

STARTERS

JAMAICAN JERK CHICKEN BREAST SKEWERS WITH CHIPOTLE MAYO (GF)	£9
PORK LIVER, DUCK & ORANGE PATE WITH STICKY FIG CHUTNEY AND OAT CAKES (GF)	£7.20
MINI BREADED CAMEMBERT ROUNDS WITH CRANBERRY SAUCE (V)	£8.50
MUSHROOM AND CRUMBLY BLUE ARRANCINI BALLS WITH CHIPOTLE MAYO (VG) (GF)	£8.50
SHICKEN VEGAN TIKKA KEBAB SKEWERS WITH A CHIPOTLE MAYO (VG)	£8
NAKED HADDOCK, SALMON AND SPINACH FISHCAKE WITH A MELTING CHEDDAR CENTRE (GF)	£9 £8.50

LUNCH PLATTERS

A FRESHLY BAKED SOUR DOUGH ROLL, WITH SALAD AND ONE MAIN OR 2 SMALLER ACCOMPANIMENTS OF YOUR CHOICE £9.50

Mature cheddar with country tomato chutney (v)

Home roasted gammon ham

Brie with cranberry sauce (v)

Stilton blue cheese (v)

Coronation chickpea (vg)

Tikka style chicken breast mayo

UPGRADE TO A PLOUGHMAN'S:
choose 2 accompaniments with apple, celery, grapes, pickled onions, home made slaw, country tomato chutney, gherkins and side salad £18.50

SIDES TO ADD

ONION RINGS £5	MASH £4.50
SIDE SALAD £4	VEGETABLES £4
TRIPLE COOKED CHIPS £5	
NEW POTATOES £4.50	PEPPER SAUCE £4

CYGNETS: PERFECT FOR UNDER 10's

CHOOSE YOUR MAIN AND THEN ADD YOUR SIDE, JUST HOW YOU LIKE IT!

Chicken breast chunks with crispy batter £9

Fishless fingers (VG) £9

Cod fillet in a crispy tempura batter (GF) £9.50

British beef lasagne - a smaller portion of our classic £9

Penne pasta with a tomato sauce (VG) £8

SIDES: Triple cooked chips, new potato or mash
AND beans, peas or crudites



MAIN COURSES

- FISH & CHIPS: Fillet of cod with light tempura batter, served with triple cooked chips and side salad (GF) £19
Smaller appetite £10
- THAI CHICKEN CURRY: chicken breast pieces in a hot traditional Thai style green coconut and lemongrass curry sauce with bamboo shoots and green beans with basmati rice and Khobez flat bread (GF SUB) £18.50
- PICK AND MIX PIES: Choose two from: Vegan curried butternut squash; chicken, bacon and leek; minted lamb or beef bourguignon, served with vegetables, a choice of potato and a rich red wine and whole grain mustard gravy £19 Smaller appetite 1 pie £10
- 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 £9.50
- NAKED HADDOCK, SALMON AND SPINACH FISHCAKE with a melting cheddar centre served with triple cooked chips and a side salad (GF) £19 Smaller appetite £10
- ROQUETTE PESTO CHICKEN PASTA: Penne pasta with chicken breast strips, creamy cheese sauce, slow roasted tomato, basil, rocket and bacon lardons with a side salad £18.25
- SPICY MACARONI: Macaroni in a spicy cheese sauce with a smoked paprika panko breadcrumb, served with triple cooked chips & side salad (V) £18
- TRIO OF HAND MADE SAUSAGES: Farmhouse pork, pork and ale, mint and pea sausages served with mashed potato, vegetables and a rich wholegrain mustard and red wine gravy £18
- SWEET POTATO, CHICKPEA AND SPINACH CURRY with basmati rice and Khobez flat bread (VG) (GF SUB) £18
- SHICKEN VEGAN TIKKA KEBAB SKEWERS with Khobez flat bread, chipotle mayo, triple cooked chips and a side salad (VG) £19
- CARROT AND SPICED MARMALADE WELLINGTON: Carrot, mushroom and spinach with a carrot, orange and ginger marmalade in a puff pastry case, served with vegetables and a choice of potatoes £18.50 (VG)

FROM THE GRILL

- 10OZ OWTON'S RUMP STEAK with triple cooked chips, flat mushroom & grilled tomato (GF) £24
- JAMAICAN JERK CHICKEN BREAST FLATBREAD KEBAB SKEWERS with Khobez flat bread, chipotle mayo, triple cooked chips and a side salad £19

BURGERS

- A gourmet sour dough bun with mixed lettuce leaf, tomato, cucumber, paprika burger sauce and Monterey Jack cheese. Served with triple cooked chips and home made slaw with your chosen patty:
- REDEFINE MEAT - plant based with a rich, meaty flavour & texture (VG) (GF roll sub) £18
- 6oz OWTON'S HAND MADE BEEF BURGER £18.50 (GF roll sub)
- 7oz OWTON'S PIRI PIRI BUTTERFLIED CHICKEN BREAST (GF Roll sub) £18.50
- 6OZ OWTON'S MOROCCAN LAMB AND APRICOT BURGER £18.50
- 6oz OWTON'S PORK & CHORIZO BURGER £18.50
- 6OZ OWTON'S JAMAICAN CURRIED GOAT BURGER £18.50



DESSERTS: All served with cream

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

KEY LIME PIE: A ginger pastry base with lime filling and a browned mallow meringue £8.50

LEMON BERRY DELICE: Gluten free biscuit base with a creamy lemon filling and topped with a summer fruit compote (GF) (VG) £8.50

LEMON AND WHITE CHOCOLATE PAVLOVA White chocolate truffle, crispy meringue, citrus cream and lemon curd £8.50

STRAWBERRY AND PROSECCO TRUFFLE: Vanilla sponge base topped with white chocolate & prosecco flavour truffle, finished with strawberry glaze, strawberry halves & a white chocolate £8.50

CRUNCHIE ROCKS ICE CREAM SUNDAE: Vanilla ice cream, chocolate ice cream, Crunchie rocks, whipped cream, chocolate cream and chocolate sauce £9.50

AERO MINT ICE CREAM SUNDAE: Vanilla ice cream, chocolate chunk ice cream, mint Aero, whipped cream, chocolate cream and chocolate sauce (GF) £9.50

ETON MESS SUNDAE: Vanilla ice cream, strawberry ice cream, mixed berry compote, meringue pieces, whipped cream and strawberry sauce £9.50 (GF)

ICE CREAM: Chocolate, strawberry, vegan vanilla and Madagascan 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. Ask staff for our current roast. Decaf is also available with honey, nuts and milk chocolate notes!

AMERICANO £3.20	ESPRESSO £3	CAPPUCCINO £3.50	FLAVOUR SHOT £0.50
LATTE £3.50	FLAT WHITE £3.40	EXTRA SHOT £0.75	MILK ALTERNATIVE £0.40

TEAS

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 Earl Grey

The green one: Lucky dragon hyson organic green tea

The minty one: full leaf peppermint. Decaf

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

£3.40

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

BELGIAN HOT CHOCOLATE

£5.50

CHOC-AU-LAIT BELGIAN HOT CHOCOLATE ON A STICK TO MELT INTO YOUR STEAMED MILK. CHOOSE FROM: Hazelnut, dark & salted caramel (VG)

£5.50

