

gluten free menu

to start

Rockingham Ardennes paté with burnt apple purée and toasted gf soldiers	7.25
Duo of hot and cold smoked local trout, Hendricks gin infused cucumber	8.50
Tempura of king prawns, mango and lime mayonnaise	8.95
Isle of Wight heritage tomatoes, Crotin of Goats cheese, beetroot purée	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 mushy peas	13.50
Pan fried calves liver, creamy mash, crisp pancetta, seasonal vegetables and a red onion sauce	17.95
A salad of chargrilled chicken breast, mango, pine nuts, cherry tomatoes and compressed watermelon	15.50
Malaysian fish curry with coconut rice	16.50
(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	13.50

sandwiches & snacks (lunchtime only) served on gf bread

Courgette, pepper, aubergine, red onion, tomato and Mozzarella	9.50
A mix of Atlantic and king prawns, Marie Rose sauce	10.50
Barbeque pulled pork and Monterey Jack cheese	9.50
Bacon, Brie and red onion marmalade	9.50
Simple home cooked ham <u>or</u> local cheddar	7.95
If you would like to add a cup of homemade soup to your sandwich	additional 3.50
Traditional ploughmans - local cheese, home cooked ham and gf bread	13.50

puddings

Jelly and ice cream	6.00
Winter berry 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