



SPRING MENU

FRESH - SEASONAL - LOCAL

WHILE YOU WAIT

Garlic ciabatta **V** **GF** 3.75
add cheese 50p

Marinated olives **VE** **GF** 3.50

Roasted chorizo and red pepper **GF** 5.95

Crispy fried whitebait **GF** 4.95
dusted with cayenne pepper,
Cold Pressed oil
rapeseed mayonnaise

Halloumi fries **GF** 5.95
Cold Pressed
'Nduja mayonnaise

Rosemary and garlic focaccia **V** 4.95
served warm, salted butter,
balsamic syrup, Cold Pressed
Oil Company rapeseed oil

STARTERS

Homemade soup of the day **VE** **GF** 5.95
toasted focaccia

Chicken, truffle and herb terrine **GF** 7.95
herb oil, ciabatta crostini, dressed rocket

Battered tiger prawns **GF**
starter 8.95 | main 14.95
Cold Pressed Oil Company 'Nduja mayonnaise

Sun blushed tomato, red pepper
and feta tartlet **V** **GF** 7.50
served warm, dressed rocket

Beetroot cured smoked salmon **GF** 8.95
chimichurri, dressed rocket, ciabatta crostini

SHARING BOARDS

Perfect for grazing or as a main for one

Whole baked Camembert **V** **GF** 15.95
topped with warm tomato,
olive and red pepper salsa,
toasted focaccia

Summer board **GF** 19.95
chicken, truffle and herb terrine, crispy fried whitebait,
beetroot cured smoked salmon, roasted chorizo and
red pepper, Cold Pressed Oil Company 'Nduja
mayonnaise, chimichurri, toasted focaccia
extra toasted focaccia £2.50

MAINS

Fresh battered haddock **GF** 14.95
chips, minted mushy peas, tartare sauce

Sweet potato, mushroom and spinach pie **V** **GF** ****** 14.95
thick creamy sauce, encased in shortcrust pastry,
sautéed mixed greens, crushed new potatoes

Pan roasted chicken supreme **GF** 17.25
roasted squash, quinoa, soy and
sesame dressed courgette ribbons,
Kingfisher Farm watercress

Chicken, ham and leek pie **GF** 15.95
creamy tarragon sauce, encased in shortcrust pastry,
sautéed mixed greens, crushed new potatoes

Prime British beef burger **GF** 14.95
Red Leicester, bacon jam, beef tomato,
baby gem lettuce, house burger sauce,
toasted brioche bun, chips, red cabbage slaw
Double up your burger patty £4.50
Why not add a side onion rings £3.95

Pan fried fillet of salmon **GF** 17.50
herb tossed new potatoes, sautéed
samphire, sauce vierge, dressed rocket

8oz Prime English sirloin steak **GF** 25.95
chips, roasted flat mushroom, balsamic glazed
vine tomatoes, Kingfisher Farm watercress
*Add your choice of blue cheese glaze, peppercorn
sauce, chimichurri or garlic butter £1.75*

Roasted squash and quinoa salad **V** **GF** ****** 12.50
broccoli, avocado, marinated feta,
toasted pumpkin seeds, citrus dressing
*Why not add either Halloumi fries **GF** £4.50,*
*Smoked chicken breast **GF** £4.50,*
*Battered tiger prawns **GF** £4.50*

Seaweed and samphire cake **VE** **GF** 14.95
sautéed tenderstem broccoli,
herb tossed new potatoes, chimichurri

A BIT ON THE SIDE

chips **GF** | crushed new potatoes **GF** | herb tossed new potatoes **GF**
onion rings **GF** | sautéed mixed greens **GF** | baby leaf salad **V** **GF** 3.95

GREEN PLATE POLICY

ALLERGENS & INTOLERANCES

Please speak to your server about ANY allergens or intolerances. We cannot guarantee that items have not come into contact with nuts. If you have any allergies or intolerances your food should be served on a green plate. **Please do not consume anything not served on a green plate.**

DESSERTS

Summer fruit pavlova **V** **GF** 6.25
meringue, lime curd, strawberry, mango
and kiwi salsa, cracked black pepper

Apple and vanilla crumble tart **V** ****** **GF** 6.50
Cornish clotted cream

Sticky toffee pudding **V** **GF** 6.50
salted caramel sauce, Cornish clotted cream

Warm chocolate brownie **V** **GF** 6.50
dark chocolate sauce, vanilla ice cream

Local ice cream **V** **GF**
2 scoops 3.95 | 3 scoops 5.25
chocolate | vanilla | strawberry |
honeycomb | salted caramel | cherry

Local sorbet **VE** **GF**
2 scoops 3.95 | 3 scoops 5.25
lemon | raspberry | mango

LOCAL BRITISH CHEESE BOARD

grapes, celery, onion marmalade,
artisan crackers **GF** 9.50

Rosary Ash **V**
from pasteurised goat's milk from the borders
of the New Forest, with a mousse-like
texture and a natural acidity

Pratchett Blue **V**
a Dorset blue cheese, with a creamy and oaky
sweetness, from pasteurised cows milk

Winslade **V**
made in Hampshire, this Vacherin and
Camembert cross, has a soft creamy
texture and a nutty flavour

Sussex Charder **V**
from West Sussex; a creamy mature cheddar
taste with the zing of Parmesan

SANDWICHES

Monday to Saturday (lunchtime only)
EXCLUDING BANK HOLIDAYS

Smoked chicken breast **GF** 9.25
Cold Pressed Oil Company mayonnaise,
baby gem lettuce

Red Leicester and chutney **V** **GF** 8.75
caramelised onion chutney,
Kingfisher Farm watercress

Beetroot cured smoked salmon **GF** 9.50
dill mascarpone

*Served either on white or granary bread,
with a side of red cabbage slaw **GF***

Gourmet fish finger sandwich **GF** 9.25
served in a brioche bun, tartare sauce,
Kingfisher Farm watercress

V = VEGETARIAN DISH

VE = VEGAN DISH

****** = CAN BE ADAPTED TO VEGAN ON REQUEST

GF = USES NON GLUTEN CONTAINING
INGREDIENTS (NGCI)

GF = CAN BE ADAPTED TO USE NON GLUTEN
CONTAINING INGREDIENTS ON REQUEST