

While you wait

Marinated mixed olives (vg/gf) 3.95 / Smoked almonds (vg) 2.50 / Tempura prawns - sweet chilli (gf) 8.95
Patatas Bravas - spicy tomato sauce & garlic aioli (gf) 6.95 / Crispy squid - garlic mayo (gf) 8.95
Mushroom Croquettes – Truffle mayo (gf) 7.95 / Blistered Padron Peppers – burrata & olive oil (v/gf) 7.95
Freshly baked ciabatta, smoked sea salt, hummus, olive oil & balsamic (vg) 5.95

Starters

Gazpacho cold soup, garlic croutons, marinated I.O.W tomatoes & chive oil (vg/gfo) 7.95
Prawn Toast Scotch 'Eb & Flo's' Egg, pickled slaw, sweet chilli & garlic mayo 10.50
Pan Seared Scallops, butternut squash tortellini, corn purée, & crispy prosciutto 14.95
Beetroot Hummus, crudites, flat bread & dukkah (vg/gfo) 9.95
Sharing Burrata, balsamic strawberries, fresh strawberries, basil, rocket & toasted ciabatta (v/gfo) 16.95
Pierogi, fried Polish meat filled dumpling, caramelised onion, crispy bacon & ranch dressing 9.95

Roasts

All served with Yorkshire pudding, marmite roast potatoes, maple & thyme roasted carrots and parsnips, savoy cabbage, cauliflower cheese and gravy.

Roast Beef – Locally sourced sirloin of beef (gfo) 19.95
Roast Chicken – Wrapped in bacon with sage & onion stuffing (gfo) 18.95
Roast Pork – Local New Forest loin of pork, sage & apple stuffing & crackling (gfo) 18.95
Mixed Roast – A selection of all 3 meats and all the trimmings (gfo) 21.95
Nut Roast - Butternut squash & cashew nut roast (v/vgo/gfo) 16.95

Classics

Battered Hake, hand cut chips, homemade mushy peas & tartare sauce (gf) 18.95
Vegetable Balti Curry, basmati rice, poppadums, mango chutney, mint raita, naan bread (vg/gfo) 16.95
(add chicken or prawns 2.95)
'Farmers Butcher' Sausages, champ mash, spring veg, tarragon & red onion gravy, crispy shallots 17.95
8oz Local Beef Burger, relish, lettuce, tomato, red onions, gherkins, burger sauce, fries & slaw (gfo) 16.95
(Add bacon or cheese 1.50)
Moving Mountains Burger, relish, lettuce, tomato, red onions, gherkins, vegan "nduja" & fries (vg) 16.95
(add vegan smoked applewood cheese 1.50)
Chilli & Lime Sea Bass, pan fried fillet with mango salsa & basmati rice (gf) 21.95

Salads

BBQ Chicken - tortilla chips, baby gem, charred corn, Pico de Gallo & blue cheese dressing 15.95
Greek - mixed leaf, tomato, cucumber, red onion, olives, peppers, feta, oregano & olive oil (v/gf) 14.95
Tomato – marinated I.O.W tomatoes, blue cheese, mixed leaves, crispy shallots, honey & mustard dressing (v) 14.95
Steak - charred corn, spiced tortilla chips, mixed leaf, guacamole, I.O.W tomatoes & balsamic glaze 16.95

Sides

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| Truffle & Parmesan Fries (gf) 5.5 | Greek Salad (gf) 5.5 |
| Marmite & Parmesan Fries 5.5 | Caprese Salad (v/gf) 5.5 |
| Potato Salad (vg) 5 | Pineapple Slaw (v/gf) 4.5 |
| Skinny Fries (vg/gf) 4.5 | Apple & Fennel Slaw (vg/gf) 4.5 |
| Hand Cut Chips (vg/gf) 4.5 | Cauliflower Cheese (v/gf) 5 |
| Mediterranean Farro Salad (vg) 5 | Roast Potatoes (vg/gf) 5 |