

gluten free menu

to start

New Forest venison parfait with Cumberland sauce, toasted gf soldiers	7.95
Smoked haddock and pancetta chowder with gf bread	8.50
Tempura of king prawns, chilli and lime salsa	8.95
A salad of Rosary goats cheese, tomato, spinach and red onion jam	8.50
Homemade soup of the day with gf bread	6.50

mains

Rib-eye <u>or</u> fillet steak, French fries, grilled mushroom, tomato, watercress salad and a green peppercorn sauce	Rib-eye 22.95 Fillet 28.50
Fish and chips - locally landed haddock, French fries, tartare sauce, lemon and our own style crushed peas	14.50
Pan fried calves liver, creamy mash, crisp pancetta, seasonal vegetables and a red onion sauce	18.95
Malaysian fish curry with coconut rice	17.50
(Vegetarian option available)	13.50
Honey roasted ham, free range eggs and french fries	13.50
The Rockingham burger with bacon and cheddar in toasted gf bread, French fries, salad and homemade barbeque sauce	14.50

sandwiches & snacks (lunchtime only) served on gf bread

Traditional ploughmans - local cheese, home cooked ham and gf bread	14.50
<i>Sandwiches served with a handful of skinny fries</i>	
Courgette, pepper, aubergine, red onion, tomato and Mozzarella	9.50
BBQ pulled beef brisket, sauerkraut, melted cheese and garlic aioli	10.50
Lymington white crab, saffron mayonnaise	10.50
Simple home cooked ham <u>or</u> local cheddar	8.50
If you would like to add a cup of homemade soup to your sandwich	additional 3.50

puddings

Dark chocolate terrine, rum anglaise, rum and raisin ice cream	6.00
Blackberry and apple pavlova	6.50
Vanilla seed crème brûlée	6.50
Selection of ice cream or sorbet	2 scoops 4.50 / 3 scoops 6.00
Selection of 3 finest Hampshire and Wiltshire cheeses, grapes, celery, gf biscuits	11.00
(Our gluten free biscuits are Nairns, they may contain oats)	