



## MAIN MENU

If you have any dietary requirements or need specific allergen advice, please ask your server

Available 12pm to 9pm Daily

## BEFORES

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### PISTOU OLIVES & FETA

Green Beldi & Purple Coquillos with Chilli, Feta, Garlic & Cumin ~ 5.95

### CHEF'S TRIO of HUMMUS

Crudites & Chef's Rustic Bread ~ 5.95

### WARM ARTISAN BREAD

Harissa, Alioli, Extra Virgin Olive Oil & Aged Balsamic ~ 4.95

### HALF DOZEN DORSET ROCK OYSTERS

Shallot & Merlot Vinegar, Red & Green Tabasco harvested from Brownsea Island's old Sandbanks Ferry ~ 14.95

## STARTERS

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### PAN SEARED CORNISH KING SCALLOPS

Celeriac Purée, Quinoa, Green Apple & Pomegranate Salad, Mint & Dill Dressing ~ 12.50

### CRISPY SALT & PEPPER SQUID RINGS

Red Chilli, Spring Onion, Cucumber Mint Salad & Citrus Alioli Dip ~ 7.95

### CRISPY DUCK, BEAN SHOOTS & WATERCRESS

White Radish, Spring Onion, Micro Coriander Leaves, Red Chillies, Soy & Sesame Dressing ~ 8.95

### HANDMADE LOCH DUART SALMON FISHCAKE

Steamed Asparagus & Creamy Watercress Sauce ~ 8.95

### SALISBURY GOAT'S CHEESE THREE WAYS

Tempura Fried, Pepered Log, Panna Cotta, Finely Sliced Beetroot, Toasted Artisan Bread, Aged Balsamic & Honey Dressing ~ 10.50

### CREAMY ASPARAGUS, PEAS & WATERCRESS SOUP

Goat's Cheese Toast ~ 6.25

### CARROT & PUY LENTIL FRITTERS

Courgettes, Parsley & Cashew Salad, Beetroot, Pea & Butternut Purée ~ 7.95

### STEAMED CORNISH ROPE GROWN MUSSELS

Coconut Milk, Lime, Fresh Coriander & Red Chilli Sauce, Sweet Potato Fries & Brown Bread ~ 9.50

## MAINS

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### BAKED FREE RANGE HAMPSHIRE CHICKEN BREAST

Boiled Wild Basmati Rice, Roasted Baby Carrots & Vine Tomato Cherry in Marsala Sauce ~ 18.95

### HANDMADE 8OZ PREMIUM CHOPPED STEAK

Served in a pretzel bun, with rustic chunky chips & rainbow slaw. Served with Leaves & Chilli Pickle ~ 15.50

### BOILED LOCH DUART SALMON FILLET

Herb Crushed New Potatoes, Steamed Asparagus, Lime & Coriander Mayonnaise ~ 19.75

### 8OZ FILLET STEAK

Grilled Portobello Mushroom, Tomato and Chunky Chips ~ 29.95  
Sauces to accompany, Choose From Either:  
Pink Peppercorn / Rich Dark Gravy

### STEAMED CORNISH ROPE GROWN MUSSELS

Coconut Milk, Lime, Fresh Coriander & Red Chilli Sauce, Sweet Potato Fries & Brown Bread ~ 17.50

### ROASTED GRESSINGHAM DUCK BREAST

Potato Dauphinoise, Rainbow Baby Carrots, Red Cabbage, Apple Purée, Blackberry & Shallot Jus ~ 22.50

### LEMON RICOTTA & ENGLISH ASPARAGUS RISOTTO

Baby Spinach, Purple Basil Pesto, Parmesan & Saffron Shard ~ 15.95

### BUTTERNUT SQUASH, CAULIFLOWER & COCONUT RED CURRY

Red Peppers, Chickpeas, Baby Spinach, Coconut Rice, Fresh Coriander, Red Onion & Green Chillies ~ 16.50  
With Diced Free Range Hampshire Chicken ~ 17.95  
With King Prawns ~ 18.95

### CALIFORNIA COBB SALAD

Shredded Free-Range Hampshire Chicken, Leaves, Crispy Smoked Bacon, Cherry Tomatoes, Avocado, Free Range Boiled Egg & Isle of Wight Blue Cheese Dressing ~ 15.95

### DORSET ALE BATTERED MUDEFORD COD FILLET

Rustic Chunky Fries, Crushed Garden Pea Purée & Charred Lemon ~ 17.95

### OVEN BAKED CLASSIC FISHERMAN'S PIE

Hake, Salmon, Smoked Haddock with a Shallot Parsley & Egg. Veloute, Creamed Potato Puree & Wookey Hole. Cheddar Cheese Topping, Served with Baby Carrots & Steamed Broccoli ~ 16.95

### SLOW ROASTED BLANDFORD PORK BELLY

Chive Mash, Roasted Root Vegetables, Cider Jus & Apple Crisp ~ 16.75

### WARM GOAT CHEESE SALAD

Mixed Leaves, Toasted Walnuts & Pistachios, Sultanas, Avocado, Granny Smith Apple, Cherry Tomatoes, Red Onion Shavings & Honey Balsamic Dressing ~ 15.95

## SIDES

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SEASONAL MIXED LEAVES ~ 3.50

RUSTIC CHUNKY CHIPS ~ 4.95

SWEET POTATO FRIES ~ 4.95

HERB CRUSHED NEW POTATOES ~ 4.95

OVEN ROASTED ASPARAGUS ~ 4.95

TOMATO HERITAGE ISLE OF WIGHT & GARLIC COFIT CROUTONS ~ 4.95