



STARTERS

- MOROCCAN CAULIFLOWER BITES WITH SWEET CHILLI DIPPING SAUCE (VG) (GF) £8.50
BRIE & MANGO FILO PARCELS WITH CRANBERRY SAUCE (V) £8.50
SPICY CHORIZO AND PORK SOFT YOLK SCOTCH EGG WITH MIXED FRUIT, VEGETABLE AND ALE CHUTNEY £9
CRISPY KING PRAWNS WITH SPICY CHILLI MANGO JAM WITH SWEET CHILLI SAUCE £9
NATURAL WHITEBAIT WITH SALAD GARNISH AND TARTARE SAUCE (GF) £8
SMOKED HADDOCK & SALMON MELTING MIDDLE FISHCAKE (GF) £8
BUTTERMILK CHICKEN GOUJONS WITH CHIPOTLE SAUCE £8.50

LUNCH PLATTERS (UNTIL 5PM)

FRESHLY BAKED SOUR DOUGH ROLL WITH SALAD AND ACCOMPANIMENT OF YOUR CHOICE (GF ROLL AVAILABLE)

- Extra mature cheddar cheese with mixed fruit, vegetable and ale chutney (V) £9.50
Home roasted gammon ham with mixed fruit, vegetable and ale chutney £10
Brie with cranberry sauce £10.50 (V)
Coronation cauliflower (VG) £10
Rosemary & garlic chicken breast mayo £10.50
Stilton with mixed fruit, vegetable and ale chutney (V) £10.50
Vegan feta (VG) £10.50

Add an additional accompaniment £2.50

PLOUGHMAN'S PLATTER £18.50 (UNTIL 5 PM)

A HEARTY MAIN MEAL FOR ONE OR GREAT TO SHARE! (GF ROLL AVAILABLE)

THE PLATTER:

A freshly baked sour dough roll, mixed leaf, tomato, onion, pepper, cucumber, celery, grapes, apple, pickled onion, home made slaw, mixed fruit, vegetable & ale chutney, gherkin

ADD TWO ACCOMPANIMENTS:

- Vegi - Extra mature cheddar cheese, Long Clawson stilton, brie & cranberry sauce
Vegan - coronation cauliflower, Vegan feta
Meat - rosemary & garlic chicken mayo, home roasted gammon ham,
Add an additional accompaniment £2.50

SIDES TO ADD

ONION RINGS £5

SIDE SALAD £4

TRIPLE COOKED CHIPS £5

MASH £4.50 (VG)

VEGETABLES £4 (VG)

MAIN COURSES

SALMON AND SPINACH WELLINGTON: Salmon in a butter and prawn sauce wrapped in puff pastry with vegetables and a choice of potato £18.50

CHICKEN TIKKA CURRY: A British classic with chicken breast in tikka spices served in a tomato based sauce finished with cream and coriander, mild heat with basmati rice and kalonji seeded flatbread (GF WITH BREAD SUB) £18.50

STEAK, MUSHROOM & ALE SUET PUDDING, served with vegetables, a choice of potato and a rich whole grain mustard gravy £19

WHOLETAIL SCAMPI: Langoustine tails in a quinoa, linseed and amaranth seed wholegrain crumb served with triple cooked chips and a side salad £19 Smaller appetite £10

LASAGNE: Pure ground beef in an authentic bolognese sauce, layered with pasta and bechamel sauce and topped with Italian cheese, served with triple cooked chips and a side salad £18 Smaller appetite £10

NAKED FISHCAKES: Smoked & unsmoked haddock, salmon & spinach with a mature Cheddar cheese sauce centre, served with triple cooked chips and a side salad (GF) £19 Smaller appetite £10

7OZ CHUCK & SHORT RIB BEEF BURGER: A sour dough bun with mixed leaf, tomato, cucumber, paprika burger sauce and Monterey jack cheese with triple cooked chips and home made slaw £18.50 (GF with roll sub)

CHARGRILLED BUTTERFLIED ROSEMARY & GARLIC CHICKEN BREAST BURGER Regeneratively farmed Wildfarmed bun with mixed leaf, tomato, cucumber, paprika burger sauce and Monterey jack cheese. Served with triple cooked chips and home made slaw £18.50

10oz **OWTON'S RUMP STEAK** with triple cooked chips, flat mushrooms & grilled tomato £24 (GF)

DUCK A L'ORANGE: Slow cooked Gressingham duck legs in an orange sauce with vegetables and a choice of potato (GF) £19

CHICKEN FLATBREAD: Buttermilk chicken goujons OR Japanese karaage (soy & garlic) with sweet chilli sauce, home made slaw, Kalonji seed flatbread, chips and salad £18.50

VEGETARIAN AND VEGAN

KERALAN CAULIFLOWER & RED PEPPER CURRY: Tender cauliflower & crunchy red peppers in a rich, mildly spiced tomato based sauce with basmati rice & Kalonji seeded flatbread (VG) (GF with bread sub) £17.50

REDEFINE MEAT BURGER - Plant based burger with a rich, meaty flavour & texture, vegan cheese, lettuce, cucumber, chipotle sauce, served in a sour dough bun with triple cooked chips and home made slaw (VG) (GF roll sub) £18

SPINACH & MUSHROOM LASAGNE: Mushroom, spinach & cheese flavoured with herbs, with lasagne sheets and béchamel and cheddar sauce, served with triple cooked chips and salad (V) £18

BRIE & BEETROOT TART: Herbed shortcrust pastry, creamy brie sauce with a beetroot and Bramley apple centre served with triple cooked chips and salad (V) £18

SHICKEN FLATBREAD: Plant-based chicken style pieces in a tikka marinade with sweet chilli sauce, Kalonji seeded flatbread, home made slaw, chips and salad £18.50

CYGNETS MENU: PERFECT FOR UNDER 10'S

Buttermilk chicken goujons £9
Fishless fingers (VG) £9
Naked melting middle haddock fishcake (GF) £9.50
British beef lasagne - a smaller portion of our classic £9
Tomato penne pasta (VG) £8.50

CHOOSE YOUR MAIN, ADD
CHIPS OR MASH & BEANS, PEAS
OR CRUDITES

DESSERTS: All served with cream unless stated otherwise £7.50

*Please specifically request a vegan or gluten free dessert to ensure we use
the correct accompaniments even if VG/GF stated*

CHOCOLATE JUNKYARD: Chocolate truffle & chocolate sponge on a biscuit base topped with an assortment of chocolates! £7.50

CHOCOLATE ALMOND PISTACHIO TORTE: Layers of chocolate & coconut truffle topped with nuts & finished with a glaze drizzle (GF) (VG) £8.20

LEMON CHEESECAKE: Tangy Sicilian lemon cheesecake with lemon sponge chunks, sweet lemon cream, lemon curd drizzle and white chocolate shavings £8

STRAWBERRY & PROSECCO CHEESECAKE: Vanilla sponge base topped with white chocolate & prosecco truffle, finished with strawberry glaze and strawberry £8.50

ICE CREAM SUNDAE: Strawberry & vanilla ice creams, strawberry sauce, whipped cream and wafer curls £9.50

ICE CREAM: Vegan vanilla, rhubarb and custard, rum and raisin, strawberry and vanilla.

1 scoop £3 2 scoops £5.50 3 scoops £7.50

COFFEE

Our coffee is ground and roasted to order for us less than half a mile away by Forest Edge Roasting Co in Lyndhurst. We love their Forest Edge roast with it's punchier dark chocolate, nutty flavours. Decaf is also available with honey, nuts and milk chocolate notes!

AMERICANO £3.60	ESPRESSO £3.40	CAPPUCCINO £3.90	FLAVOUR SHOT £0.50
LATTE £3.90	FLAT WHITE £3.80	EXTRA SHOT £0.75	MILK ALTERNATIVE £0.40

TEAS £3.80

We are proud to serve New Forest Teas. Premium blends, ethically sourced, in compostable bags:

Brockenhurst Breakfast

The decaf breakfast

The fruity one: apple, hibiscus, rose and orange. Decaf.

The green one: Lucky dragon hyson organic green tea

The lemon & ginger one: Thai ginger, lemon, marigold and safflower petals. Decaf

The vanilla one: Rooibos, almond, calendular, vanilla. Decaf

The minty one: full leaf peppermint The Earl Grey

