

## LIGHT BITES

All sandwiches are served with a Dressed Salad & Lightly Salted Crisps

### BRETON FISH SOUP - £10.5

Our famous Fish Soup, baked Crostinis Grated Gruyère & Garlic-Saffron Aioli

### THE DOG'S "POLLOCK" - £14\*

Crispy Pollock Fish Finger Sandwich with Tartar Sauce & Baby Gem served on Chargrilled Sourdough

£1 is donated to **The Burnt Chef Project\***



### GRILLED CHICKEN - £14

Grilled Free-Range Chicken Breast, Streaky Bacon, Gem Lettuce, Tomato, Red Onion & Garlic Mayo served on Chargrilled Sourdough

### BRIE-L-T - £14

Somerset Brie, Streaky Bacon, Lettuce, Tomato & Cranberry Sauce on Chargrilled Sourdough

- **Switch to Vegan Bacon?** (V)

### SMOKED SALMON - £16

Salmon with Chive Cream Cheese & Pickled Cucumber served on Chargrilled Sourdough

### SOUTH DEEP PLOUGHMAN'S - £18

Wiltshire Ham, Barber's Black Waxed Cheddar Dorset Blue Vinny, Pickled Onions & a Devilled Egg served with Dressed Salad, Apple & Beetroot Chutney, Sourdough & Salted Netherend Butter

- **add a half pint of Cider or Beer for £2.5**

### PESTO POWER SALAD (VE) - £14.5

Kale Pesto, Roasted Ratatouille Vegetables, Local Leafs, Olives, Toasted Seeds & Mixed Beans

- **Add Chicken - £5**
- **Add Prawns - £5**
- **Add Halloumi (V) - £4**

# LUNCH MENU

AVAILABLE FROM MIDDAY

## MUSSELS

### SOUTH WEST MUSSELS & SOURDOUGH

Choose from the following: Small - £17, Large - £24

- **WHITE WINE, GARLIC & CREAM**
- **THAI CURRY SAUCE, FRESH CHILLI, LIME & CORIANDER** 🌿
- **BACON LARDONS, LEEKS, CIDER & CREAM**

SEE OUR  
WEDNESDAY  
MUSSELS  
OFFER

## CLASSIC DISHES

### HADDOCK & CHIPS - £18.5

Fresh Haddock Fillet in a Beer Batter served with Tartar Sauce, Lemon, Crushed Peas & Thick Cut Chips

### RÔTISSERIE CHICKEN (GF) - £18.5

Half Chicken with Garlic Butter, Coleslaw & Skin On Fries

### HAMPSHIRE SHEPHERD'S PIE - £20

Slow Cooked Lamb Shoulder, Pea & Kale Ragù topped with a fluffy layer of Mashed Potato with a side of Basil & Mint Salsa Verde

### CRISPY EGG - £18

Crispy Pork Scotch Egg with a runny Egg Yolk centre served with Celeriac Remoulade, Black Garlic & Thick Cut Chips

### WHOLE ROASTED SEA BASS - £24

Roasted with Garlic Butter, Thyme & Lemon served with Salad & Skin On Fries

### PRAWN LINGUINE 🌿 - £18.5

Sautéed Prawns, Chilli & Garlic tossed through Linguine & Tomato Sauce, finished with Parmesan

### MELANZANE PARMIGIANA (V) - £18

Made with Tomato, Aubergine & Mozzarella, garnished with a Vegetarian Parmesan-Style Cheese

## BURGERS

All Burgers are served in a Toasted Brioche Bun with Skin On Fries

### SOUTH DEEP BEEF - £18.5

Isle of Wight Shorthorn Beef with Smoked Applewood Cheese, Streaky Bacon, Gem Lettuce Tomato Red Onion & Garlic Mayo

### CHARGRILLED CHICKEN - £18.5

Grilled Free-Range Chicken Breast with Smoked Applewood Cheese, Streaky Bacon, Gem Lettuce Tomato, Red Onion & Garlic Mayo

### HALLOUMI (V) - £18

Grilled Halloumi, Chilli & Tomato Chutney Gem Lettuce, Tomato, Red Onion & Garlic Mayo

## DESSERTS

### SPICED CARROT CAKE (V) - £9

Whipped Cream Cheese, Roasted Pecans & Vanilla Custard

### CHOC ORANGE CRÈME BRÛLÉE (V) - £9

Served with a Triple Chocolate Cookie

### BREAD & BUTTER PUDDING (V) - £9

Served with Vanilla Custard

### AFFOGATO (V) (GF) - £6

Scoop of Vanilla Ice Cream & Hot Chocolate Sauce with a shot of Espresso on the side

### PURBECK ICE CREAM (V, GF) - £6

### SORBET (VE, GF) - £6

Selection of flavours from Purbeck Ice Cream

**x2 Scoops**

### GORDAL OLIVES (VE) - £6

### SKIN ON FRIES (GF, VE) - £5

### THICK CUT CHIPS (GF, VE) - £5

## SIDES & NIBBLES

### HOUSE SALAD (GF, VE) - £5

### ROASTED ROOT VEGETABLES (GF, V) - £6

### CHARGRILLED SOURDOUGH

### OLIVE OIL, BALSAMIC &

### OLIVE TAPENADE - £6

# BREAKFAST MENU

AVAILABLE WEEKDAYS UNTIL 11:30AM & WEEKENDS UNTIL 11AM

## THE FULL ENGLISH - £13

Butcher's Sausage, Two Rashers of Bacon, Two Eggs, Baked Beans  
Mini Hash Browns, Mushrooms & Grilled Tomato served with Artisan  
Toasted Sourdough

**Add "Premium" Black Pudding - £3**

## THREE EGG OMELETTE

How do you like yours?

**Salmon & Chives finished with Crème Fraîche - £13**

**Wild Mushrooms, Red Onion & Serrano Ham finished with Chives - £12**

**Ham & Cheese - £10**

**Cheddar (V) - £9**

## EGGS ON TOAST (V) - £8.95

Scrambled, Poached or Fried served on Sourdough Toast

**Add Bacon - £4**

**Add Smoked Salmon - £4.5**

## BACON OR SAUSAGE BAP - £7.5

Soft & Buttery Brioche Roll

**Add an Egg - £2**

## CRUSHED PEAS ON TOAST (V) - £8

A more sustainable option than Avocado!

Toasted Sourdough topped with Zesty Crushed Peas

**Add Two Eggs (V) - £3**

**Add Bacon - £4**

**Add Smoked Salmon - £4.5**

## BUTTERMILK PANCAKES - £10

Topped with Fresh Fruits (V) **OR** Bacon & Maple Syrup

## OVERNIGHT OATS (VE) - £8.5

Oats soaked in Oat Milk with Cinnamon, Sugar & a pinch of Dorset Sea Salt  
topped with Fresh Berries & Toasted Seeds

## SUNRISE CRUNCH (V) - £8.5

Granola served with Natural Greek Yoghurt & a Berry Compote

Please ask a member of the team if you would like **Gluten Free Bread** instead



## BARISTA MADE COFFEE

**Americano - £3.5**

**Cappuccino - £3.7**

**Espresso - Single £2.8 · Double £3**

**Macchiato - Single £2.9 · Double £3.2**

**Cortado - £3.2**

**Latte - £3.7**

**Flat White - £3.7**

**Mocha - £3.95**

**Chai Latte - £3.5**

**Matcha Latte - £3.5**

**Alternative Milk & Syrup Shots - £0.5**

**Bag of Beans - £8.5**

## LOCAL DORSET TEA

Ask one of our team for a full list  
of flavours - **£3.5**

## HEALTHY SMOOTHIES

**Acai Kick - £6.5**

Powerful blend of Acai, Blueberries

Strawberries & Mango

**Mango & Pear - £6.5**

Scrumptious Smoothie containing

Mango & Pear

**Raspberry Blend - £6.5**

Invigorating blend of Raspberries

Blueberries, Mango & Apple

**Strawberry Combo - £6.5**

An all time classic combination of

Strawberries & Banana

**Super Green - £6.5**

Rejuvenating combination of

Spinach, Apple, Lime & superfoods

Basil, Avocado & Spirulina

## HOT CHOCCY

**Hot Chocolate - £3.5**

Made with Real Chocolate

**The Full Works - £4.9**

Topped with Cream & Marshmallows

**Babyccino - £1**

## ICED DRINKS

**Iced Americano - £3.2**

**Iced Latte - £3.8**

**Iced Chai Latte - £3.8**

**Iced Matcha Latte - £3.8**

**Iced Mocha - £4**

**Peach Iced Tea - £3.2**

## DELICIOUS JUICES

**Freshly Squeezed OJ - £4.5**

**Frobisher's Orange Juice - £3.2**

**Frobisher's Apple Juice - £3.2**

**Frobisher's Tomato Juice - £3.2**

**Squash - £1**

## YUMMY SHAKES

**Chocolate - £6.5**

**Vanilla - £6.5**

**Mint - £6.5**

**Cookies & Cream - £6.5**

**Strawberry - £6.5**

## NAUGHTY BUT NICE

**Bailey's Hot Chocolate - £7**

**Bloody Mary - £9**

**Bucks Fizz - £9**

**Peach Bellini - £9**