

# Lunch Selection

Served until 3pm Monday to Friday.  
NOT available on Saturday, Sunday or Bank Holidays or between 2nd December 2019 and 6th January 2020.

## Pizzas:

American Hot £11.95

Pepperoni, Mozzarella, Jalapeño Peppers on a Tomato Base

Margherita £9.95

Mozzarella, Tomato, Fresh Rocket, Fresh Cherry Tomatoes and Oregano

Free Range Three Egg Omelette £11.95

With your choice of two of the following fillings:  
Ham, Tomato, Cheese and Mushrooms  
Served with Chips and Mixed Leaves

Honey Roast Ham, Free Range Egg and Chips

£11.95

Served with Artisan Bread and Butter

Baguettes £9.95

Served with your choice of Salad or Chips

Choose from:

Honey Roast Ham and Cheddar  
Prawns and Seafood Sauce  
Brie, Cranberry and Rocket

Brioche Roll £9.95

Choose from:

Fish Finger and Tartare Sauce  
Chargrilled Chicken with Bacon and Mayonnaise  
Sausage and Fried Onion  
Served with your choice of Salad or Chips



All prices include VAT. All items listed are subject to availability. Weights shown are approximate and prior to cooking. Food items may contain small bones.

## Allergy Advice:

All our food is freshly prepared in a kitchen where nuts, gluten and other Allergens are present and our menu descriptions do not include all ingredients. If you have an allergy please let us know before ordering.

\*Parties of 8 or more will be subject to a 10% service charge.

## The History of The Rubbing House

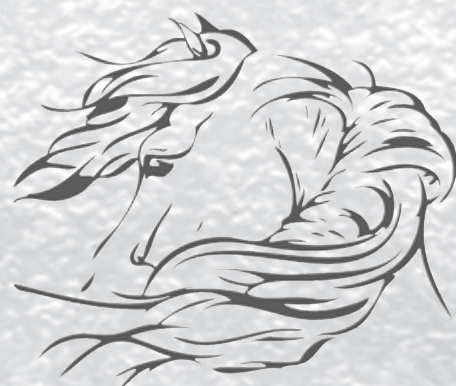
It is not known when The Rubbing House was originally built, but there has always been a form of shelter near the end of the racecourse where horses could be rubbed down by their grooms after the exertions of the race since horse racing began on Epsom Downs, even before the Derby was founded.

By 1801 it had officially become a public house owned, along with the rest of the Downs, by the Lord of the Manor and was also leased to the Pagden brothers, who also owned several pubs in town.

In 1857 The Rubbing House was destroyed by fire. John Briscoe the Lord of the Manor, agreed with the Pagdens to share the cost of rebuilding and they got a cheaper lease. The ambitious new designs for the Downs Hotel (as it was now called) ran into difficulty when they came to the attention of the Epsom Grandstand Association. They would not allow a major hotel to face the end of the course as this would have offered serious competition to the Grandstand itself.

By 1866 the pub had been rebuilt in a modest scale. The new design included an elegant, cast iron balcony specifically built for the patrons to view the home straight and the pub became geared for race-day traffic. The old Downs Hotel was refurbished in 1968 and the name reverted to The Rubbing House.

These days it's just a lovely place to enjoy a delightful meal or a drink or two. Whether it be a cold evening by our log fire or a sunny day in the extensive beer gardens, a warm welcome always awaits you.



# The Rubbing House Menu

Telephone 01372 745050

[www.rubbinghouse.com](http://www.rubbinghouse.com)

Langley Vale Road, Epsom Downs, Epsom KT18 5LJ





We hope you have a most pleasurable and relaxing dining experience with us today ...

## On Arrival

Artisan Bread with Balsamic and Olive Oil £3.95  
Marinated Whole Black Olives £3.95

## Starters

Chef's Homemade Soup of the Day £5.95   
Thick, Hearty and Delicious. Served with Crusty Bread

Fresh Creamy Stilton Mushrooms £6.95   
Pan Fried with Garlic, Thyme and Stilton Cheese. Served over Toasted Artisan Bread.

Chicken Liver Parfait £7.45  
A Smooth Liver Pâté served with homemade red onion and balsamic relish, Crusty Bread and Rocket

Lamb Kofta £6.95  
Homemade Lamb Kofta with Onion and Spices char grilled and served with Tomato, Cucumber and Mint Salad and Homemade Tzatziki


Pan Fried Tiger Prawns £9.95  
Shell on Tiger Prawns served with Garlic Butter

Classic Prawn Cocktail £7.95  
North Atlantic Prawns on a bed of mixed leaves and topped with Seafood Sauce. Served with brown bread

King Scallops with Streaky Bacon **NEW** £10.95  
Served with Chilli Garlic Butter and Brown Bread

Fresh Asparagus with Poached Egg and Prosciutto £7.95  
Served over toasted Artisan Bread topped with Hollandaise Sauce

Panko Coated Deep Fried Calamari £7.45  
Served with Tartare Sauce

Fried Halloumi £6.95   
Fried Halloumi, served with Sweet Chilli Sauce

Sticky Ribs £7.45  
Succulent Ribs cooked with Chilli, Brown Sugar and Soy Sauce

## Sharing Starters

Greek Trio **NEW** £12.95  
Taramasalata, Tzatziki and Houmous Dips served with Pita Bread

Rosemary Baked Camembert £12.50  
Served with Homemade Balsamic and Red Onion Chutney and Toasted Bread

## Salad Menu

Chicken, Bacon and Avocado £13.95  
Char grilled Chicken, Bacon and Avocado served over Mixed Salad Leaves and dressed with Honey and Mustard Sauce. Served with Garlic Bread

King Prawn, Mango and Avocado £13.95  
King Prawns marinated with Sweet Chilli and Mango, Fresh Mango and Avocado served over Mixed Leaves topped with Mango and Chilli Dressing. Served with Garlic Bread

## Side Orders

Garlic Bread £2.95 with Cheese £4.45  
Onion Rings £2.95  
Sweet Potato Fries with Parmesan and Rosemary £3.95

Side Salad £3.95  
Seasonal Vegetables £3.95



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The Rubbing House has gained a reputation for excellent quality dishes, showing imagination and tradition side by side. Our use of fresh ingredients has proven to be very popular, especially our range of meat and fish dishes. Seasonal fayre is also incorporated into our menus. To accompany your meal our wine and beer list has been carefully selected to offer you a variety of wines from around the world.

## Steaks

All our Steaks are a minimum of 28 day aged and hand cut to approximately 250g. Char grilled to your liking and served with Chips, Peas, Tomato and Mushrooms.

Ribeye Steak £23.95 Sirloin Steak £23.95  
Why not add a Sauce for £1.95?  
Choose from Homemade Peppercorn, Red Wine, or Gluten Free Cream White Wine and Mushroom.

## Fish

Bouillabaisse £17.95  
A classic French Fish stew of Prawns, Swordfish, Red Fish, Mussels and Cod in a tomato and vegetable broth, topped with grated cheese and served with crusty bread.

Salmon Fillet £15.95  
Topped with Creamy White Wine Sauce, New Potatoes and Seasonal Vegetables

Smoked Haddock £16.95  
Undyed Smoked Haddock poached in milk and topped with Poached Egg and Creamy Hollandaise Sauce. Served with Creamy Mashed Potatoes and Seasonal Vegetables

Wholetail Scampi £13.95  
Served with chips and peas

Beer Battered Cod and Chips  
Regular £14.45/Small £12.45  
Premium Fillet of Cod cooked to order with Chips, Peas and Tartare Sauce

Mediterranean Prawns **NEW** £16.95  
Pan Fried Shell on Prawns with Chilli Garlic Butter, served with Chips and Artisan Bread

Filletts of Sea Bass £16.95  
Pan fried Fillet of Sea Bass topped with White Wine and Cream Sauce, served with New Potatoes and Seasonal Vegetables

King Prawn, Crab and Chorizo Linguini **NEW**  
Regular £16.95 / Small £14.95  
Cooked in a Thermidore Butter with a hint of Chilli and Cherry Tomatoes and finished with Fresh Rocket

## Mains

Homemade Moussaka £14.95  
Made to a traditional Greek recipe of Minced Lamb, Courgettes, Potatoes and Aubergines, finished with Béchamel Sauce. Served with Chips and Salad topped with Feta and Marinated Whole Black Olives

Gammon Steak Regular £13.95/Small £11.95  
Char grilled and served with Chips, Peas, Pineapple and Free Range Fried Egg

Gourmet Steak Burger £14.95  
Char grilled Minced Rump Steak Burger with Relish, Lettuce, Tomato and Gherkin and Monterey Jack Cheese. Served in a toasted Brioche Bun, with Chips

Gourmet Chicken Burger £14.95  
Panko Coated Chicken Burger with Mayonnaise, Lettuce, Tomato and Gherkin and Monterey Jack Cheese. Served with a toasted Brioche Bun with Chips

Homemade Steak, Mushroom and Guinness Pie £15.45  
Topped with Puff Pastry and served with Chips and Peas

Souvlaki Regular £14.95/Small £12.95  
Chicken char grilled with peppers and onion and served with pita bread, chips and salad topped with feta and marinated whole black olives

Minted Lamb Shank £18.95  
Tender lamb shank in a tomato and mint sauce, served with creamy mashed potatoes and seasonal vegetables

Belly Pork £15.95  
Slowly braised with mustard and honey and served with mashed potatoes and seasonal vegetables

Seared Calves Liver Regular £17.45/Small £15.45  
Pan fried Calves Liver served on a bed of crushed potatoes and wilted spinach topped with streaky bacon, fresh sage and red wine jus

Chicken Parmigiana £14.95  
Panko breaded chicken breast baked with tomato sauce, topped with mozzarella and parmesan on a bed of linguine, finished with fresh rocket

Beef Bourguignon £15.95  
Chunks of tender beef cooked with red wine, mushrooms, carrots and smoked bacon and served with mashed potatoes

Stuffed Chicken Breast **NEW** £15.95  
Stuffed with Cream Cheese and Sautéed Leeks and wrapped in Bacon. Served with creamy White Wine Sauce, Roast Potatoes and Seasonal Vegetables

Sausage and Mash £12.95  
Three fresh sausages made by our local butcher and topped with fried onions and red wine sauce, served with peas

Inside Out Chicken Kiev £14.95  
Panko coated chicken breast topped with chilli garlic butter, served with roast potatoes and seasonal vegetables

Home Made Fragrant Mauritian Chicken Curry £15.95  
A medium spiced curry, garnished with fresh coriander and red onion. Served with rice and naan bread

Mustard Pork **NEW** £15.95  
Pan Fried Pork Tenderloin topped with caramelised fresh apple, creamy wholegrain mustard sauce, served over roast potatoes, with green beans and carrots

Vegetarian/Vegan Option  
Please ask for our separate menu