



starters

New Forest venison parfait with Cumberland sauce, toasted soldiers	7.95
Smoked haddock and pancetta chowder with warm homemade bread	8.50
Tempura of king prawns, chilli and lime salsa	8.95
Tartlet of Rosary goat's cheese, tomato and spinach, red onion jam	8.50

mains

Pie of the day with mashed potato, seasonal vegetables and a jug of gravy	for one 14.50 two to share 27.50 four to share 50.00 (takes 20 minutes to cook)
Malaysian fish curry with coconut rice (vegetarian option available)	17.50 13.50
Rib-eye or fillet steak, hand cut chips, grilled mushroom, tomato, watercress salad and a green peppercorn sauce	Rib-eye 22.95 Fillet 28.50
Fish and chips - locally landed haddock, hand cut chips, tartare sauce, lemon and our own style crushed peas	14.50
Open ravioli of wild mushroom and courgette	13.50
Pan fried calves liver, creamy mash, crisp pancetta, seasonal vegetables and a red onion sauce	18.95
A warm salad of Moroccan spiced quinoa and cous cous with apricots and lemon tahini (add chargrilled chicken breast)	13.50 17.50
Honey roasted ham, free range eggs and hand cut chips	13.50
The Rockingham burger with bacon and cheddar in a brioche bun, skinny fries, salad and homemade barbeque sauce	14.50

sides per person

Chunky chips or skinny fries	3.50
Chunky chips with melted cheese	4.50
Paprika fries	4.00
3 pieces of homemade bread, balsamic and rapeseed oil	3.25
Salad of mixed leaves and cherry tomatoes	4.00
Market vegetables	4.00

sandwiches & snacks

LUNCHTIME ONLY

Traditional ploughmans - local cheese, home cooked ham with homemade sultana and walnut bread	14.50
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Sandwiches served with a handful of skinny fries

Courgette, pepper, aubergine, red onion, avocado, tomato and Mozzarella on toasted rye bread	9.50
BBQ pulled beef brisket, sauerkraut, melted cheese and garlic aioli on a sourdough roll	10.50
Lymington white crab, saffron mayonnaise on white or granary bread	10.50
Simple home cooked ham or local cheddar on white or granary bread	8.50
If you would like to add a cup of homemade soup to your sandwich	additional 3.50

At the Rockingham Arms, wherever possible, our ethos is to use the finest produce sourced within a 25 miles radius and to cook them simply and well.

If you have any allergies or special dietary requirements (gluten free menu available) please speak to one of the crew.

All our meat comes locally sourced from Hampshire and Wiltshire.