

# BREAKFAST CALORIES

The old proverb demands we eat breakfast like Kings (and Queens). We serve the classics, alongside modern vegetarian favourites. Always the best quality free-range bacon and sausages from Jimmy Butler's Blythburgh Farm, Clonakilty Black Pudding and artisan sourdough from Royal Warrant Holders. Start the day right!

## BREAKFAST

Eggs Benedict - English Muffin, Roast Ham, Free-range Poached Eggs & Hollandaise 566kcal Green Eggs - Poached Eggs, Basil Pesto, Prosciutto & Rocket, Toasted Sourdough 613kcal Smoked Salmon & Scrambled Eggs, Toasted Sourdough 566kcal American Pancakes, Banana & Maple Syrup or Berry Compote 484kcal | 407kcal Chilli Fried Egg & Halloumi Brioche Roll, Baby Spinach & Bloody Mary Ketchup 752kcal Jimmy Butler's Sausage or Bacon Bloomer 742kcal | 514kcal Add Free-range Egg 75kcal Vegetarian Full English - Vegan Haggis, Spinach, Mushrooms & Tomatoes, Baked Beans, Free-range Poached Eggs & Toasted Sourdough 809kcal Full English Breakfast - Jimmy Butler's Sausage & Bacon, Mushroom, Clonakilty Black Pudding, Baked Beans, Tomatoes, Free-range Poached Eggs & Toasted Sourdough 907kcal Toasted Sourdough or Hot Buttered English Muffin 334kcal *Tiptree Jam, Marmalade, Marmite or Organic Peanut Butter* Smashed Avocado, Free-range Poached Eggs, Spring Onion & Chilli on Toasted Sourdough 634kcal *If you prefer gluten-free or dairy-free alternatives to our toast and butter, please ask.* 

### SOFT DRINKS

Passion Fruit Spritz 33kcal Big Tom Virgin Bloody Mary 18kcal Fresh Orange Juice 75kcal Cracker Apple or Cranberry Juice 28kcal JARR Ginger Kombucha 41kcal Cawston Press - Cloudy Apple or Rhubarb 79kcal | 78kcal Frobishers - Pineapple or Cherry Juice 120kcal | 46kcal Frobishers - Apple & Mango or Orange & Passionfruit 99kcal

# HOT DRINKS

Our speciality coffee is Union Hand-Roasted's Revelation blend of beans from small-scale co-operatives in Peru and Honduras. Served with semi-skimmed milk. Swap dairy milk for soya or oat for 35p. Add flavoured syrup for 50p. Decaf tea and coffee also available.

Double Espresso 44kcal Americano, Cortado 93kcal | 46kcal Cappuccino, Flat White, Latte 173kcal | 141kcal | 177kcal Hot Chocolate 265kcal Luxury Hot Chocolate 355kcal A Pot of Proper Yorkshire Tea 80kcal A Pot of Twinings Tea 44kcal *Earl Grey, Green Tea, Peppermint, Lemon & Ginger, Camomile & Honey, Spicy Chai* Fresh Mint Tea 45kcal

#### Kcal = Calories

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. An optional 10% service is added to parties of six or more, all tips go to the team.

# CHILDREN'S BREAKFAST CALORIES

Our eggs, bacon and sausages are free-range, our ketchup is Rubies in The Rubble, which has none of the nasties compared to others, and you'll find no artificial ingredients in our soft drinks.

American Pancakes, Banana & Maple Syrup or Berry Compote 323kcal | 271kcal

Jimmy Butler's Bacon Sandwich 494kcal

Jimmy Butler's Sausage Sandwich 587kcal

Free-range Scrambled Egg on Toast 466kcal

Heinz Baked Beans on Toast 366kcal

Toast - Jam, Marmalade or Marmite 342kcal

## SOFT DRINKS

Milk 92kcal

Frobishers Juice 99kcal Apple & Mango or Orange & Passionfruit

> Cawston Press 79kcal | 78kcal Cloudy Apple or Rhubarb

Orange or Apple Juice 85kcal | 22kcal

#### Kcal = Calories

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. An optional 10% service is added to parties of six or more, all tips go to the team.



# LUNCH CALORIES

Spring is here at last! As the days lengthen and sunshine returns, we can once again look forward to sitting outside with a glass of rosé. Enjoy Cornish lamb, spring greens, and look out for English asparagus gracing our specials board.

# APÉRITIFS

Nyetimber Classic Cuvée 10.50 Champagne Piper-Heidsieck 10.00 Aperol Spritz 8.75

# SMALL PLATES

Great for sharing over a drink while you decide. Warm Artisan Ciabatta Served with Garlic Butter & Marmite Butter 667kcal Padron Peppers, Sea Salt 73kcal Halloumi Fries, Bloody Mary Ketchup 661kcal Sun-dried Tomato & Salsa Verde Houmous, Crispy Chickpeas, Flatbread 444kcal Chilli & Soy Chicken Wings, Gochujang Sauce 388kcal Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 431kcal Baked Camembert, Roast Garlic Crumb, Onion Marmalade & Ciabatta Croûtes 715kcal

# STARTERS

Watercress, Broad Bean & Pea Soup, Crème Fraîche & Ciabatta 305kcal British Coppa, Celeriac Remoulade, Watercress 279kcal Hand-picked Devonshire Crab, Cured Salmon, Apple & Cucumber 256kcal Twice-baked Cheddar & Comté Soufflé, Walnut & Rocket Salad 790kcal

Beetroot Tartare, Butternut Yolk, Pea Salad 363kcal

Garlic & Paprika King Prawns, Isle of Wight Tomatoes, Toasted Sourdough 369kcal

## MAINS

Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 1,433kcal Jimmy Butler's Glazed Pork Belly, Ssamjang Potatoes, Miso & Sesame Cabbage 962kcal Goats' Cheese & Courgette Orzo, Lemon & Herb Crumb 1,124kcal 14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 899kcal Fish & Chips - Haddock Fillet, Crunchy Batter, Chips, Peas & Tartare Sauce 941kcal South Indian Squash & Chickpea Curry, Toasted Cashews, Basmati Rice & Chapati 1,083kcal Cornish Lamb Cannon, Spring Greens, Pea Purée & Rosemary Jus 723kcal Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Butter Leaf Salad 1,034kcal Roast Heritage Carrot & Bulgar Wheat Salad, Preserved Lemon, Pomegranate Molasses & Hazelnuts 619kcal

Add Crispy Pork 313kcal or Halloumi Croutons 322kcal

### GRILL

Enjoy British grass-fed beef from Aubrey Allen, 28 day dry-aged for incredible flavour. We only serve the best! Steaks served with Chips & Rocket | Add Onion Rings 470kcal Add Béarnaise 313kcal or Peppercorn Sauce 208kcal

8oz Rump Cap Steak 900kcal 12oz Sirloin on the Bone 1,261kcal Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 1,090kcal *Add extra 30z Fillet Medallion 177kcal* Aubrey's Double Cheeseburger, Burger Relish, Butter Leaf & Fries 1,303kcal *Add Free-range Bacon 170kcal or Marmite Onions 43kcal* Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 1,114kcal

### SANDWICHES Add Chips 288kcal

Fish Goujon Brioche, Tartare Sauce & Butter Leaf 575kcal Grilled Cheese on Sourdough, Marmite Onions 1,018kcal Smoked Mackerel Pâté on Sourdough, Soft Boiled Egg, Baby Gem & Chardonnay Vinaigrette 502kcal

# SIDES

Isle of Wight Tomato Salad 95kcal Thick-cut Chips or Skinny Fries 377kcal | 435kcal Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 358kcal Purple Sprouting Broccoli, Miso Hollandaise 220kcal Buttered New Potatoes 307kcal

# PUDS

Treacle Tart, Clotted Cream 561kcal Warm Chocolate Fondant, Crème Fraîche, Cherry & Blackcurrant Compote 738kcal Buttermilk Pannacotta, Poached English Rhubarb & Amaretti 340kcal Lemon Mascarpone Cheesecake, Raspberries & White Chocolate 534kcal Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 704kcal Jude's Ice Cream & Sorbet 78kcal | 122kcal | 189kcal (Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet) Mini Pud & Tea or Coffee Chocolate Brownie 573kcal or Smidgen of Cheese with your choice of Tea or Coffee Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers Choose from: Finn  $\mathbf{v}$  | Clara Goats  $\mathbf{v}$  | Solstice  $\mathbf{v}$  | Cornish Gouda | Isle of Wight Blue v

All Five Cheeses 785kcal

v Vegetarian Ingredients 🦳 👞 Vegan Ingredients Please note - some items may be cooked in multi-purpose fryers.

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. A 25p contribution from the superfood salad goes to The Bigger Peach, which raises funds to support good causes in our local communities. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team.



# SPRING CALORIES

Spring is here at last! As the days lengthen and sunshine returns, we can once again look forward to sitting outside with a glass of rosé. Enjoy Cornish lamb, spring greens, and look out for English asparagus gracing our specials board.

# APÉRITIFS

Nyetimber Classic Cuvée 10.50 Champagne Piper-Heidsieck 10.00 Aperol Spritz 8.75

# SMALL PLATES

Great for sharing over a drink while you decide. Warm Artisan Ciabatta Served with Garlic Butter & Marmite Butter 667kcal Padron Peppers, Sea Salt 73kcal Halloumi Fries, Bloody Mary Ketchup 661kcal Sun-dried Tomato & Salsa Verde Houmous, Crispy Chickpeas, Flatbread 444kcal Chilli & Soy Chicken Wings, Gochujang Sauce 388kcal Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 431kcal Baked Camembert, Roast Garlic Crumb, Onion Marmalade & Ciabatta Croûtes 715kcal

## STARTERS

Watercress, Broad Bean & Pea Soup, Crème Fraîche & Ciabatta 305kcal British Coppa, Celeriac Remoulade, Watercress 279kcal Hand-picked Devonshire Crab, Cured Salmon, Apple & Cucumber 256kcal Twice-baked Cheddar & Comté Soufflé, Walnut & Rocket Salad 790kcal

Beetroot Tartare, Butternut Yolk, Pea Salad 363kcal

Garlic & Paprika King Prawns, Isle of Wight Tomatoes, Toasted Sourdough 369kcal

## MAINS

Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 1,433kcal Pan-fried Seabass, Butter Beans & Sun-dried Tomato,

Romaine & Salsa Verde 583kcal

Jimmy Butler's Glazed Pork Belly, Ssamjang Potatoes, Miso & Sesame Cabbage 962kcal

Goats' Cheese & Courgette Orzo, Lemon & Herb Crumb 1,124kcal

14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 899kcal

South Indian Squash & Chickpea Curry, Toasted Cashews, Basmati Rice & Chapati 1,083kcal

Cornish Lamb Cannon, Spring Greens, Pea Purée & Rosemary Jus 723kcal

Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Butter Leaf Salad 1,034kcal

Roast Heritage Carrot & Bulgar Wheat Salad, Preserved Lemon, Pomegranate Molasses & Hazelnuts 619kcal Add Crispy Pork 313kcal or Halloumi Croutons 322kcal

### GRILL

Enjoy British grass-fed beef from Aubrey Allen, 28 day dry-aged for incredible flavour. We only serve the best! Steaks served with Chips & Rocket | Add Onion Rings 470kcal Add Béarnaise 313kcal or Peppercorn Sauce 208kcal

8oz Rump Cap Steak 900kcal 12oz Sirloin on the Bone 1,261kcal Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 1,090kcal *Add extra 30z Fillet Medallion 177kcal* Aubrey's Double Cheeseburger, Burger Relish, Butter Leaf & Fries 1,303kcal *Add Free-range Bacon 170kcal or Marmite Onions 43kcal* Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 1,114kcal

## SIDES

Isle of Wight Tomato Salad 95kcal Thick-cut Chips or Skinny Fries 377kcal | 435kcal Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 358kcal Purple Sprouting Broccoli, Miso Hollandaise 220kcal Buttered New Potatoes 307kcal

## PUDS

Treacle Tart, Clotted Cream 561kcal Warm Chocolate Fondant, Crème Fraîche, Cherry & Blackcurrant Compote 738kcal Buttermilk Pannacotta, Poached English Rhubarb & Amaretti 340kcal

Lemon Mascarpone Cheesecake,

Raspberries & White Chocolate 534kcal

Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 704kcal

Jude's Ice Cream & Sorbet 78kcal | 122kcal | 189kcal (Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet)

Mini Pud & Tea or Coffee Chocolate Brownie 573kcal or Smidgen of Cheese with your choice of Tea or Coffee

Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers

Choose from: Finn Clara Goats Solstice Cornish Gouda Isle of Wight Blue All Five Cheeses 785kcal

#### $\mathbf{KCAL} = \mathbf{cA}$

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. A 25p contribution from the superfood salad goes to The Bigger Peach, which raises funds to support good causes in our local communities. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team.

# SUNDAY BEST CALORIES

We are serious about Sunday roasts, which is why you'll find at least three choices on our menu every week. Settle in for top-quality beef from Aubrey Allen, Jimmy Butler's free-range pork, or our delicious vegetarian wellington with all the glorious trimmings. It's an age-old favourite for a reason. Long may it reign.

### SMALL PLATES

Warm Artisan Ciabatta Served with Garlic Butter & Marmite Butter 667kcal Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 431kcal Halloumi Fries, Bloody Mary Ketchup 661kcal | Padron Peppers, Sea Salt 73kcal Baked Camembert, Roast Garlic Crumb, Onion Marmalade & Ciabatta Croûtes 790kcal

### STARTERS

Watercress, Broad Bean & Pea Soup, Crème Fraîche & Ciabatta 305kcal British Coppa, Celeriac Remoulade, Watercress 279kcal Hand-picked Devonshire Crab, Cured Salmon, Apple & Cucumber 256kcal Garlic & Paprika King Prawns, Isle of Wight Tomatoes, Toasted Sourdough 369kcal

# SUNDAY ROASTS

Served with Roast Potatoes, Seasonal Vegetables, Roasted Roots, Yorkshire Pudding & Jugs of Gravy

Aubrey Allen's Dry-aged Rump of Beef 1,177kcal Jimmy Butler's Free-range Pork & Crackling 1,349kcal Vegetarian Wellington - Artichoke Heart, Spinach, Emmental & Pine Nuts 1,518kcal

#### MAKE THE MOST OF YOUR ROAST

To Share - Cauliflower Cheese 563kcal | Free-range Pork & Sage Stuffing 547kcal

.....

### MAINS

South Indian Squash & Chickpea Curry, Toasted Cashews, Basmati Rice & Chapati 1,085kcal Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 1,114kcal Pan-fried Seabass, Butter Beans & Sun-dried Tomato, Romaine & Salsa Verde 583kcal Aubrey Allen's 120z Sirloin on the Bone, Chips & Rocket 1,261kcal Add Béarnaise 313kcal or Peppercorn Sauce 208kcal | Onion Rings 223kcal

SIDES

Thick-cut Chips or Skinny Fries 377kcal | Purple Sprouting Broccoli, Miso Hollandaise 220kcal

### PUDS & BRITISH CHEESE

Bramley Apple Crumble & Custard 458kcal Treacle Tart, Clotted Cream 561kcal Lemon Mascarpone Cheesecake, Raspberries & White Chocolate 534kcal Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 704kcal Warm Chocolate Fondant, Crème Fraîche, Mulled Black Cherries 738kcal Jude's Ice Cream & Sorbet 78kcal | 122kcal | 189kcal (*Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet*) Our cheese changes with the season & are all served ripe & ready, with Chutney, Apple & Peter's Yard Crackers Finn | Clara Goats | Solstice | Cornish Gouda | Isle of Wight Blue All Five Cheeses 738kcal

Mini Pud - Chocolate Brownie 573kcal or Single Smidgen of Cheese & your choice of Coffee or Tea

#### KCAL = CALORIES

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team.



# CALORIES

# SPRING PUDDINGS

#### Treacle Tart, Clotted Cream 561kcal

Warm Chocolate Fondant, Crème Fraîche, Cherry & Blackcurrant Compote 738kcal

Buttermilk Pannacotta, Poached English Rhubarb & Amaretti 340kcal

Lemon Mascarpone Cheesecake, Raspberries & White Chocolate 534kcal

Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 704kcal

Jude's Ice Cream & Sorbet 78kcal | 122kcal | 189kcal (*Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet*)

## TOUCH OF SWEETNESS

Chocolate Brownie 573 kcal or Smidgen of Cheese & your choice of Tea or Coffee

## BRITISH CHEESE

Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers

#### FINN V

Made by Charlie Westhead in Dorstone, this triple-cream cheese is made in the French style, using milk from the farm of Andrew and Rachel Giles in Glasbury-on-Wye. Combined with double cream, this one's rich and creamy - utterly delectable.

#### CLARA GOATS V

Sporting a wrinkly coat, this dense, buttery goats cheese has lemony notes and a long savoury finish. Awarded Gold in the Best Goat category at the 2017 British Cheese Awards and Silver in 2018.

#### ISLE OF WIGHT BLUE V

With bags of character, this sure stands out on the cheeseboard! Internationally, multiple medal winning and a real favourite of our chefs.

#### CORNISH GOUDA

Produced on a small, family-run dairy farm in Devon with Giel Spierings at the helm. Handmade using milk from the farm's own pedigree herd, this is an exceptionally good all-rounder.

#### SOLSTICE V

A Somerset semi-soft from award winning cheesemakers Pete Humphries and Roger Longman. Washed in local cider brandy (that's a yes from us!), it's pure indulgence. Best enjoyed with a glass of something sparkling.

All Five Cheeses 785kcal

KCAL = CALORIES

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team.

# CHILDREN'S MENU CALORIES

Don't forget you're also welcome to eat from our main menu - our Chefs are happy to make simpler versions of most dishes, or a half portion at half the price. Our ketchup is Rubies in The Rubble, which has none of the nasties compared to others, and you'll find no artificial ingredients in our soft drinks too!

## STARTERS

Garlic Bread 464kcal Houmous & Crunchy Vegetables 143kcal Halloumi Fries & Rubies in the Rubble Ketchup 545kcal Jimmy Butler's Honey Chipolatas & Crispy Onions 431kcal

### MAINS

Our chips are served unsalted, and all dishes are served with vegetables Jimmy Butler's Sausage & Mash, Peas & Jug of Gravy 465kcal Fish & Chips, Peas or Beans 292kcal

South Indian Squash & Chickpea Curry, Toasted Cashews, Basmati Rice 576kcal Aubrey Allen's Steak Burger, Cheddar Cheese & Fries 688kcal Free-range Chicken Schnitzel, Spring Greens, Skinny Fries 779kcal

# PUDDINGS

Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 352kcal

Chocolate Brownie & Vanilla Ice Cream 573kcal

Jude's Ice Cream or Sorbet Scoop 78kcal (Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet)

## SOFT DRINKS

Frobishers Juice 99kcal Apple & Mango or Orange & Passionfruit Cawston Press 79kcal | 78kcal *Cloudy Apple or Rhubarb* Orange or Apple Juice 85kcal | 22kcal

#### Kcal = Calories

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. An optional 10% service is added to parties of six or more, all tips go to the team.