



# BREAKFAST

(V) Vegetarian (VG) Vegan (GF) Gluten-Free (GF\*) Gluten-Free option available

## TRADITIONAL PUB GRILLS †

A traditional breakfast served with two eggs\* plus:

- Your choice of English country potatoes (red and russet potatoes, grilled with onions and bell peppers) or fresh fruit
- Your choice of toast (GF\*), crumpet, bagel or English muffin (V)

+ SUBSTITUTE HOUSE-MADE SCONE, ADD \$1.75  
+ DEVONSHIRE CREAM, ADD \$2.00

**Base (GF\*)** ..... \$11.25

ADD ONE OF THE FOLLOWING:

- Bacon, Link Sausage, Canadian Bacon, Smoked Ham or Tempeh Strips (VG) ..... \$12.75
- Banger (English sausage), Linguica or Chicken Apple Sausage ..... \$13.00
- Sirloin Steak ..... \$16.00

## CUSTOMER FAVORITES

**Quiche** ..... \$12.50  
House-made, deep dish served with your choice of English country potatoes\*\* (red and russet potatoes, grilled with onions and bell peppers) or fresh fruit — ask your server for today's selection

**Corned Beef Hash † (GF\*)** ..... \$14.00  
House-roasted brisket and English country potatoes (red and russet potatoes, grilled with onions and bell peppers), served with two eggs\* and your choice of toast, bagel, crumpet, or English muffin  
+ SUBSTITUTE HOUSE-MADE SCONE, ADD \$1.75

**Smoked Salmon Plate (GF\*)** ..... \$12.75  
Served with hard-boiled egg, capers, tomatoes, red onions, cream cheese and a toasted bagel

**Full English (GF\*)** ..... \$14.00  
This classic includes two eggs\*, grilled banger, bacon, grilled tomato and mushrooms and baked beans, served with your choice of toast

**Benedict Arnold †** ..... \$14.00  
Our version of this classic consists of two poached eggs\* served with Welsh rarebit cheese sauce plus:  
• Your choice of Canadian bacon, bacon, house-roasted corned beef, tempeh strips, spinach, or tomatoes on an English muffin  
• Your choice of English country potatoes\*\* (red and russet potatoes, grilled with onions and bell peppers) or fresh fruit  
+ SUBSTITUTE SMOKED SALMON, ADD \$4.00

## OMELETS †

Our three egg\* omelets are served with:

- Your choice of English country potatoes\*\* (red and russet potatoes, grilled with onions and bell peppers) or fresh fruit
- Your choice of toast (GF\*), crumpet, bagel, or English muffin (V)
- + SUBSTITUTE HOUSE-MADE SCONE, ADD \$1.75  
+ DEVONSHIRE CREAM, ADD \$2.00

**British** ..... \$13.75  
Bangers (English sausage), red onions and English cheddar

**Denver (GF\*)** ..... \$13.75  
Smoked ham, cheddar, red onions, and bell peppers

**Spicy Soho (V) (GF\*)** ..... \$13.00  
Tomatoes, green chiles, red onions and Monterey jack, topped with house-made salsa and sour cream  
+ AVOCADO, ADD \$2.50

**Californian (GF\*)** ..... \$14.00  
Grilled seasoned chicken breast, tomatoes, avocado and Monterey jack

**Athena (V) (GF\*)** ..... \$13.00  
Feta cheese, Kalamata olives, tomatoes, spinach and red onions

**Kew Gardens (V) (GF\*)** ..... \$13.00  
Spinach, zucchini, roasted red peppers, mushrooms and red onions  
+ FETA OR GOAT CHEESE, ADD \$2.50

**Welsh Rarebit (V)** ..... \$12.50  
Welsh rarebit cheese sauce, tomatoes and red onions  
+ SMOKED HAM, ADD \$3.00  
+ GREEN CHILES, ADD \$2.00

**New Yorker (GF\*)** ..... \$14.75  
Smoked salmon, cream cheese, red onions and capers  
+ SPINACH, ADD \$2.00

**BBC (V) (GF\*)** ..... \$12.50  
House-made spicy vegetarian black bean chili, cheddar and sour cream  
+ AVOCADO, ADD \$2.50

Split orders, add \$2.50

\*Free Range eggs available, add \$1.00 per egg

\*\*Substitute deluxe potatoes, add \$3.50 (GF\*)

While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that we are not a gluten-free restaurant and cross-contamination may occur. Please let your server know if you have any food allergies or dietary restrictions.

## VEGETARIAN PUB GRILLS

Tofu, tastefully scrambled with the following combinations:

- Your choice of English country potatoes (red and russet potatoes, grilled with onions and bell peppers) or fresh fruit
- Your choice of toast (GF\*), crumpet, bagel or English muffin (V)

+ SUBSTITUTE HOUSE-MADE SCONE, ADD \$1.75  
+ DEVONSHIRE CREAM, ADD \$2.00

**Pesto and Red Onions (V) (GF\*)** ..... \$11.00  
Pesto made with walnuts

**Curry and Green Onions (VG) (GF\*)** ..... \$11.00  
Served with Branston pickle

**Spinach (V) (GF\*)** ..... \$11.50  
Broccoli, sun-dried tomatoes and goat cheese

**Creative Tofu (GF\*)** ..... \$8.25/base  
With items selected from the Creative Omelet list

## CREATIVE OMELETS †

Mix and match the following to create an omelet as unique as you (GF\*) ..... \$8.25/base

### Protein

- SMOKED SALMON, \$4.75
- GRILLED CHICKEN BREAST, \$4.00
- GROUND BEEF, \$3.50
- BANGERS (ENGLISH SAUSAGE), \$3.00
- CHICKEN APPLE SAUSAGE, \$3.00
- LINGUIÇA, \$3.00
- SPICY BLACK BEAN CHILI (V), \$2.75
- MARINATED TEMPEH STRIPS (VG), \$2.75
- BACON, \$3.00
- CANADIAN BACON, \$3.00
- SMOKED HAM, \$3.00

**Vegetables** ..... \$2.00 each

- AVOCADO, ADD \$0.50
- BELL PEPPERS
- BROCCOLI
- CAPERS
- GREEN CHILES
- JALAPEÑOS
- KALAMATA OLIVES
- MUSHROOMS
- PESTO (MADE WITH WALNUTS)
- RED ONIONS
- ROASTED RED PEPPERS
- SALSA
- SPINACH
- SUN-DRIED TOMATOES
- TOMATOES
- ZUCCHINI

**Dairy** ..... \$2.50 each

- WELSH RAREBIT CHEESE SAUCE
- ENGLISH CHEDDAR
- ENGLISH STILTON
- FETA CHEESE
- GOAT CHEESE

..... \$2.00 each

- CREAM CHEESE
- MILD CHEDDAR
- MONTEREY JACK
- SOUR CREAM
- SWISS



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**F&G**  
CALIFORNIA  
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† Served raw or undercooked or contains raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



# BREAKFAST

(V) Vegetarian (VG) Vegan (GF) Gluten-Free (GF\*) Gluten-Free option available

## WAFFLES, ETC.

<b>Traditional Waffle</b> .....	\$10.00
Served with sliced bananas, almonds, butter and syrup	
<b>Buttermilk Pancakes</b> .....	\$10.00
Served with butter and syrup	
• Short stack .....	\$8.00
<b>French Toast</b> .....	\$10.50
Three slices of thick Challah bread dipped in our special house batter, served with butter and syrup	
• Short order .....	\$9.25
<b>Fresh Fruit Bowl (GF)</b> .....	\$5.50/7.25
Assorted freshly cut, seasonal fruits	
+ GRANOLA OR YOGURT, ADD \$2.00	
<b>Granola</b> .....	\$8.00
Our special blend of raw oats, walnuts, almonds, sunflower seeds, honey, raisins, spices and orange zest toasted to perfection	
+ FRESH FRUIT, ADD \$2.50	
+ SOY MILK, ALMOND MILK, OR CREAM, ADD \$2.00	
<b>Harvest Grains</b> .....	\$8.00
Barley, cracked wheat, wild rice, brown rice and apples, served hot with raisins and milk	
+ SOY MILK, ALMOND MILK, OR CREAM, ADD \$2.00	
<b>Breakfast Toppings</b>	
+ FRESH FRUIT, WARM OLALLIEBERRIES, TOASTED PECANS OR SLICED BANANAS, ADD \$2.50	
+ WALNUTS, ALMONDS, RAISINS, CREAM CHEESE, WHIPPED CREAM, PEANUT BUTTER OR DEVONSHIRE CREAM, ADD \$2.00	

## OUR HISTORY

*Est. 1975*

For centuries pubs have been the gathering place for those in English society seeking a pint of ale, a game of darts or a visit with old friends...in every way a true *public house*. Located in the hometown of co-founder, Bill Dalton, the original Fox & Goose has been in operation for over 200 years in Hebden Bridge, West Yorkshire, a small town located near the scenic Moors of northern England.

Sacramento's Fox & Goose, although not nearly as old as the original, has captured the traditional qualities and added an atmosphere all its own.



Fox & Goose is housed in what was once the Fuller Paint and Glass Company. This distinctive brick building was constructed in 1917. Work on Fox & Goose began in January 1972, with the grand opening occurring on January 15, 1975.

**The Full Monty** † ..... \$14.00  
Choose from pancakes, traditional waffle or French toast  
Served with butter and syrup, two eggs\* and your choice of bacon or link sausage

## BITS AND PIECES

<b>Toast (GF*)</b> .....	\$3.50
Whole wheat, swirled rye, sourdough, cinnamon raisin, or wheat sourdough walnut	
<b>English Muffin, Crumpet, or Bagel</b> .....	\$3.00
<b>House-Made Scone</b> .....	\$4.50
<b>Cream Cheese, Whipped Cream, Devonshire Cream, or Lemon Curd</b> .....	\$2.00
<b>Bacon or Link Sausage</b> .....	\$4.75
<b>Canadian Bacon, Smoked Ham, Linguica, Bangers, or Chicken Sausage</b> .....	\$5.00
<b>Tempeh Strips (VG)</b> .....	\$5.00
<b>Two Eggs</b> † .....	\$4.00
<b>Grilled Tomatoes</b> .....	\$2.00
<b>English Country Potatoes (VG)</b> .....	\$5.00
Red and russet potatoes, grilled with onions and bell peppers	
<b>Corned Beef Hash</b> .....	\$8.00
House roasted brisket and English country potatoes (red and russet potatoes, grilled with onions and bell peppers)	
<b>Deluxe Potatoes (V)</b> .....	\$9.00
English country potatoes (red and russet potatoes, grilled with onions and bell peppers) topped with cheddar, green chiles, tomatoes and sour cream	

## OLALLIEBERRY SCONES

<b>House-Made Mini Scones</b> .....	\$7.75
A delicious bowl of house-made olallieberry miniature scones dusted with powdered sugar and served with Devonshire cream	
<b>Baker's 1/2 Dozen</b> .....	\$32.00
Seven house-made olallieberry scones and one large Devonshire cream side	
<b>CARRY OUT ORDERING ONLY</b>	



*With*  
**DEVONSHIRE CREAM**

## BEVERAGES

<b>Coffee</b> .....	\$3.50	<b>Café Latte</b> .....	\$4.00	<b>Fresh-Squeezed Orange Juice</b> .....	\$4.00
<b>Hot Chocolate</b> .....	\$3.25	<b>Café Mocha</b> .....	\$4.25	<b>Juice</b> .....	\$3.75
<b>Black Teas</b> .....	\$3.50	<b>White Mocha</b> .....	\$4.50	Tomato, Cranberry, or Apple	
English Breakfast, Earl Grey, Darjeeling, Orange Spice		<b>Extra Shot</b> .....	\$1.75	<b>Fresh House-Made Lemonade</b> .....	\$4.00
<b>Decaf Teas</b> .....	\$3.50	<b>Syrup</b> .....	\$1.50	<b>Cranberry/Lemonade</b> .....	\$4.00
English Breakfast, Chamomile, Licorice Spice, Peppermint, Green Tea		<b>Milk</b> .....	\$3.00	<b>Iced Tea</b> .....	\$3.50
<b>Chai Latte</b> .....	\$4.25	<b>Chocolate Milk</b> .....	\$3.75	<b>Iced Tea/Lemonade</b> .....	\$3.75
<b>Espresso</b> .....	\$3.00	<b>Almond Milk</b> .....	\$3.75	<b>Bottled Water (still or sparkling)</b> .....	\$3.50
<b>Cappuccino</b> .....	\$3.75	<b>Soy Milk</b> .....	\$3.25	<b>Sodas (free refills)</b> .....	\$3.25
				Coke, Diet Coke, 7-UP, Mr. Pibb, Root Beer, Ginger Ale, Soda Water	

\*Free Range eggs available, add \$1.00 per egg

# LUNCH



- (V)** Vegetarian
- (V\*)** Vegetarian option available
- (VG)** Vegan
- (GF)** Gluten-Free
- (GF\*)** Gluten-Free option available

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## FOUNDATIONS

<b>Black Bean Chili (V) (GF)</b> .....	\$6.00/\$8.00
Sour cream, green onion	
<b>Daily Soup</b> .....	\$6.00/\$8.00
<b>Banger Rolls</b> .....	\$9.00
Curry ketchup, Colman's mustard	
<b>Roasted Red Pepper Hummus (VG) (GF*) served with garlic naan</b> .....	\$9.00
Carrot, cucumber, tomato, extra virgin olive oil	
<b>The Ploughman's</b> .....	\$14.00
Ford Farms cheddar, English stilton, corned beef, apple, house-pickled cucumber & red onion, hard-boiled egg, picalilli relish, Branston pickle, griddled wheat mini loaf	

## BRITISH STANDARDS

<b>Cornish Pasty served with field greens</b> .....	\$13.25
• Beef, pork, turnip, potato, carrot, onion, herbs, gravy OR	
• Sweet potato, turnip, carrot, potato, onion, peas, herbs, Welsh rarebit cheese sauce <b>(V)</b>	
<b>Banger &amp; Mash</b> .....	\$14.00
Gravy, buttered peas and carrot	
<b>Fish &amp; Chips</b> .....	\$16.00
Ale-battered cod, kennebec chips, tartar, lemon	
<b>Shepherd's Pie served with field greens</b> .....	\$15.00
Niman Ranch beef, gravy, peas, onion, carrot, cheddar, mash	
<b>Chicken Tikka Masala served with basmati rice and garlic naan (V*)</b> .....	\$15.00
Curry spices, onion, tomato, cream	

## SALADS

<b>F&amp;G Greens (V) (GF*)</b> .....	\$8.50
Field greens, apple, cabbage, English stilton, baguette crisp, Colman's mustard vinaigrette + HERB-MARINATED CHICKEN BREAST, ADD \$5.00	
<b>Greek Pasta Salad (V) (GF)</b> .....	\$13.25
Penne pasta, sun-dried tomato, green beans, kalamata olives, feta, balsamic vinaigrette	
<b>Pub Cobb (GF)</b> .....	\$15.00
Romaine, turkey, avocado, bacon, blue cheese, hard-boiled egg, tomato, your choice of house-made dressing	
<b>Cashew Chicken Salad (GF)</b> .....	\$13.50
Herb-marinated chicken breast, cabbage, tomato, celery, green onion, cilantro, creamy sesame dressing, cashews	
<b>Smoked Salmon &amp; Spinach (GF*)</b> .....	\$17.00
Hard-boiled egg, cucumber, radish, house-pickled red onion, dill, baguette crisp, Colman's mustard vinaigrette	

# LUNCH



- (V)** Vegetarian
- (V\*)** Vegetarian option available
- (VG)** Vegan
- (GF)** Gluten-Free
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## FROM THE GRILL

Served with kennebec chips or field greens tossed in Colman's mustard vinaigrette

<b>Manchester Dog</b> .....	\$12.50
Banger sausage, Welsh rarebit cheese sauce, grilled onion & green bell pepper, piccalilli relish, on griddled roll	
<b>Signature Burger</b> † (V*) (GF*) .....	\$15.00
1/3 pound Niman Ranch beef, tomato, Red Dragon Welsh cheddar, romaine, house-pickled cucumber & red onion, mayonnaise, on griddled brioche bun	
<b>West End Burger</b> † (V*) (GF*) .....	\$15.25
1/3 pound Niman Ranch beef, English cheddar, grilled mushrooms, romaine, tomato, red onion, mayonnaise, on griddled sesame bun	
<b>Kings Cross Burger</b> † (V*) (GF*) .....	\$15.25
1/3 pound Niman Ranch beef, bacon, English stilton, romaine, tomato, red onion, mayonnaise, on griddled brioche bun	
<b>Erin Go Bragh</b> .....	\$14.00
House-roasted corned beef, Swiss, grilled onion, thousand island, on griddled rye bread	
<b>Caerphilly Grilled Cheese</b> (V) .....	\$13.25
English and Welsh cheddar, Swiss, grilled mushroom, wilted spinach on griddled, thick challah bread	
<b>Nutty Burger</b> (VG) (GF*) .....	\$13.50
House-made nut burger, roasted red pepper hummus, cucumber, avocado, red onion, sesame-ginger cabbage slaw, on griddled sesame bun	
<b>Voodoo Chicken Sandwich</b> .....	\$16.00
Spicy ale-battered chicken breast, romaine, tomato, house-pickled cucumber, red onion, buttermilk ranch dressing, on griddled sesame bun	
<b>Grilled Chicken Sandwich</b> (GF*) .....	\$15.00
Herb-marinated chicken breast, avocado, romaine, tomato, red onion, mayonnaise, on griddled brioche bun	

## SANDWICHES

Served with kennebec chips or field greens tossed in Colman's mustard vinaigrette

<b>Dilled Smoked Salmon</b> (GF*) .....	\$15.00
Cucumber, house-pickled red onion, tomato, cream cheese, on toasted whole grain bagel	
<b>Turkey Bacon Cheddar</b> (GF*) .....	\$13.00
Romaine, tomato, mayonnaise, on toasted, thick challah bread	
<b>BLT&amp;A</b> (GF*) .....	\$13.00
Bacon, avocado, romaine, tomato, mayonnaise, on toasted sourdough bread	
<b>A Bit of Alright</b> (V) (GF*) .....	\$12.00
Roasted red pepper hummus, avocado, romaine, jack cheese, toasted sunflower seeds, tomato, cucumber, on whole wheat bread	
<b>Devon Tuna</b> (GF*) .....	\$12.00
Albacore tuna, dill, capers, celery, tomato, red onion, romaine, mayonnaise, on toasted rye bread	
<b>TLT&amp;A</b> (VG) (GF*) .....	\$12.00
Tempeh strips, avocado, romaine, tomato, Colman's mustard vinaigrette, on whole wheat bread	
<b>Half Sandwich with a Cup of Soup or F&amp;G Greens</b> .....	\$11.00





# DINNER

(V) Vegetarian (V\*) Vegetarian option available (VG) Vegan (GF) Gluten-Free (GF\*) Gluten-Free option available

## FOUNDATIONS

<b>Black Bean Chili (V) (GF)</b> .....	\$6.00/\$8.00
Sour cream, green onion	
<b>Daily Soup</b> .....	\$6.00/\$8.00
<b>Banger Rolls</b> .....	\$9.00
Curry ketchup, Colman's mustard	
<b>Roasted Red Pepper Hummus (VG) (GF*)</b> .....	\$9.00
<i>Served with garlic naan</i>	
Carrot, cucumber, tomato, extra virgin olive oil	
<b>Chesterfield Market Cheese Plate</b> .....	\$12.00
Ford Farms cheddar, English stilton, Ile de France brie, Red Dragon Welsh cheddar, piccalilli relish, house-pickled red onion, baguette crisp	
<b>BBC Fries (V) (GF)</b> .....	\$10.00
Black bean chili, cheddar, kennebec chips, green bell pepper, pickled jalapeño, red onion, cilantro, sour cream	
<b>Fried Pickles (V)</b> .....	\$9.50
Buttermilk ranch dressing	
<b>Voodoo Chicken Tenders</b> .....	\$10.00
Buttermilk ranch dressing	



## FROM THE GRILL

Served with kennebec chips or field greens tossed in Colman's mustard vinaigrette

<b>Manchester Dog</b> .....	\$12.50
Banger sausage, Welsh rarebit cheese sauce, grilled onion & green bell pepper, piccalilli relish, on griddled roll	
<b>Signature Burger † (V*) (GF*)</b> .....	\$15.00
1/3 pound Niman Ranch beef, tomato, Red Dragon Welsh cheddar, romaine, house-pickled cucumber & red onion, mayonnaise, on griddled brioche bun	
<b>West End Burger † (V*) (GF*)</b> .....	\$15.25
1/3 pound Niman Ranch beef, English cheddar, grilled mushrooms, romaine, tomato, red onion, mayonnaise, on griddled sesame bun	
<b>Kings Cross Burger † (GF*)</b> .....	\$15.25
1/3 pound Niman Ranch beef, bacon, English stilton, romaine, tomato, red onion, mayonnaise, on griddled brioche bun	

## SALADS

<b>F&amp;G Greens (V) (GF*)</b> .....	\$8.50
Field greens, apple, cabbage, English stilton, baguette crisp, Colman's mustard vinaigrette	
+ HERB-MARINATED CHICKEN BREAST, ADD \$5.00	
<b>Greek Pasta Salad (V) (GF)</b> .....	\$13.25
Penne pasta, sun-dried tomato, green beans, kalamata olives, feta, balsamic vinaigrette	
<b>Pub Cobb (GF)</b> .....	\$15.00
Romaine, turkey, avocado, bacon, blue cheese, hard-boiled egg, tomato, your choice of house-made dressing	
<b>Cashew Chicken Salad (GF)</b> .....	\$13.50
Herb-marinated chicken breast, cabbage, tomato, celery, green onion, cilantro, creamy sesame dressing, cashews	
<b>Smoked Salmon &amp; Spinach (GF*)</b> .....	\$17.00
Hard-boiled egg, cucumber, radish, house-pickled red onion, dill, baguette crisp, Colman's mustard vinaigrette	

## BRITISH STANDARDS

<b>Cornish Pasty</b> .....	\$13.25
<i>Served with field greens</i>	
• Beef, pork, turnip, potato, carrot, onion, herbs, gravy	
OR	
• Sweet potato, turnip, carrot, potato, onion, peas, herbs, Welsh rarebit cheese sauce (V)	
<b>Banger &amp; Mash</b> .....	\$14.00
Gravy, buttered peas and carrot	
<b>Fish &amp; Chips</b> .....	\$16.00
Ale-battered cod, kennebec chips, tartar, lemon	
<b>Shepherd's Pie</b> .....	\$15.00
<i>Served with field greens</i>	
Niman Ranch beef, gravy, peas, onion, carrot, cheddar, mash	
<b>Chicken Tikka Masala (V*)</b> .....	\$15.00
<i>Served with basmati rice and garlic naan</i>	
Curry spices, onion, tomato, cream	

<b>Erin Go Bragh</b> .....	\$14.00
House-roasted corned beef, Swiss, grilled onion, thousand island, on griddled rye bread	
<b>Caerphilly Grilled Cheese (V)</b> .....	\$13.25
English and Welsh cheddar, Swiss, grilled mushroom, wilted spinach, on griddled, thick challah bread	
<b>Nutty Burger (VG) (GF*)</b> .....	\$13.50
House-made nut burger, roasted red pepper hummus, cucumber, avocado, red onion, sesame-ginger cabbage slaw, on griddled sesame bun	
<b>Voodoo Chicken Sandwich</b> .....	\$16.00
Spicy ale-battered chicken breast, romaine, tomato, red onion, house-pickled cucumber, buttermilk ranch dressing, on griddled sesame bun	
<b>Grilled Chicken Sandwich (GF*)</b> .....	\$15.00
Herb-marinated chicken breast, avocado, romaine, tomato, red onion, mayonnaise, on griddled brioche bun	

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