



THE
WHITE HORSE

MAIN MENU – AUTUMN 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 4 for details.

Updated 17 October 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 6.95 (g/f) (v)

"Bang Bang" chicken in a sweet chilli & peanut sauce, Oriental salad 7.95 (g/f)

Pork belly with chargrilled pineapple & pineapple ketchup and chilli & Spanish chorizo mayo 8.95

Italian "Tricolore"; grilled vine tomatoes on garlic ciabatta, mozzarella & Basil, Balsamic glaze (v) 7.95

Romsey Chalk stream cold smoked trout roulade with smoked trout pâté with celeriac remoulade 7.95 (g/f)

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

A small bowl of Irish lamb stew with rye bread 7.95/13.95

Crispy duck & watermelon salad, toasted cashew nuts & oriental dressing 7.95 (g/f)

King scallops topped with black pudding & bacon, baked in the shell with garlic butter 10.95 (g/f)

Japanese style king prawns in panko bread crumbs with a Sriracha sweet chilli dipping sauce 7.95

Pumpkin hummus served in a French baby pumpkin with golden beetroot, vegetable crudité & toasted ciabatta 7.95 (v/g)

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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 cooked & shredded English oxtails in a rich bone marrow gravy,
topped with toasted pearl barley crumb, served with roast root vegetables 14.95

A "proper" full pastry pie **choose from** steak, ale & mushroom pie or chicken & ham,
both with seasonal vegetables, new potatoes, pot of gravy 13.95

Rich & aromatic slowly cooked Mughlai curried lamb shank with pilau rice & poppadum 15.95 (g/f)

Pan fried calves liver & smoked streaky bacon, colcannon mash, baby onions & gravy 14.95 (g/f)

Slowly cooked confit of Burgundy duck leg, on a bed of Puy lentils & diced roast root vegetables 14.95

Bombay fish pie, smoked haddock, monkfish & king prawns in a lightly curried cream sauce,
topped with mustard seed mash, served with naan bread & mango chutney 14.95

Pan fried breast of chicken in a sweet chilli & honey sauce, dressed salad & skin on fries or basmati rice 13.95 (g/f)

Pan fried fillet of salmon in Soy, Ginger & Teriyaki, stir fried sweet peppers, vegetables & rice 14.95 (g/f)

Lightly battered cod fillets served with fat chips, crushed minted petit pois & freshly made tartar sauce 12.95 (g/f)

Cumberland sausage ring, colcannon mash, baby onions & gravy 12.95

Pan fried Panko bread crumbed chicken "schnitzel" topped with a hen's egg with dressed salad & skin on fries 13.95 (g/f)

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STEAKS, RIBS & BURGERS

28 day matured Blackgate English Sirloin steak served with dressed green salad & thick chips 22.95 (g/f)

Steak sauces: Green Peppercorn, Béarnaise, Blue Cheese - all £1.95

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Smoked Gammon & Egg, Pineapple & Black pepper chutney served with dressed green salad
& thick chips 13.95 (g/f)

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Rack of sticky Jack Daniels & back treacle Pork ribs, coleslaw, skin on fries 16.95 (g/f)

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The White Horse Beef burger topped with cheese, streaky bacon, burger sauce & dill pickle, toasted
ciabatta roll, skin on fries 13.95

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 (vg), Onion Rings (g/f) (v)

Mixed dressed salad (g/f) (v)

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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

Chef's soup of the day, warm granary bread 6.95 (g/f) (v)

Italian "Tricolore"; grilled vine tomatoes on toasted garlic ciabatta, mozzarella & basil, balsamic glaze 7.95 (g/f) (v)

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

Pumpkin hummus served in a French baby pumpkin with golden beetroot, vegetable crudité & toasted ciabatta 7.95 (v/g)

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MAIN COURSES

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

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

Cauliflower, sweet potato & spinach curry, pilau rice, naan bread & poppadom 12.95 (g/f) (v)

Trio of vegetarian sausages, colcannon mash, baby onions & gravy 11.95 (v)

A full pastry Goats cheese, beetroot & horseradish pie, seasonal vegetables, new potatoes, pot of gravy 13.95 (V)

Moroccan style aubergine & apricot tagine with roast Mediterranean vegetable couscous 11.95 (g/f) (v/g)

Thai spiced sweet corn & vegetable burger, tomato chutney, lettuce & tomato, toasted ciabatta roll, skin on fries 12.95 (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