

# LUNCH MENU

Lunch menu served Mon to Sat 12.00pm – 4.00pm. Sun 12.00pm - 3.00pm

Before you order your food and drinks, please speak to our staff if you have a food allergy or intolerance.

## LIGHT BITES

BUTTERNUT & CARROT SOUP <small>GFA VGA</small>	£5.95
LEEK, PEA & WATERCRESS SOUP <small>GFA VGA</small> with sliced sourdough	£5.95
JACKET POTATO <small>GFA</small> with cheesy beans <small>v</small>	£7.95
with tuna mayo and spring onion	£8.95
with coronation chicken and mango chutney	£8.95
All served with a dressed salad	
PLOUGHMAN'S <small>GFA</small>	£9.95
Maple glazed gammon ham, sourdough baguette, pickles, boiled egg, sliced apple, wedge of mature cheddar and Brie, served with a mixed side salad and fennel & apple slaw	

## SANDWICHES

The following served with your choice of bloomer bread, gluten free bread or upgrade to a sourdough baguette for £1.00

BLT <small>GFA</small>	£6.95
Smoked streaky bacon, beef tomato & lettuce	
CORONATION CHICKEN <small>GFA</small>	£6.95
with mango chutney, peppery rocket and cucumber	
FREE RANGE EGG & HAMPSHIRE WATERCRESS <small>GFA V</small>	£6.95
with Hellmann's mayo and cucumber	
TUNA MAYO & ROCKET <small>GFA</small>	£6.95
with red onion and Hellmann's mayo	
SMASHED AVOCADO & RED ONION <small>GFA VGA</small>	£6.95
with red onion, Hampshire watercress, cucumber and chargrilled tomato chutney	
GIANT FISH FINGER	£7.95
with fresh tartare and rocket	
SMOKED SALMON & CREAM CHEESE <small>GFA</small>	£7.95
with avocado and rocket	

All served with a dressed salad  
Swap your salad for skin on fries for £1.50 GFA VG  
or sweet potato fries for £1.75 GFA VG

## MAINS

PENNE PUTTANESCA <small>GFA VG</small>	£10.95
Penne pasta in a rich tomato and basil sauce with black olives and capers	
MALAYSIAN PENANG CURRY <small>GFA VG</small>	£10.95
An aromatic coconut sauce with cauliflower, green beans, mangetout, peppers and kaffir lime leaves served with basmati rice and garlic naan	
Add chicken for £3.00	
HAM, FREE RANGE EGG & FRIES <small>GFA</small>	£12.95
Maple glazed gammon ham, free range fried egg, grilled tomato, Hampshire watercress, beer battered onion rings and mustard mayo	
HAND-BATTERED FISH & CHIPS <small>GFA</small>	£12.95
MSC certified cod with petit pois and fresh tartare sauce	

## SALADS

GREENHOUSE SALAD <small>GFA VGA</small>	£10.95
Beetroot falafel with fresh spinach leaves, peppery rocket, radish, cherry tomatoes, cucumber, avocado, red onion, pumpkin seeds and mustard cress dressed with olive oil & lemon	
BRIE & BEETROOT CHUTNEY TART <small>GFA V</small>	£11.95
A creamy Brie sauce topped with a sweet beetroot chutney in gluten free kale pastry served with a dressed fresh seasonal salad and fennel & apple slaw	
LAMB KOFTE GREEK SALAD	£11.95
Feta, cherry tomatoes, cucumber, red onion, black olives and oregano topped with grilled lamb koftes served with tzatziki and flatbread	
GRILLED HALLOUMI, CARROT & ORANGE SALAD <small>GFA V</small>	£11.95
with Hampshire watercress, cherry tomatoes, mixed leaf and a mustard and maple syrup dressing	
CRISPY BACON AND MUSHROOM QUICHE	£11.95
Served with a dressed fresh salad and fennel & apple slaw	

## TOASTIES

WHEELBARROW TOASTIE <small>GFA</small>	£7.95
Maple glazed gammon ham and cheddar with red onion and rocket	
ALLOTMENT TOASTIE <small>GFA V</small>	£7.95
Mature cheddar cheese, Hampshire watercress, red onion and chargrilled tomato chutney	

All served with a dressed salad  
Swap your salad for skin on fries for £1.50 GFA VG  
or sweet potato fries for £1.75 GFA VG

## TOASTED CIABATTAS

SOMERSET BRIE & STREAKY BACON	£8.95
with smashed avocado and chargrilled tomato chutney	
TUNA MELT	£8.95
Tuna mayo with mozzarella cheese, red onion and rocket	
HUNTER'S CHICKEN	£8.95
Sliced chicken topped with smoked streaky bacon and cheese, smothered in BBQ sauce	
FETA & RED ONION <small>v</small>	£8.95
with black olives, cherry tomatoes and oregano	

All served with a dressed salad  
Swap your salad for skin on fries for £1.50 VG GFA  
or sweet potato fries for £1.75 VG GFA

## SIDES

SKIN ON FRIES <small>GFA VG</small>	£2.95
SIX ONION RINGS <small>VG</small>	£2.95
SWEET POTATO FRIES <small>GFA VG</small>	£3.45

## ICE CREAM

KELLY'S ICE CREAM	£2.45
A scoop of your favourite flavour	

Choose from:  
Vanilla, Chocolate, Strawberry, White Chocolate and Raspberry, Millionaire's Shortbread or Eton Mess  
Add an extra scoop for £1.00



ORDER FROM YOUR PHONE

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# SWEET & DRINKS MENU

Served all day, everyday.

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## SWEET TREATS

SCONE & BUTTER <b>GFA V</b> plain, fruit, cheese gluten free fruit Add jam or marmalade for £0.65 each Add clotted cream for £0.85	£2.75
COFFEE & CAKE <b>GFA VGA</b> A slice of cake and a coffee or pot of tea	£5.95
CREAM TEA <b>GFA</b> A scone, clotted cream and jam with a coffee or pot of tea	£5.95

## SMOOTHIES

Blended with apple juice	
BOTANICAL BLISS Raspberry, blueberry, banana and flax seeds	£3.95
GARDENER'S DELIGHT Passion fruit, pineapple and mango	£3.95
GARDEN OF PARADISE Strawberry and banana	£3.95
GREENFINGERS Pineapple, mango, kiwi and strawberry	£3.95
SQUIREBERRY Strawberry, raspberry and blackberry	£3.95
TROPICAL GREENHOUSE Mango, coconut, pineapple, mint and lime	£3.95

## HOT DRINKS

Made with semi skimmed milk, other milks are available		
COFFEE		
	REGULAR	LARGE
Espresso	£1.85	£2.70
Americano	£2.70	£2.90
Cappuccino	£2.90	£3.30
Caffè latte	£2.90	£3.30
Mocha	£3.05	£3.35
Flat white		£3.05
Macchiato		£3.05
Babyccino		£0.95
Coffee syrup - vanilla, caramel or hazelnut		£0.45
POT OF TEA		
English Breakfast		£2.20
Decaffeinated		£2.20
Earl Grey		£2.20
Speciality or Loose Leaf		£2.45
HOT CHOCOLATE		
Plain		£3.10
Luxury with cream, marshmallows & flake		£3.55
COLD DRINKS		
SOFT DRINKS		
Glass of cold milk		£0.95
Orange Juice		£2.25
Apple Juice		£2.25
Still   Sparkling Water		£2.25
J20 Orange & Passion Fruit		£2.95
Diet Coke		£2.95
Coke Zero		£2.95
Sprite Zero		£2.95
Fanta		£2.95
Classic Coca-Cola		£3.25
Appletiser		£2.95
Firefly Peach & Green Tea		£3.25
Firefly Kiwi, Lime & Mint		£3.25
Arizona Lemon Ice Tea		£3.45
Arizona Pomegranate Ice Tea		£3.45
ICED COFFEE		
Made with semi skimmed milk, other milks are available		
Americano		£3.25
Caramel Iced Latte		£3.75
MILKSHAKES		
Chocolate Oreo®		£4.75
Banoffee		£4.75
Strawberry Jammie Dodger®		£4.75

## RED WINE

MALBEC		
Chile (13%)	Bottle 187ml	£5.95
CABERNET SAUVIGNON, LA PLAYA <b>VG</b>		
Chile (13%)	Bottle 375ml	£12.95

## WHITE WINE

SAUVIGNON BLANC		
Chile (12%)	Bottle 187ml	£5.95
CHARDONNAY SUR LIE, 'BON VALLON'		
South Africa (13.5%)	Bottle 375ml	£14.95

## ROSÉ WINE

ZINFANDEL BLUSH ROSE		
California (12.5%)	Bottle 187ml	£5.95

## SPARKLING & CHAMPAGNE

PROSECCO SUPERIORE BRUT <b>VG</b>		
Italy (11.5%)	Bottle 200ml	£9.95
LENOBLE BRUT INTENSE, CHAMPAGNE <b>VG</b>		
France (12.5%)	Bottle 375ml	£21.95

## BEER & CIDER

Kopparberg Naked Apple	Bottle 500ml	£4.95
Kopparberg Mixed Fruit	Bottle 500ml	£4.95
Peroni	Bottle 330ml	£3.95
San Miguel	Bottle 330ml	£3.95



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