



THE
WHITE HORSE

MAIN MENU – MAY 2018

This is just a guide to the type of food we produce. Please contact us for a current up-to-date menu.
NOTE: We have added a new range of Vegetarian and Vegan meals. Please see page 3 for details.

Updated 24 May 2018

While you wait: Selection of breads with olive oil, butter & balsamic vinegar 3.95, bowl of olives 2.75

STARTERS

Chef's soup of the day, warm granary bread 5.75 (g/f) (v)

Duck liver parfait, sour dough toast, real ale chutney 7.95 (g/f)

Toasted Rosary goat's cheese, caramelised onion & fig tart, walnut & mixed leaf salad 7.95 (v)

Italian "Tricolore"; grilled vine tomatoes on toasted garlic bruschetta, mozzarella & Basil, Balsamic glaze 7.95 (g/f) (v/g)

Smoky salmon tartare; Scottish fresh salmon, smoked (g/f) salmon, capers, lemon & mayonnaise, ciabatta finger 7.95

Baked Camembert in the box, spiked with Rosemary & Garlic, onion marmalade, toasted Ciabatta 10.95 (v) (g/f)

New season Asparagus, Parma ham, shaved Parmesan, pickled quail's egg, drizzled with garlic oil 7.95 (g/f)

King scallops tossed in Parmesan breadcrumbs & baked in the shell with garlic butter 9.95 (g/f)

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"THE SKIPPER'S CATCH"

Please remember to look at our fish board, for a choice the freshest, most sustainable & wonderful fish we can find, simply grilled or pan fried with a choice of potatoes, vegetables & parsley butter.

MAIN COURSES

Slowly roasted Rump of Lamb, creamy mashed potato, tender stem broccoli, pan jus 14.95 (g/f)

“Hot” smoked salmon, smoked Haddock, & Spring Onion fishcakes, Chilli Jam, salad & skin on fries 12.95 (g/f)

Pan fried breast of Gressingham duck, roast sweet potatoes, tender stem broccoli, mandarin orange reduction 14.95 (g/f)

Malabar chicken & mango curry, basmati rice, Naan bread, Poppadum 13.95 (g/f)

A “proper” full pastry steak, ale & mushroom pie, seasonal vegetables, new potatoes, pot of gravy 13.95

Pan fried fillet of salmon marinated in Soy, Ginger, Mirin, Teriyaki, stir fried sweet peppers, vegetables & rice 13.95

Pan fried Calves liver & streaky bacon, “bubble & squeak”, onion gravy 14.95 (g/f)

Lightly battered cod fillets served with fat chips, mushy peas & freshly made tartar sauce 12.95 (g/f)

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STEAKS & BURGERS

10oz 28 day matured Blackgate English Sirloin steak 22.95 (g/f)

8oz 28 day matured Blackgate English Fillet steak 25.95 (g/f)

12oz smoked Gammon & Egg, Pineapple & Black pepper chutney 13.95 (g/f)

All served with watercress salad & thick chips

Sauces: £1.95 ~ Green Peppercorn, Béarnaise, Blue Cheese

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All our burgers are made on the premises

Beef burger topped with cheese, streaky bacon, burger sauce & dill pickle 13.95

Southern fried chicken burger, BBQ sauce & bacon 13.95

Falafel burger, lettuce, Tahini & tomato, 12.95 (v/g)

All served in a ciabatta roll with skin on fries & dressed leaves

SPECIALS BOARD:

We always have a steak on our *Specials Board*.

Please see the blackboard for the steak of the day and all our other specials

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A BIT ON THE SIDE

All at 3.00

Skin on fries (g/f), fat chips (g/f), sweet potato fries (g/f)

Olive oil, parsley & garlic Bread (v/g), Onion Rings (v)(g/f)

Dressed rocket, tomato & Parmesan salad (g/f)(v)

Seasonal vegetables, Tender stem broccoli, mixed salad

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SPRING SALADS

Chicken or King prawn Caesar salad, cos lettuce, anchovies, croutons & Parmesan shavings 13.95 (g/f)

French style Salad Niçoise with tinned tuna, hard boiled eggs, green beans, olives, tomatoes,
red onion, potato, & cos lettuce 13.95 (g/f)

Chicken or King prawn Waldorf salad with grapes, apples, walnuts, croutons, & cos lettuce in a mayonnaise dressing 13.95 (g/f)
Prefer your Waldorf vegetarian 11.95 (v)

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NEW: VEGETARIAN & VEGAN MENU

KEY: (v) vegetarian | (vg) vegan | (g/f) gluten free

All meals that are marked (g/f) are or can be gluten free, please specify at the time of order

STARTERS

Freshly made Soup of the day, warm granary bread 5.75 (g/f) (v)

Toasted Rosary goat's cheese, caramelised onion & fig tart, walnut & mixed leaf salad 7.95 (v)

Italian "Tricolore"; grilled vine tomatoes on toasted garlic bruschetta, mozzarella & Basil, Balsamic glaze 7.95 (g/f) (v/g)

Baked Camembert in the box, spiked with Rosemary & Garlic, onion marmalade, toasted Ciabatta 10.95 (g/f) (v)

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MAIN COURSES

Mac'n'Cheese, topped with Old Winchester cheese & cherry vine tomatoes, dressed green salad & garlic bread 12.95 (v)

Cajun style Jambalaya with black beans, sweet potato, peppers, sun ripened red chilli, sweet corn, spicy rice with salad & garlic bread 12.95 (g/f) (v/g)

5 bean & red pepper chilli, basmati rice, nachos & sour cream 12.95 (g/f) (v/g)

Sweet potato, spinach & cauliflower curry, basmati rice, naan, poppadum 12.95 (g/f) (v/g)

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Important Notes & Allergy Advice:

Fish meals may contain bones. All our food is prepared in a kitchen where nuts, cereals containing gluten & other allergens are present.

Some meals contain gluten, but can be changed slightly to make them gluten free, please ask for details.

*Our chips are gluten free but are fried in oil that may have previously been used to fry products containing gluten.
We only have one fryer with common fryer oil & one grill.*

***Please speak to a member of staff if you have a food allergen or food intolerance.
A full list of allergens that could be on our menu is available at the bar.***

All weights are pre-cooked, all meals are subject to availability, for any other dietary requirement, please ask.

Why not get our *Newsletter*, via email, which shows all our functions, special offers and new menus.

Just leave your email address at the bar, or sign-up via our website: www.whitehorseampfield.co.uk