| 7. GOONG HOMPA | £5.00 |
| Golden fried king prawn spring rolls served with sweet chilli sauce. | |
| <i>Contains Wheat, Prawns</i> | |
| 8. TOD MUNKKAOPOD | £5.00 |
| Sweetcorn cakes blended with flour & fragrant spices, served with sweet chilli sauce. | |
| <i>Contains Wheat</i> | |
| 9. TEMPURA VEGETABLE | £5.00 |
| Selection of crispy vegetables in a light batter, served with sweet chilli sauce. | |
| <i>Contains Wheat</i> | |
| 10. TEMPURA KING PRAWN | £5.00 |
| Deep-fried king prawn in a light batter, served with sweet chilli sauce. | |
| <i>Contains Prawns, Wheat</i> | |
| 11. KANOM PANG NA MOO | £5.00 |
| Minced pork & prawn on bread, sealed with sesame seeds, deep-fried & served with sweet chilli sauce. | |
| <i>Contains Prawns, Sesame Seeds, Wheat</i> | |
| 12. DIM SUM | £5.00 |
| Steamed dumplings, minced pork & prawns wrapped with wonton skin & served with soy sauce. | |
| <i>Contains Wheat, Sesame Oil, Soy sauce</i> | |
| 13. TOD MUN PLA | £5.00 |
| Thai spicy fish cakes blended together with red curry, long beans & lime leaves & served with sweet chilli sauce. | |
| <i>Contains Fish, Egg, Wheat, Soy sauce</i> | |
| 14. MIXED STARTER (for 2 people) | £11.00 |
| Vegetable spring rolls, king prawn spring rolls, fried sweetcorn patties, prawn toast, spicy vegetable samosa & spare ribs. | |
| <i>Contains Prawns, Wheat, Sesame Seeds</i> | |

SOUPS

15. TOM YUM

Thai hot & sour soup flavoured with lemongrass, mushrooms, chilli & lemon juice.

King Prawn

£5.00

Chicken

£4.50

Contains Soya Bean Oil

16. TOM KHA

Similar in taste to tom yum but with a distinct taste of galangal root & an addition of coconut milk to mellow the flavour.

King Prawn

£5.00

Chicken

£4.50

Contains Soya Bean Oil

MAIN MENU

Unless otherwise specified all main course dishes can be prepared with the following options:

Vegetables

£6.50

Chicken, Beef or Tofu

£8.00

King Prawn

£9.00

RICE DISHES

17. THAI SPECIAL FRIED RICE

£9.00

Thai fried rice with king prawns, chicken, diced vegetables, egg, light & dark soy sauce.

Contains Prawn, Soy, Oyster, Wheat, Egg

18. KAO PAD GRAPOW

£9.00

Stir-fried rice with chicken, pork & prawns, mixed vegetables, egg, chilli & Thai sweet basil.

Contains Prawn, Soy, Oyster, Wheat, Egg

NOODLES

19. PAD THAI

£8.00

Stir-fried rice noodles with egg, bean sprouts & spring onion, topped with peanuts.

Contains Egg, Peanuts

20. PAD SIYEW

£8.00

Stir-fried rice vermicelli with chicken, egg, bean sprouts & spring onion in dark soy sauce.

Contains Egg, Oyster, Soy sauce.

21. SINGAPORE NOODLES

£8.00

Stir-fried rice vermicelli with chicken slices, prawns and onion, flavoured with a hint of curry.

Contains Egg, Soy sauce, Prawns.

22. PAD MEE

Stir-fried egg noodles with bean sprouts & spring onion.

Contains Egg, Wheat.

CURRY DISHES Served with rice.

23. KAENG KIEW WAAN

Thai green curry cooked with bamboo shoots, french beans, red peppers & coconut milk.

Contains Shrimp Paste

24. KAENG LAO

Thai yellow curry cooked with french beans, potatoes & coconut milk.

Contains Shrimp Paste

25. KAENG PED

Thai red curry cooked with french beans, green & red peppers & bamboo shoots.

Contains Shrimp Paste

26. KAENG MASSAMUN (LAMB)

£9.00

A thick curry with Malasian influence cooked with lamb, potatoes, onion, peanuts & coconut milk.

Contains Shrimp Paste, Peanuts

27. KAENG PED YANG

£9.00

Roasted duck slices cooked with red curry, tomatoes, pineapple, green & red peppers & coconut milk.

Contains Shrimp Paste

MAIN MENU Served with rice.

28. MED MANAUNG HIMMAPARN

Stir-fried with cashew nuts, green pepper, onion, pineapple pieces & chilli.

Contains Cashew Nuts, Soy, Sauce Oyster Sauce, Wheat

29. PAD NAHN MUN HOI

Stir-fried with mixed vegetables in oyster sauce.

Contains Oyster sauce, Wheat, Soy Sauce.

30. PAD PRIEW WAN

Stir-fried chicken or pork, mixed vegetables with sweet & sour sauce.

Contains Soy Sauce, Wheat

31. PAD KHING

Stir-fried with ginger, mushroom, chilli, green peppers & spring onion.

Contains Oyster sauce, Wheat, Soy Sauce.

32. PAD GRAPROW

Stir-fried with onion, french beans, green & red peppers, Thai sweet basil & chilli.

Contains Oyster Sauce, Wheat, Soy Sauce.

33. BOW LUC LAC

£9.00

Cubes of sirloin steak, marinated in garlic & stir-fried with green & red peppers, spring onion & cracked peppercorns. Served with cucumber, tomato & steamed rice.

Contains Oyster Sauce, Wheat, Soy Sauce.

34. PAD NAHM PRIG PAO

£9.00

(mixed seafood)

Stir-fried mixed seafood with french beans, green pepper, Thai basil & chilli.

Contains Oyster sauce, Wheat, Soy Sauce, Prawns, Mussels, Squid.



- 35. MOO PAD PRIIK KHING** £8.00
Pork slices stir-fried with hot red curry, long beans, bamboo shoots & coconut milk.
Contains Shrimp, Anchovies.
- 36. KHAO MOODANG** £8.00
Barbequed pork slices topped with peanuts, served with rich pork gravy.
Contains Soy Sauce, Soy Bean Paste, Wheat, Sesame Paste, Oyster Sauce.
- 37. BEEF BLACK BEAN SAUCE** £8.00
Stir-fried onion with green pepper & chilli in black bean sauce.
Contains Soy Sauce, Wheat.

STEAMED & CHARGRILLED SPECIALITIES Served with rice.

- 38. PLA PRIEW WAN** £11.00
Deep-fried salmon topped with sweet & sour sauce.
Contains Salmon, Wheat.
- 39. PAD KI MAO (HOT)** £9.00
Stir-fry of chicken, beef, prawn & pork with onion, chilli & sweet basil
Contains Prawn, Oyster Sauce, Wheat.
- 40. PLA CHUCHEE** £11.00
Deep-fried salmon topped with Thai red curry sauce with chilli, basil & lime leaves.
Contains Salmon, Shrimp Paste.
- 41. PAD PED KIAMCHAI** £9.00
Roasted duck slices tossed with stir-fried mixed vegetables and fresh chilli in a sweet plum sauce.
Contains Soy Sauce, Oyster Sauce, Wheat, Mustard, Sulphites.
- 42. WEEPING TIGER** £13.50
Scotch sirloin steak chargrilled & served with chilli sauce & spring onion.
Contains Soy Sauce, Oyster Sauce, Wheat.

ALTERNATIVE DISHES

- 43. BANGERS & MASH** £8.00
Succulent cumberland sausages, served on a bed of mashed potatoes & complemented by spring onions & chef's own secret gravy.
Contains Milk
- 44. PEPPERED STEAK** £13.50
Chargrilled sirloin steak with chips, accompanied by fresh salad with a peppercorn sauce.
Contains Wheat, Soy Sauce, Barley, Milk.
- 45. CHIP SHOP CLASSIC** £8.00
Fillet of cod cooked in a light batter, served with chips, salad & tartar sauce.
Contains Cod, Wheat, Milk.
- 46. CHICKEN NOODLES SOUP** £7.50
Garlic oil, spring onions, coriander.
Contains Celery, Egg, Milk
- 47. GOURMET BURGER** £8.00
Tollington's home ground steak burger served on a fresh open bun, accompanied by chips & salad.
Contains Egg, Wheat





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| 48. LAMB SHANK | £11.50 |
| Slowly cooked lamb shank with gravy & a hint of mint sauce, new potatoes & steamed vegetables. | |
| 49. PORTION OF CHIPS | £3.00 |
| 50. CHIPS WITH CUMBERLAND SAUSAGES | £7.50 |

SALADS

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| 51. TUNA NIÇOISE | £7.00 |
| A classic combination of tasty tuna on a bed of salad, accompanied by hard boiled egg, new potatoes, olives, french beans & a light dressing.
<i>Contains Fish, Egg, Mustard</i> | |
| 52. CALAMARI | £6.50 |
| Calamari deep-fried in a light golden batter served on a bed of crisp mixed leaves, accompanied with a sweet chilli dip.
<i>Contains Squid, Wheat</i> | |

DESSERTS

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| 53. BANANA FRITTERS | £3.50 |
| Banana fritters in batter, glazed with honey & sesame seeds, served with vanilla ice cream.
<i>Contains Wheat, Milk, Soy, Sesame Seeds.</i> | |
| 54. COCONUT CRÊPE | £3.50 |
| Served with vanilla ice cream.
<i>Contains Wheat, Milk, Egg</i> | |
| 55. APPLE PIE | £3.50 |
| Served with custard or ice cream.
<i>Contains Wheat, Milk, Egg</i> | |

TEA AND COFFEE

(Not available on Match Days)

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|------------------------|--------------|
| TEA | £1.20 |
| COFFEE | £1.80 |
| CAPPUCCINO | £2.80 |
| HOT CHOCOLATE | £2.80 |
| MOCCA | £2.80 |
| LATTE | £2.80 |
| ESPRESSO | £1.50 |
| DOUBLE ESPRESSO | £2.80 |





WHITE WINES

1	2	PUNTO DE VISTA SAUVIGNON BLANC, CENTRAL VALLEY – 12.5% ABV CHILE <i>A clean and refreshing Sauvignon Blanc with ripe citrus fruit notes on the palate and a crisp finish.</i>	75cl bottle 250ml 175ml	£16.00 £5.50 £4.50
2	2	McGUIGAN CELLAR SELECT CHARDONNAY – 12.5% ABV AUSTRALIA <i>Exhibits tropical fruit flavours complemented by a crisp, fresh citrus finish.</i>	75cl bottle 250ml 175ml	£16.00 £5.50 £4.50
3	2	LA DI MOTTE PINOT GRIGIO, VENETO IGT – 13% ABV ITALY <i>Soft on the palate with well-balanced acidity. An elegant bouquet, typical varietal aromas with hints of hay.</i>	75cl bottle 250ml 175ml	£18.50 £6.50 £5.00
4	2	RIOJA LARCHAGO VIURA DOC – 12.5% ABV SPAIN <i>Expressive and fruity with grapefruit and white flowers.</i>	75cl bottle 250ml 175ml	£18.50 £6.50 £5.00
5	2	FRAMINGHAM SAUVIGNON BLANC, MARLBOROUGH – 13% ABV NEW ZEALAND <i>Fragrant aromas and complex flavours from herbal notes through to ripe tropical fruits and hint of tomato leaf. Lovely fresh acidity with a stony mineral finish.</i>	75cl bottle 250ml 175ml	£20.00 £7.00 £5.50

ROSÉ WINE

6	1	MIRADOU COTES DE PROVENCE ROSÉ – 13% ABV FRANCE <i>Dry, refreshing Rosé from the South of France with red fruits & a touch of herbs & spice.</i>	75cl bottle 250ml 175ml	£18.50 £6.50 £5.00
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All our wines sold by the glass are also available in 125ml measures

All our wines contain Sulphites



Taste Guide

Champagne, White and Rosé wines are designated numbers from 1 to 9, with 1 being the driest and 9 being the sweetest. Red wines are designated letters from A to E, with A being the lightest and softest and E being the deepest and fullest.



RED WINES

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|-------|----------|--|-------------------------------|--------------------------|
| 7 | C | LA CROIX SAINT PIERRE MERLOT, VIN DE FRANCE – 12.5% ABV
FRANCE
<i>Plump red and black fruits with a touch of spice.</i> | 75cl bottle
250ml
175ml | £16.00
£5.50
£4.50 |
| <hr/> | | | | |
| 8 | E | MCGUIGAN SIGNATURE SHIRAZ, SOUTH AUSTRALIA – 13% ABV
AUSTRALIA
<i>This shiraz is a smooth and full-bodied red wine with intense berry fruits, mellow tannins and subtle oak intergration.</i> | 75cl bottle
250ml
175ml | £16.00
£5.50
£4.50 |
| <hr/> | | | | |
| 9 | C | BIG EARL MALBEC – 13% ABV
ARGENTINA
<i>Big and intense!
With smooth notes of dark fruits and spice.</i> | 75cl bottle
250ml
175ml | £18.50
£6.50
£5.00 |
| <hr/> | | | | |
| 10 | C | LAGUNILLA RIOJA CRIANZA DOC – 13.5% ABV
SPAIN
<i>High class Rioja with flavours of red fruits, spices and vanilla.</i> | 75cl bottle
250ml
175ml | £20.00
£7.00
£5.50 |
| <hr/> | | | | |
| 11 | C | AWATERE PASS PINOT NOIR – 14% ABV
NEW ZEALAND
<i>Cherry fruits along with some spice and mature berry, light tannins and a touch of oak.</i> | 75cl bottle | £20.00 |

SPARKLING WINES

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|----|----------|--|----------------------|-----------------|
| 12 | 2 | FOLLADOR PROSECCO DOC TREVISO – 11.5% ABV
ITALY
<i>Rich and full bouquet with flowery nuances of almond and ripe fruits.
The flavour is supple and velvety, harmonious and savoury.</i> | 75cl bottle
200ml | £24.00
£6.90 |
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CHAMPAGNE


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|-------|----------|---|-------------|--------|
| 13 | 2 | MUMM CORDON ROUGE BRUT NV – 12% ABV
FRANCE
<i>Intense fruity taste with notes of peaches, pears, green apples complement its fresh after taste.</i> | 75cl bottle | £55.00 |
| <hr/> | | | | |
| 14 | 2 | BOLLINGER SPECIAL CUVEE NV – 12% ABV
FRANCE
<i>A bone-dry, full-bodied Champagne, crisp and fresh with a good mature flavour and long-lasting mousse and after-taste</i> | 75cl bottle | £55.00 |
| <hr/> | | | | |
| 15 | 2 | G. H. MUMM ROSÉ CHAMPAGNE – 12% ABV
FRANCE
<i>Lively and explosive bubbles with aromas of fruits of the forest and red fruits, with an elegant freshness.</i> | 75cl bottle | £55.00 |



The place to meet your friends at lunchtime,
evening for a meal or just a coffee

THE PARTNERSHIP OF FOOD AND WINE

The following suggestions may be of help in the choice of wines. Much has been written about what should be served with what, but this is essentially a matter of personal taste, and these suggestions should only be used as a guide.

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|  <i>As an Apéritif</i> | Dry or medium Sherry, Champagne/Sparkling Wine or a light, fruity, white wine. |
|  <i>Shell Fish</i> | Dry white wine. |
|  <i>Fish</i> | Again, dry, white wine such as a white Burgundy or a Loire wine. From the New World, a New Zealand Sauvignon or South African Chenin. |
|  <i>Chicken and Pork</i> | Full flavoured white wine, New World Chardonnay or a light red such as Beaujolais, Valpolicella or Californian red. |
|  <i>Lamb</i> | Red Burgundy, Claret, Rioja or New World Cabernet Sauvignon. |
|  <i>Game and Roasts</i> | Full bodied red wine such as a Rhône or Claret. From the New World, a spicy Shiraz or possibly a Chilean or Argentinian Red. |
|  <i>Pasta Dishes</i> | Lots of options depending on the sauce, some suggestions are: |
| <i>Cream Sauce</i> | Light Italian dry white wine such as Soave or Frascati. |
| <i>Meat Sauce</i> | Medium red perhaps a Merlot or Cabernet/Merlot blend. |
| <i>Pesto (Basil)</i> | Chenin Blanc or Sauvignon Blanc. |
| <i>Seafood Sauce</i> | Dry white wine. |
| <i>Tomato Sauce</i> | Italian or New World red such as a Shiraz/Cabernet |
|  <i>Sweets and Desserts</i> | Sweet whites like white Bordeaux, Australian pudding wine or 'sticky' alternatively a Champagne or Sparkling wine. |

The Tollington Arms

115 Hornsey Road, Islington, London N7 6DN

Tel 0207 700 6419

www.tollingtonarms-holloway.co.uk

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Wifi Powered by the Cloud : Free



drinkaware.co.uk
For the facts

Prices are effective from July 2018 and subject to changes in duty and exceptional market conditions.