



# SUMMER BREAKFAST CALORIES MENU

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

- Toasted Granola, Coconut Yoghurt, Blueberry Compote & Pecans 295kcal  
Eggs Benedict - English Muffin, Roast Ham, Free-range Poached Eggs & Hollandaise 486kcal  
Hand-picked Devonshire Crab, Poached Eggs & Hollandaise, Toasted English Muffin 565kcal  
Dunkeld Smoked Salmon & Scrambled Eggs, Toasted Sourdough 467kcal  
American Pancakes, Banana & Maple Syrup or Berry Compote 346kcal  
Halloumi & Fried Egg Brioche Roll, Bloody Mary Ketchup 720kcal  
Jimmy Butler's Sausage or Bacon Bloomer 742kcal | 514kcal  
*Add Free-range Egg 41kcal*  
Vegetarian Full English - Vegan Haggis, Spinach, Mushrooms & Tomatoes,  
Baked Beans, Free-range Poached Eggs & Toasted Sourdough 751kcal  
Full English Breakfast - Jimmy Butler's Sausage & Bacon, Mushroom, Clonakilty Black Pudding,  
Baked Beans, Tomatoes, Free-range Poached Eggs & Toasted Sourdough 849kcal  
Smashed Avocado, Free-range Poached Eggs, Spring Onion & Chilli on Toasted Sourdough 683kcal  
*If you prefer gluten-free or dairy-free alternatives to our toast and butter, please ask.*

## SOFT DRINKS

- Passion Fruit Spritz 44kcal  
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 99kcal  
Frobishers - Apple & Mango or Orange & Passionfruit 99kcal

## STIFFENERS

- Champagne Mimosa  
Bloody Mary  
Strawberry Bellini  
Aperol Spritz

## 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*  
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, Maple Syrup, Crispy Bacon or Banana 323kcal | 271kcal

Jimmy Butler's Bacon Brioche Roll 514kcal

Jimmy Butler's Sausage Brioche Roll 742kcal

Free-range Scrambled Egg on Sourdough Toast 466kcal

Heinz Baked Beans on Sourdough Toast 366kcal

Buttered Sourdough Toast - Jam or Marmalade 496kcal

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## 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

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# LUNCH CALORIES

Summer is always an exciting season, make the most of it. Sunny days outdoors and longer evenings to enjoy the best Devonshire crab, Isle of Wight tomatoes and sweet English berries. A glass of rosé wouldn't be out of place either. Cheers!

## APÉRITIFS

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

## SMALL PLATES

*Great for sharing over a drink while you decide.*

- Warm Artisan Ciabatta
- 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
- Adriatic Anchovies & Gremolata 192kcal
- Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 431kcal
- Warm Gougères, Truffle Cheese Sauce 319kcal

## STARTERS

- Roast Red Pepper Soup & Ciabatta 225kcal
- Garlic & Paprika King Prawns, Isle of Wight Tomatoes, Toasted Sourdough 372kcal
- Baked Saint Marcellin, Sultanas & Red Chicory 526kcal
- Artichokes, White Beans & Tomatoes, Herb Dressing 251kcal
- Hand-picked Devonshire Crab, Cured Salmon, Apple & Cucumber 223kcal
- Free-range Chicken Caesar Salad, Anchovies, Parmesan & Croûtes 540kcal | 1,078kcal

## MAINS

- Jimmy Butler's BBQ-glazed Pork Belly, Black Beans & Summer Slaw 956kcal
- Goats' Cheese & Courgette Orzo, Lemon & Herb Crumb 1,124kcal
- Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 1,433kcal
- Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price 1,251kcal
- Roast Merrifield Duck Breast, Shallot Tarte Tatin & Chicory 1,025kcal
- Fish & Chips - Haddock Fillet, Crunchy Batter, Chips, Peas & Tartare Sauce 954kcal
- Indian-spiced Sweet Potato Patties, Emerald Spinach, Coconut & Red Onion Salad 980kcal
- 14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 863kcal
- Fish Pie - King Prawn, Hake, Loch Trout & Smoked Haddock, Butter Leaf Salad 1,034kcal
- Vietnamese Noodle Salad, Edamame, Mooli & Pickled Red Cabbage, Peanuts & Nuoc Cham Dressing 553kcal
- Add *Crispy Duck* 482kcal or *Halloumi Croutons* 326kcal

## 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 or Soup 44kcal*

- Fish Goujon Brioche, Tartare Sauce & Butter Leaf 575kcal
- Grilled Cheese on Sourdough, Marmite Onions 1,018kcal
- Salt Beef Brioche, Mustard Mayonnaise & Pickles 522kcal

## SIDES

- Isle of Wight Tomato Salad 95kcal
- Thick-cut Chips or Skinny Fries 377kcal | 435kcal
- Caesar Salad, Anchovies & Parmesan 338kcal
- Tempura Courgette Fries, Truffle Dip 192kcal
- Ssamjang New Potatoes, Chilli & Sesame 161kcal

## PUDS

- Peach Melba Cheesecake & Passion Fruit Curd 486kcal
- Summer Pudding, Blueberry Compote & Vanilla Ice Cream 177kcal
- Salted Caramel & Chocolate Tart, Crème Fraîche & Honeycomb 585kcal
- Crème Brûlée, Shortbread 606kcal
- Rum Baba, Pineapple & Chantilly Cream 437kcal
- 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 736kcal | Any Three Cheeses 393kcal | Smidgen of Cheese 242kcal

KCAL = cA

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- Warm Gougères, Truffle Cheese Sauce 319kcal

## STARTERS

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- Artichokes, White Beans & Tomatoes, Herb Dressing 251kcal
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- Free-range Chicken Caesar Salad, Anchovies, Parmesan & Croûtes 540kcal | 1,078kcal

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- Add Free-range Bacon 170kcal or Marmite Onions 43kcal

## SIDES

- Isle of Wight Tomato Salad 95kcal
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- Caesar Salad, Anchovies & Parmesan 338kcal
- Tempura Courgette Fries, Truffle Dip 192kcal
- Ssamjang New Potatoes, Chilli & Sesame 161kcal

## PUDS

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- Crème Brûlée, Shortbread 606kcal
- Rum Baba, Pineapple & Chantilly Cream 437kcal
- 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 736kcal | Any Three Cheeses 393kcal | Smidgen of Cheese 242kcal

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# 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

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### 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

Indian-spiced Sweet Potato Patty, Emerald Spinach,  
Coconut & Red Onion Salad 474kcal

Aubrey Allen's Steak Burger, Cheddar Cheese & Fries 802kcal

Free-range Grilled Chicken, Greens, Skinny Fries 690kcal

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### PUDDINGS

Salted Caramel & Chocolate Tart, Crème Fraîche & Honeycomb 292kcal

Chocolate Brownie & Vanilla Ice Cream 535kcal

Jude's Ice Cream or Sorbet Scoop 126kcal

*(Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet)*

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### SOFT DRINKS

Frobishers Juice 99kcal

*Apple & Mango or Orange & Passionfruit*

Cawston Press 79kcal | 78kcal

*Cloudy Apple or Rhubarb*

Orange or Apple Juice 85kcal | 22kcal

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# CALORIES

## SUMMER PUDDINGS

Peach Melba Cheesecake & Passion Fruit Curd 486kcal

Summer Pudding, Blueberry Compote & Vanilla Ice Cream 177kcal

Salted Caramel & Chocolate Tart, Crème Fraîche & Honeycomb 585kcal

Crème Brûlée, Shortbread 606kcal

Rum Baba, Pineapple & Chantilly Cream 437kcal

Jude's Ice Cream & Sorbet 189kcal

*(Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet)*

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## TOUCH OF SWEETNESS

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

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## BRITISH CHEESE

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

### FINN

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

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

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. Hand-made using milk from the farm's own pedigree herd, this is an exceptionally good all-rounder.

### SOLSTICE

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** 736kcal

**Any Three Cheeses** 393kcal

**A Smidgen of Cheese** 242kcal

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# 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, 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  
Sun-dried Tomato & Salsa Verde Houmous, Crispy Chickpeas, Flatbread 444kcal

## STARTERS

Roast Red Pepper Soup & Ciabatta 225kcal  
Baked Saint Marcellin, Sultanas & Red Chicory 526kcal  
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 1,777kcal  
Jimmy Butler's Free-range Pork & Crackling 1,349kcal  
Roast of the Day - Please Ask  
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

Pan-fried Seabass, Ratatouille & Fennel Salad 370kcal  
Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 1,114kcal  
Free-range Chicken Caesar Salad, Anchovies, Parmesan & Croûtes 1,078kcal  
Aubrey Allen's 12oz 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 370kcal | 435kcal | Tempura Courgette Fries, Truffle Dip 192kcal

## PUDS & BRITISH CHEESE

Bramley Apple Crumble & Custard 458kcal  
Peach Melba Cheesecake & Passion Fruit Curd 486kcal  
Summer Pudding, Blueberry Compote & Vanilla Ice Cream 177kcal  
Salted Caramel & Chocolate Tart, Crème Fraîche & Honeycomb 585kcal  
Rum Baba, Pineapple & Chantilly Cream 437kcal  
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Apple & Peter's Yard Crackers  
Finn | Clara Goats | Solstice | Cornish Gouda | Isle of Wight Blue  
All Five Cheeses 393kcal | Any Three Cheeses 243  
2kcal | Smidgen of Cheese 189kcal  
Mini Pud - Chocolate Brownie 573kcal or Single Smidgen of Cheese & your choice of Coffee or Tea

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