# BREAKFAST OCTOBER 2024

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QUICK BITE		👝 TOASTED TREATS 截
		TEAS CAKES
ORGANIC PORRIDGE (Oat Milk) VG	£3.50	Served with Butter
<b>Toppings from 35p each:</b> Banana, Blueber Honey, Maple Syrup, Nutella, Raspberrie Sultanas.		<ul> <li>Add Jam or Marmalade (B</li> <li>HOT HOMEMADE BANANA B</li> <li>Add Peanut Butter</li> <li>Add Bonne Mamma Strawb</li> </ul>
OVERNIGHT OATS VG	£7.50	
Oats, Almond Milk, Cacao Nibs, Banana, Peanut Butter, Chia, Hazelnuts, Raspber	ries	MONTYS Sorry, No Subs
GRANOLA, YOGHURT & FRESH FRUIT V	£8.50	<b>FULL MONTY</b> Eggs (Fried, Poached <b>OR</b> Scr
<b>EGGS ON TOAST</b> v Fried, Scrambled or Poached	£6.00	Bacon, Tomato, Sausages, Ha Pudding, Unlimited Brown To
On your choice of toast		VEGGIE MONTY V
<b>BREAKFAST ROLL</b> <b>Two Fillings:</b> Bacon, Sausage, Veggie Sau Black Pudding, Choice of Eggs, Tomato, L Hash Brown, Grilled Courgette, Avocado		Eggs (Fried, Poached <b>OR</b> Scr Grilled Courgette, Veggie S Scone, Hash Browns, Tomato, Toast <b>BYO BREAKFAST</b>
SMASHED AVOCADO ON TOAST VG Two Eggs (Fried, Scrambled, Poached) +£ ADD Grilled Halloumi +£2.50	<b>£7.50</b> 21.75	<b>Choose any 4:</b> • Cumberland Sausage • Veggie Sausage
<b>BUILDERS BREAKFAST BURRITO</b> Cheese, Bacon, Sausage, Hash Brown and Scrambled Egg.	£7.50	<ul> <li>Black Pudding</li> <li>Potato Scones</li> <li>Grilled Courgette</li> <li>One Pancake</li> <li>Toast (Brown <b>OR</b> Homemade</li> <li>Eggs (Fried, Poached <b>OR</b></li> </ul>
PANCAKES		
All pancakes available with New Forrest Vanilla Ice Crea	um +£2.50	Plain V
<pre>Maple Syrup &amp; Whipped Cream v     Add Bacon +£2.50</pre>	£8.75	<ul> <li>Fillings from £1 each:</li> <li>Bacon, Sausage, Black Pudd Tomato, Cheese, Mushrooms,</li> </ul>
Summer Berry Compote & Greek Yoghurt	£9.25	
Nutella, Chocolate Sauce, Banana & Whipped Cream	, £9.25	BANG BANG BREKKIE BO Steamed Brown Rice or Cousc Scrambled Egg, Black Beans, Potato with a Nutty Bang Ba
MEXICAN		• Add Bacon <b>+£2.50</b>
TOSTADAS V	£10.50	ALLERGEN ADVICE
Two Tortillas topped with Fried Eggs, Mixed		Please be aware that our kitchen uses Cereals, Gluten, Crustaceans, Eggs,

Peppers and Cheese, Homemade Salsa, Avocado, and Jalapeños



Flour Tortillas with Scrambled Eggs, Cheese, Coriander, Salsa, Sour Cream & Guacamole

• BACON • VEGGIE SAUSAGE V

£9.50

£9.50

### MONDAY TO SATURDAY APPROX 7:30AM - 11.45AM

TEAS CAKES£2.50Served with Butter. Add Jam or Marmalade (Bonne Maman) +£0.50HOT HOMEMADE BANANA BREAD£4.50• Add Peanut Butter+£0.95• Add Bonne Mamma Strawberry Jam+£0.65			
- MONTYS			
Sorry, No SubstitutionsFULL MONTY£10.95Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Tomato, Sausages, Hash Browns, Black Pudding, Unlimited Brown Toast			
VEGGIE MONTY V £10.95			
Eggs (Fried, Poached <b>OR</b> Scrambled), Beans, Grilled Courgette, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Unlimited Brown Toast			
BYO BREAKFAST £7.50			
Choose any 4: • Cumberland Sausage • Bacon • Veggie Sausage • Beans • Black Pudding • Mushroom • Potato Scones • Hash Brown • Grilled Courgette • Avocado +£1.50 • One Pancake • Halloumi +£2.50 • Toast (Brown OR Homemade Wholemeal) • Eggs (Fried, Poached OR Scrambled)			
OMELETTE			
<pre>Plain v £9.75 Fillings from £1 each: • Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Mushrooms, Avocado</pre>			
BANG BANG BREKKIE BOWL 🧼 Steamed Brown Rice or Couscous, Avocado, £9.75 Scrambled Egg, Black Beans, Spinach and Sweet Potato with a Nutty Bang Bang Sauce v • Add Bacon +£2.50			
ALLERGEN ADVICE			
Please be aware that our kitchen uses ingredients containing Celery, Cereals, Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Tree Nuts, Peanuts, Sesame Seeds, Soya and products that may contain Sulphur Dioxide. If you have dietary requirements/food allergies please speak to a member of our friendly team before ordering and ask for our allergens menu for clarification. If in any case your allergy is severe, please do not eat our food.			
V VG 2010 GLUTEN FREE TOAST VEGETARIAN VEGAN SPICY GLUTEN FREE TOAST			

## PLEASE ORDER AT THE BAR BEFORE 5PM, AFTER 5PM TABLE SERVICE + 10%

### HOT DRINKS

HOT DRINKS			COCTOBER SPECIALS	
Alternative Milks & Syrups From	.40p			£3.25
FRESH FILTER COFFEE ESPRESSO LATTE CAPPUCCINO FLAT WHITE AMERICANO CORTADO HOT CHOCOLATE	£1.90 £3.20 £3.20	£1.90NUTTER BUTTER Peanut Butter, Cocca, E£3.50JERSEY DAJ£3.20Strawberry Raspberry£2.50Strawberry Raspberry£3.50Passion Fruit	Espresso, Condensed Milk & Frothed milk NUTTER BUTTER Peanut Butter, Cocoa, Banana, Baby Spinach, Milk JERSEY DAIRY SHAKES • Strawberry • Chocolate • Raspberry • Hazelnut OR S	£5.75 of choice E4.50 SF el OR SF
WHITE HOT CHOCOLATE MOCHA/WHITE MOCHA CHAI LATTE	£3.50	£3.75 £3.95 £3.95	• Coffee	5.75
MATCHA LATTE TURMERIC LATTE TEA HERBAL TEA BAILEYS HOT CHOCOLATE STEAMED MILK BABYCCINO	£3.40 £6.25	£3.95 £3.95 £1.80 £2.60 £2.75	<ul> <li>Mango Refresher</li> <li>Mango, Banana &amp; Orange Juice</li> <li>Raspberry Detox</li> <li>Raspberries, FlaxSeeds &amp; Coconut Milk</li> <li>Strawberry Zing</li> <li>Strawberry, Pineapple &amp; Orange Juice</li> <li>Blueberry &amp; Banana</li> <li>Blueberries, Banana &amp; Oat Milk</li> <li>Green Dream</li> <li>Mango, Banana, Spinach &amp; Orange Juice</li> </ul>	
CHILLED DRIN Add Cream or Syrups From . ESPRESSO CARAMEL FRAPPÉ MOCHA EDADDÉ	-	£4.75	FRESH JUICES 4 • Turmeric Root Turmeric, Carrot, Apple, Orange Juice	25.75

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ESPRESSO CARAMEL FRAPPÉ	£4.75
MOCHA FRAPPÉ	£4.95
CHAI FRAPPÉ	£4.50
ICED LATTE	£3.50
ICED MOCHA	£3.75
ICED AMERICANO	£2.75
ICED MATCHA	£3.85
VIETNAMESE ICED COFFEE	£3.75

COCKTAILS	
Mimosa	
	£9.95
Bloody Mary	£9.95
Vanilla Espresso Martini	£9.95
Strawberry Margarita	27.75
	£9.95





TABLE SERVICE ALSO APPLIES TO BOOKINGS OF 5 OR MORE

Turmeric, Carrot, Apple, Orange Juice					
<ul> <li>Green Detox</li> </ul>					
Mint, Ginger, Lemon, Spinach, Cucumber, Apple					
• Hot Red Head					
Ginger, Carrot, Orange Juice					
<ul> <li>Passion Fruit</li> </ul>					
Passion Fruit, Kiwi, Apple, Orange Juice					
• Orange OR Carrot OR Apple					

## SOFT DRINKS

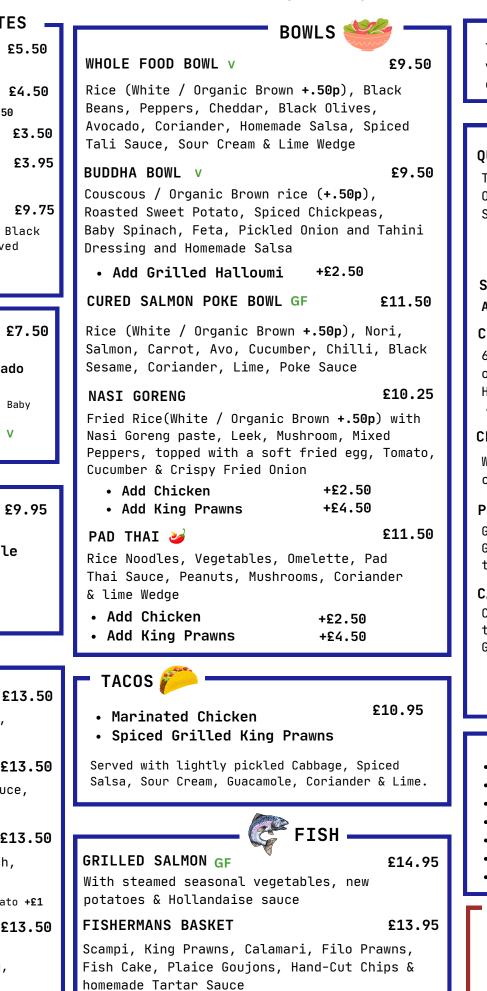
• Coke, Diet Coke, 7up, Irn Bru	£2.50
• Fever Tree Tonic	£2.95
• Sparkling Water (33cl/75cl)	£3.95
• Still Water (33cl/75cl)	£3.95
Tango	£2.50
• Apple, Orange, Dark Berry Cawston Press	£2.95
<ul> <li>Apple, Rhubarb, Elderflower, Ging</li> <li>Juice</li> </ul>	er
• Apple, Orange, Cranberry	£1.95
• Radnor 200ml Carton Juice	£1.75

## LUNCH & DINNER OCTOBER 2024

LIGHT BITES £5.50 SOUP OF THE DAY VG Served with our Homemade Wholemeal Bread £4.50 CRISPY GARLIC BREAD V • Add Cheese +£0.95 Cheese and Salsa +£1.50 HAND-CUT CHIPS VG £3.50 • Add Cheese +.95p £3.95 SWEET POTATO CHIPS V • Add Cheese +.95p NACHOS 📐 🗸 £9.75 Baked Tortilla chips with Homemade Salsa, Black Beans, Cheddar, Jalapeños, Coriander, served with Guacamole and Sour cream • Add Chicken +£2.50 SANDWICHES 💋 £7.50 • Chicken, Tarragon, Baby Gem & Mayo • Greenland Prawns, Marie Rose & Avocado • Greek Pita Pocket V Feta, Hummus, Pickled onion, Cucumber, Tomato, Baby Spinach • Cheddar, Branston Pickle & Baby Gem V HOT WRAPS With hand cut-chips **OR** Salad £9.95 • Fishcake & Sweet Chilli Mayo • Chicken, Chorizo & Spicy Guacamole • Chicken Goujon & Plum Sauce Chicken Tzatziki Pita Pocket • Grilled Halloumi & Hummus v BURGERS £13.50 **BIG JAC** 6oz Jersey Beef, Bacon, Cheese, Gherkin, Lettuce, Mayo, Salsa, Hand-cut chips CAJUN BURGER 🏄 £13.50 Spiced Chicken breast, Bacon, Avo, Lettuce, Piquilo Pepper, Salsa, Hand-cut chips £13.50 **VEGGIE BURGER V** Veg & Lentil Burger, Salsa, Baby Spinach, Avo, Piquilo Pepper, Hand-cut chips Add Cheese +.75p / Add Jalapeños / Sweet Potato +£1 £13.50 SALMON AND DILL BURGER Salmon, Potato & Dill Burger, Lettuce, Tomato, Cucumber, Dill Yoghurt Dressing, Hand-cut chips

Add Cheese +.75p / Add Jalapeños / Sweet Potato +£1

### MONDAY TO SATURDAY APPROX 12PM - 8PM



### PLEASE ORDER AT THE BAR BEFORE 5PM, AFTER 5PM TABLE SERVICE + 10%

The More that choose the same, the b value it gets Ask your server for	todays	
THIS OFFER ONLY AVAILABLE C	IN SHOW NIGHIS	
MAINS 🐙	Ž	
QUESADILLAS V	£9.95	
Toasted Tortillas with Cheddar, Pepp Olives, Leeks & Dips (Salsa, Guacamo Sour cream) • Add Grilled Chicken +£2.50		
• Add Jalapeños +£1.25		
SMASHED AVOCADO ON TOAST V ADD Fried eggs +£1.75 , Halloumi +£2	£7.50	
	.50 £14.95	
CIABATTA STEAK 6oz Sirloin steak, Rocket, Caramelis		
onion, Jersey Tomato, Balsamic Vineg Hand-cut Chips		
Add Cheese +.75p	044 05	
CHICKEN TENDERS & CHIPS	£11.95	
With a Rocket and Balsamic Garnish with a choice of Plum, Sweet Chilli or BBQ Sauce		
PRAWN LINGUINI 🠸	£14.95	
Greenland & Tiger Prawns, Garden Peas Ginger, Garlic, Chilli and Jersey But topped with Rocket and Parmesan		
CAESAR SALAD V	£10.95	
Chopped Baby Gems coated in Ceasar Dr topped with Anchovy (Optional), Boile Garlic croutons and Grated parmesan	-	
• Add Chicken +£2.50 • Add King Prawns +£4.50		
SIDES		
	£4.50	
<ul> <li>Fresh / Grilled Prawns</li> <li>Grilled Halloumi</li> </ul>	£2.50	
• Side Salad / Steamed Vegetables	£3.50	
• Rice (White / Brown +.50p)	£2.50	
Homemade Wholemeal Bread	£2.50	
<ul><li>New Potatoes</li><li>Fried Egg x 2</li></ul>	£2.75 £1.75	
	-	
ADD WHIPPED CREAM OR ICE CREAM £1.50		

Carrot Cake	£4.75
Banoffee Pie	£5.50
Belgian Apple Pie	£4.75
Hot Chocolate Fudge Cake	£4.75
Sticky Toffee Pudding	£5.50

TABLE SERVICE ALSO APPLIES TO BOOKINGS OF 5 OR MORE

BEERS DRAUGHT HALF PIN	T SCHOONER	R PINT	JUG
• MORETTI <b>£2.95</b>	£4.50	£5.95	£10.25
• CAMDEN <b>£3.25</b>	£4.75	£6.25	£10.95
<b>BOTTLED BEERS</b> PLEASE SEE ALCOHOL F	RIDGE AT		M £4.50
ALCOHOL-FREE • SAN MIGUEL / EST • BD PUNK IPA	[RELLA		£4.25 £5.25
CIDERS BOTTLED £6.75 • REKORDERLIG STRAWBERRY/LIME 4% • INCH'S 4.5% £6.25 • OLD MOUT PINEAPPLE/RASPBERRY 4% £5.95 • THATCHERS ROSÉ 4% £5.95 • THATCHERS BLOOD ORANGE 4% £6.50 • MAGNERS 4.5% £8.25 • VAL DE RANCE 4% ALCOHOL-FREE • OLD MOUT BERRIES & CHERRIES £5.95			
• GALIPETTE			£3.95
WHITE WINE		250ml <b>£6.85</b>	
CHARDONNAY Pinot grigio	£4.95 £5.95		
SAUVIGNON BLANC	£6.25	£8.60	£25
RED WINE	175ml	250ml	750ml
SYRAH	£4.95	£6.85	£19.75
	£5.95	£8.30	
RIOJA			£26
ROSÉ WINE	175ml	250ml	750ml
WHITE ZINFANDEL PINOT GRIGIO ROSÉ			
PROSECCO BRUT OR ROSÉ			
		200ml	
IL CAGGIO		£7.95	£25
ALL CAKES ARE SUBJECT TO A	AVAILABILITY,	PLEASE SEE	CAKE FRIDGE

ALL CAKES ARE SUBJECT TO AVAILABILITY,	PLEASE SEE CAKE FRIDGE
Pistachio and Walnut Cake	£5.50
Key Lime Pie	£5.50
New York Cheesecake	£5.50
New Forrest Ice Cream ADD CHOCOLATE/CARAMEL SAUCE +E0.50	£2.50
Salted Caramel Affogato	£5.50
ICE CREAM, SHOT OF ESPRESSO, SALTED CARAMEL SYRUP	