



The Hen & Chicken Inn Newsletter

Hen & Chicken Inn
Upper Froyle, Alton
Hants GU34 4JH
01420 22115

Volume 1, Issue 1
April 2011

Hen and Chicken Gets a New Look!

Welcome to our new Newsletter and our recently refurbished bar and restaurants.



The Bar

Built in approximately 1740 this charming pub was once an old coaching house where horses were changed and travellers refreshed.



The Butterfly Restaurant

Now the pub has had a major internal refurbishment, The challenge was then on to bring the pub into the 21st Century without spoiling the 17th Century effect.

Now Open from 10am for Coffee or Brunch



Poached Egg & Spinach on

We are now open from 10 am every day for Tea, Coffee, Pastries and

Brunch!
Our New Brunch Menu includes mouth watering warm Danish Pastries, warm buttered crumpets to a full English Breakfast! The Brunch Menu is available daily between 10am and 12 noon.

Once inside, however, you will find that every effort has been made to preserve the history of the building with the original inglenook fireplace and exposed beams.

But also have improved access and facilities for those who are physically challenged.



The Main Restaurant

Also incorporated are baby changing facilities, something we have often been asked for as we pride ourselves in being a family friendly pub!

Today you will find warm hospitality and excellent food. The menu takes advantage of the seasons with food sourced as locally as possible.

If you've not already done so come and see for yourself! We look forward to welcoming you soon.

Kevin and Laura Anfield

If you are a business and are looking for a venue for a business meeting away from the office we would be happy to set aside an exclusive area for you. Call us on 01420 22115 with your requirements



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Mid Week Roasts

Monday—Thursday

Only £5.95



Fish & Chip

Fridays

Only £5.95





Staff Spotlight - Neil Stansbridge, Head Chef



Head Chef—Neil Stansbridge

Each month we will introduce you to a member of our staff, this month we are pleased to spotlight our award winning Head Chef—Neil Stansbridge.

Neil is 32 years old and joined the team as Head Chef four years ago.

Neil attended Catering College in Southampton where he trained to be a chef.

Following catering college he learnt his trade at the Botleigh Grange Hotel near Southampton.

He also gained experience of a busy restaurant kitchen when he worked at Berties in Winchester.

The Wheatshief near Romsey was where Neil gained experience in Pub Catering.

With well over 16 years of cooking to his credit he is a very experienced chef.

Last year Neil's Watercress and Pear Sorbet dish was entered in the Alresford Watercress Festival where he won the best

pub category.

When Neil isn't cooking he finds time to relax with one of his favorite hobbies, fishing—but these fish he re-



turns to the lake and not the plate!

You can try for yourself Neil's award winning recipe below!

Watercress and Pear Sorbet

Ingredients

- 1 Pear
- 250g Sugar
- 300ml Water
- 3 Bunches Watercress
- 3 Spring Onions
- 100ml Balsamic Glaze
- 50g Finely grated Parmesan
- 2 Avocados

Method

Peel and core the pear

Place the sugar and water into a saucepan and bring to the boil and add the pear. Poach this slowly until the pear is soft take out and refrigerate. Keep the liquid, Place the leaves of watercress into a blender keeping a bit back for garnish

With the two avocados and the chopped spring onions and blend this together until a smooth paste gently add half the liquid to this and pulse it again

Pass this through a sieve to discard any bits. Add one egg white and beat this in until combined and place in freezer you must keep storing this or pulse it in blender until sorbet consistency

Now with the grated parmesan place this on a baking sheet and bake in the oven until golden brown leave to cool

Place your sorbet into a cutter with a spoon and place pear on top add a few drops of the glaze around the plate garnish with the left over watercress and place the crisp on top



*"For the first time, The Hen and Chicken from Upper Froyle near Alton was awarded the **Best Pub** for an imaginative starter of Watercress Sorbet with Poached Pear and Parmesan and Mustard Crisp."*

Alresford Watercress Festival 2010



Hopping Hare - Andrew Scott Senior Barman

Each Month Andrew, our Senior Barman will introduce you one of our ales or wines.

This month he has chosen Hopping Hare.

As part of Hall and Woodhouse seasonal cask ale programme we now have Hopping Hare.

Light and crisp with a hoppy aroma and bite, it is a ale bound to satisfy.

Brewed in Spring 2006, Hopping Hare (4.5 ABV) was trialled at the great British Beer Festival where it became a hit selling out



on every day of the event. Hopping Hare is available

in all good Hall and Woodhouse establishments from February to April.

To give Hare its characteristic hoppy aroma and taste the talented brewers use Super Styrian Hops (added thrice to the copper) and Styrian Goldings dry hops added to the cask fro extra aroma.

Hopping Hare is also available in selected supermarkets in 500 ml clear glass bottles.

“Light and Crisp with a hoppy aroma and Bite”

Introductory Offer!

Enjoy a glass at home and save money with this fantastic offer;

Buy two bottles and get the third FREE! (while stocks last)

The Hen and Chicken is preparing for the Royal Wedding! Chelsea Goddard Front of House Manager



*If you'd care to celebrate
The Royal Wedding, set a date.
Come down to your local pub,
Have a drink and grab some grub.*

*We're serving brunch from 10 'til 12,
Settle down, enjoy yourselves.
Get some breakfast in your belly,
Watch the wedding on the telly.*

*And next we're serving 'English Tea'
With sarnies, scones and cakes from 3.
Later on when sun descends,
Go and gather up your friends.*

*A proper English barbeque,
Served outside from us to you.
If the Royal Weddings not your thing,
We've thought of this, you'll fit right in.*

*Our brand new games room's opening
For cards and darts and snookering.
So come on down, don't be shy.
Hang out here April 29th!*

For more information please see our web-site www.henandchicken.co.uk

*“The Royal Wedding,
Friday 29th April
2011”*



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Loyalty Cards

We have recently introduced a loyalty card as a way of saying Thank You for your custom and support.

Each time you have a meal with us we will stamp your card and when you have had 9 meals we will give you the 10th meal FREE!

There's no time limit on redeeming your cards so the next time you're in make sure you pick one up and start saving!



Easter Egg Hunt

Easter Sunday - 24th April 2011

Easter Sunday is a really family day at the Hen and Chicken. Enjoy Sunday Lunch from a selection of dishes from our menu including traditional Sunday Roasts and Vegetarian options.

Afterwards let the children join in the fun by taking part in our Easter Egg Hunt!

Bookings are advisable.



Alton College Jazz Band

We are pleased to welcome Alton College Jazz Band to the Hen and Chicken. These young musicians have a comprehensive repertoire of modern and contemporary jazz.

Make a date to come and see them on Monday 9th May, you could combine it with a meal or just enjoy a drink as you enjoy the music.

Have Your Say

Your comments and observations are very important to us and we would like to hear from you. This is best achieved by completing one of our questionnaires (you also get the chance to win a free meal!) which are available at the bar.

Or you can email us at info@henandchicken.co.uk.

**Have
Your
Say**

facebook

Don't Forget

All the latest information is on our website. www.henandchicken.co.uk

You can also follow us on Facebook.