

ALLERGENS

Due to the introduction of the Food Information Regulation by the Food Standards Agency we are required to advise of any potential allergens in our dishes. The numbers next to each dish overleaf relate to the 14 major allergens below. If you have any further questions please ask us when ordering.

- 1 CELERY**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 CEREALS CONTAINING GLUTEN**
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 CRUSTACEANS**
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4 EGGS**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 FISH**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 LUPIN**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 MILK**
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 MOLLUSCS**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews
- 9 MUSTARD**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10 NUTS**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11 PEANUTS**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 SESAME SEEDS**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 SOYA**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14 SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook. Let's keep connected at food.gov.uk/facebook

Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk/twitter)

Watch us on food.gov.uk/youtube



Situated in the picturesque village of Great Abington, near Cambridge, THE THREE TUNS is a stunning public house dating back to the 16th century

DRINK

The pub is a free house, which offers an extensive range of fine beers and guest ales. Call in and see what we have on tap today!

SLEEP

THE THREE TUNS Country Inn offers nine elegant and charming double bedrooms each including; Air conditioning, HDTVs, Wi-fi, King-size beds, with free on-site parking.

Double rooms are from £110 per night.

REVEL

We are experienced in catering for all kinds of functions, at the pub and at private venues – wedding receptions, private parties, business buffets and family occasions.

If you are planning a party or function, we can cater for up to 60 people in our bar/restaurant area and our Thai buffets are always very well received!



01223 891467

75 High Street, Great Abington, Cambridge, CB21 6AB

www.thethreetuns-greatabington.co.uk

TAKEAWAY MENU



01223 891467

OPENING HOURS

Monday – Friday 12:00 – 14:00
Monday – Saturday 17:00 – 21:00
Sunday 17:00 – 21:00

SEPTEMBER 2022

STARTERS & LIGHT DISHES

- 1 **Chicken Satay** 5 9 11 £6.00
Skewers of marinated chicken, served with homemade peanut sauce
- 2 **Prawn Satay** 3 11 £6.75
Skewers of marinated prawns, served with homemade peanut sauce
- 3 **Spring Rolls** 2 4 8 12 13 £6.00
Vegetable spring rolls, made with clear vermicelli noodles, served with a sweet chilli dip
- 4 **Fish Cakes** 3 4 5 £6.00
Traditional spicy fish cakes, made with grey featherback fish, served with a sweet chilli dip
- 5 **Tempura Vegetables** 2 12 14 £6.00
Selection of vegetables, deep-fried in a light tempura batter, served with a sweet chilli dip
- 6 **Tempura Prawns** 2 3 £7.00
King prawns, deep-fried in a light tempura batter, served with a sweet chilli dip
- 7 **Sesame Pork Toast** 2 4 12 £6.25
Pork, minced with egg and herbs on a bread base, served with a sweet chilli dip
- 8 **Sweetcorn Cakes** 2 14 £5.50
Sweetcorn fritters, served with a sweet chilli dip
- 9 **Duck Spring Rolls** 2 3 8 12 13 £6.50
Served with a sweet chilli dip
- 10 **Prawn Crackers** 2 11 £3.00
A basket of spicy prawn crackers, served with a peanut dip

THAI COMBOS

(PLEASE SEE OVERLEAF FOR ALLERGY ADVICE)

- 11 **Tuns Combo** 2 3 4 5 9 11 12 13 £9.00
Spring rolls, pork toast, chicken satay, spicy fish cakes
- 12 **Veggi Combo** 2 4 8 12 13 £8.00
Tempura vegetables, spring rolls, sweetcorn cakes
- 13 **Seafood Combo** 2 3 4 5 8 £9.50
Tempura prawns, spicy fish cakes, battered squid rings

SOUPS

- 14 **Tom Yum** 3 5 Starter or a Main course
Traditional Thai hot-and-sour, clear soup, flavoured with lemon grass, coriander, fresh chillies, galangal and lime leaves
Chicken £7.25 £12.75
Prawn £8.25 £15.00
Seafood £8.25 £15.00
Mixed Veg 11 £6.95 £10.50
- 15 **Tom Kha** 3 5 Starter or a Main course
Similar in taste to Tom Yum, but made with coconut milk
Chicken £7.25 £12.75
Seafood £8.25 £15.00

CLASSIC CURRIES

- 16 **Green Curry** 11 3 5
Traditional green curry, with mixed vegetables, coconut milk and Thai herbs
Chicken £12.75 Pork £12.75
Beef £13.50 Duck £14.75
Prawn £15.00 Seafood £15.00
- 17 **Red Curry** 3 5
Traditional red curry, with mixed vegetables, coconut milk and Thai herbs
Chicken £12.75 Prawn £15.00
Beef £13.50 Pork £12.75
Mixed Chicken & Beef £13.50 Duck £14.75
- 18 **Yellow Chicken Curry** 3 5 £12.75
Mild yellow potato curry, with onions and coconut milk
- 19 **Massaman Beef Curry** 3 5 £13.50
A slow-cooked curry, with coconut milk, potato and onions
- 20 **Traditional Panang** 11 3 5
Creamy curry with coconut milk and Thai herbs
Beef £13.50 Chicken £12.75
- 21 **Jungle Curry** 11 3 5
A very hot curry, with chilli
Chicken £12.75 Pork £12.75
Beef £13.50 Duck £14.75
Prawn £15.00

STIR-FRY DISHES

- 22 **Sweet and Sour** 8 13
Stir-fried in a sweet and sour sauce, with pineapple, peppers, and onions
Chicken £12.75 Pork £12.75
Prawn £15.00
- 23 **Cashew Nuts** 8 10 13
Stir-fried, with cashew nuts, vegetables and herbs
Chicken £12.75 Beef £13.50
- 24 **Ginger** 8 13
Stir-fried, with ginger, vegetables and herbs
Chicken £12.75 Duck £14.75
Beef £13.50
- 25 **Chilli and Basil** 11 8 13
Stir-fried, with chilli, vegetables and herbs
Chicken £12.75 Duck £14.75
Beef £13.50 Pork £12.75
Mixed Chicken & Beef £13.50 Seafood £15.00
Prawn £15.00
- 26 **Oyster Sauce** 8 13 £13.50
Stir-fried beef, with oyster sauce, vegetables and garlic
- 27 **Garlic** 8 13
Stir-fried, with onions
Chicken 8 13 £12.75 Prawn 8 13 £15.00
- 28 **Pork with Aubergine and Chilli** 11 8 13 £12.75
Stir-fried pork, with aubergine and black bean sauce
- 29 **Beef with Guinness** 2 8 13 £13.50
Stir-fried beef, with Guinness and vegetables

FISH DISHES

(PLEASE SEE OVERLEAF FOR ALLERGY ADVICE)

- 30 **Sea Bass** 5 (13 if soy sauce) £16.95
Whole sea bass, cooked with a choice of sauces
Choose from: chilli 11, soy seasoning or tamarind

VEGETABLE DISHES 11

- 31 **Pak Choi with Soy Bean Sauce** 8 13 £11.50
- 32 **Mushroom Curry** 13 £11.50
Mushrooms and vegetables in coconut milk
- 33 **Mixed Vegetables** 8 13 £11.50
Popular vegetables, stir-fried with garlic
- 34 **Sweet & Sour Vegetables** 8 13 £11.50
Vegetables with sweet and sour Sauce
- 35 **Vegetables with Chilli** 11 8 13 £11.50

NOODLE DISHES

- 36 **Pad Thai** 2 4 8 11 13
Rice noodles, with peanuts and vegetables
Chicken £12.75 Prawn £15.00
Beef £13.50 Duck £14.75
- 37 **Thai Chow Mein** 2 4 8 13
Egg noodles, with onions and beansprouts
Chicken £12.75 Prawn £15.00
Beef £13.50 Duck £14.75
- 38 **Drunken Noodles** 11 2 13
Spicy rice noodles, fresh chilli and Thai holy basil
Mixed Chicken and Beef £13.50

RICE DISHES

(PLEASE SEE OVERLEAF FOR ALLERGY ADVICE)

- 39 **Special Fried Rice** 4 13 £7.00
- 40 **Egg Fried Rice** 4 13 £5.50
- 41 **Fried Rice with Chicken** 4 8 13 £10.00
- 42 **Fried Rice with Prawns** 4 8 13 £11.00
- 43 **Coconut Rice** £4.50

EAT

All dishes are served with steamed Thai fragrant rice, unless you require an alternative at extra cost. Our dishes are individually cooked, fresh to order, which could mean a slight delay if we're busy. If you can't see your favourite, or if you'd like a dish adapted to suit your taste – just ask!

We use local produce wherever possible and our food is GM free. Please note that we cannot guarantee our dishes are free from nuts and bones.

Allergies: This menu includes basic allergy advice, however, if you are unsure, we recommend that you speak to a manager or view our allergy guide.