THE OLD SPRING

Restaurant & Pub | Cambridge

STARTERS

£12.00 each



Soup of the Day (V/GF*)

Homemade soup served with warm ciabatta.

Hummus (V/GF*)

Creamy hummus topped with olives and toasted almonds, served with warm pitta bread.

Soft Cheese & Parma Ham Bruschetta

Toasted sliced ciabatta topped with a layer of creamy soft cheese, draped slices of Parma ham, fresh rocket salad, cherry tomato and a drizzle of balsamic glaze and drizzle of olive oil.

LUNCH MENU

£12.00 each

Served Monday-Friday, 12-2.30pm



Chicken & Avocado Ciabatta

Tender grilled chicken, fresh avocado, lettuce, and tomato, finished with our special Caesar dressing.

Halloumi Ciabatta (V)

Fried halloumi cheese in a warm ciabatta with a creamy hummus, sliced tomato, and crisp lettuce.

Bacon & Brie Ciabatta

A savory combination of crispy bacon and melted Brie on a toasted ciabatta, enhanced with sweet cranberry sauce.

SHARERS



Old Spring Selection £27.00

Chargrilled chicken fillet seasoned with our secret spices, smokered wild boar sausage, feta, sliced prosciutto crudo, crispy halloumi, and chunky chips. Complemented with a fresh rocket and Parmesan salad, homemade creamy tratziki, and traditional Greek pitta bread.

PIZZAS

Classic Margherita (V) £11.00

Rich tomato sauce, mozzarella, and fresh basil.

Classic Pepponi £15.00

Rich tomato sauce, mozzarella, pepperoni,oregano.

The Old Spring £15.00

Rich tomato sauce, mozzarella, Applewood ham, diced-chicken, red onion, and oregano.

The Goat £15.00

Rich tomato sauce, mozzarella, goat's cheese, baked butternut squash, and Parma ham.

Spanish Chorizo £15.00

Rich tomato sauce, mozzarella, fine diced Spanish chorizo sausage, red onions, and olives.

Mediterranean (V) £15.00

Rich tomato sauce, mozzarella, aubergine, peppers, courgettes, olives, red onion, sun-dried tomatoes, and fresh basil.

- Add Extras (£2 each): Mozzarella | Goa's Cheese | Olives | Baked Butternut Squash | Pepperoni | Chicken | Chorizo | Parma Ham | Applewood Ham



2 for 1 on all pizzas every Monday

GREEK HERITAGE SPECIALS

Served Wednesday, Thursday & Friday, excluding the Christmas period

Open Grilled Beef Kofta £19.00

Served with warm pitta bread, a salad garnish, sliced tomato, sliced onion and fries, topped with a mint yogurt sauce.

Open Chicken Souvlaki £18.00

Served with warm pitta bread, a salad garnish, sliced tomato, sliced onion and fries, topped with a mint yogurt sauce.

Open Halloumi Souvlaki (V) £18.00

Served with warm pitta bread, a salad garnish, sliced tomato, alliced onion and fries, topped with a mint yogurt sauce.

Imam Bayildi (V/GF) £17.00

Slow-cooked slender aubergines packed with a sweet-savoury mixture of onions, garlic, tomatoes, and herbs. Served with a side salad.

Mixed Grill (For 2) £38.00

Grilled pork steak, grilled marinated chicken thighs, grilled smoked wild boar sausage, grilled beef kofta, halloumi fries, pitta bread, tratziki, a mixed salad, and a slice of lemon.

MAIN COURSES

Traditional Fish and Chips £19.50

A generous haddock fillet cooked in our tasty homemade beer batter and fried to crisp perfection. Served with chunky chips, garden peas, and homemade tartare sauce.



28-Day Matured Sirloin Steak (GF) £28.00

An 8oz Sirloin steak cooked to your liking, served with chunky chips and a fresh house salad
- Add Bearnaise Sauce for £2

Fisherman's Pie (GF) £22.00

A rich mix of white fish, salmon, and smoked fish in a creamy sauce, topped with fluffy mashed potatoes and topped with matured Cheddar cheese. Served with a side of fries.

Lamb Rump (GF) £22.00

Pan-seared rump of lamb served with steamed broccoli, butter beans, celery, carrots, and onions casserole and gravy.

BURGERS

Aberdine Angus Steak Burger (GF*) **£19.50**
A premium, tender Aberdeen Angus steak patty in a toasted broché bun, topped with lettuce, beef tomato, gherkin, and our homemade burger sauce. Served with a with a house salad and straw fries.

Charrgilled Chicken Burger (GF*) **£18.50**
A juicy whole chicken fillet, charrgilled and nestled in a toasted broché bun with lettuce, sliced beef tomato, red lettuce, and creamy mayonnaise. Served with a house salad and straw fries.

Strong Roots Pumpkin & Spinach Burger (V/GF*) **£18.50**
A chunky plant-based 2 patty stacked high with a smooth layer of hummus, sliced beef tomato, and crispy lettuce. Served with a house salad and straw fries.



Additional burger toppings - £2 each:
Matured Cheddar: Crispy Bacon

£30 for 2 burgers every Tuesday
Excluding the Christmas period

SALADS

Caesar Salad **£15.00**
Crisp lettuce, cherry tomatoes, anchovies, and diced crispy bacon, topped with shredded Grana Padano and crunchy croutons, tossed in our signature homemade Caesar dressing.

- Add Grilled Chicken for £5



Lentil Salad (V/GF) **£18.00**
A wholesome mix of lentils, baked goat's cheese, and roasted butternut squash, accented with red onions, cherry tomatoes, and a light vinaigrette dressing.

SUNDAY ROAST

Served every Sunday, 12-5pm

Roast British Beef (GF*)	**£21.00**
Roast British Lamb Rump (GF*)	**£22.00**
Grilled Chicken Fillet (GF*)	**£19.00**
Mixed Nut Roast (V/GF*)	**£19.00**

All roasts are served with golden roast potatoes, glazed carrots & parsnips, steamed Savoy cabbage, a Yorkshire pudding, and rich gravy.



SIDES

Chunky Chips (GF) **£5.00**
Served with garlic mayonnaise.

Garlic Bread **£5.00**
add cheese £1, add bacon £2

Straw Fries (GF) **£5.00**
Served with garlic mayonnaise.

Mixed Sides Salad (V/GP) **£5.00**
Salad leaves, cherry tomatoes, and red onion tossed in a vinaigrette.



CHILDREN'S MENU

For children aged 12 or under, each meal £10

Kids Margherita Pizza (V)
Tomato sauce and mozzarella cheese

Kids Steak Burger
A classic cheeseburger with tomato and straw fries. Served with your choice of baked beans or peas.

Kids Fish Fingers
Freshly battered fish pieces served with straw fries and your choice of baked beans or peas.

DESSERTS

Classic Sticky Toffee Pudding (V) **£8.50**
A deliciously dense date sponge topped with sweet treacle sauce. Enjoy with fresh vanilla ice cream.

Baklava (V) **£8.50**
Layers of crispy filó pastry filled with chopped nuts and infused with a sweet honey syrup. Served with vanilla ice

Chocolate Torte Mousse Cake (v/vg) **£8.50**
A deliciously dense chocolate mousse served with vanilla ice cream



ICE CREAM

Vanilla, Chocolate or Strawberry,
£2 per scoop

V = Vegetarian VG = Vegan GF = Gluten Free
If you have any allergies or dietary requirements, please speak to a member of our team before ordering