



THE
WHITE HORSE

MAIN MENU – WINTER 2019

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 15 January 2019

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)

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

Salt & pepper, flour dusted baby calamari with lemon mayonnaise 7.95

Romsey Chalk stream, cold smoked trout, black pepper, lemon wedges & Horseradish cream 7.95 (g/f)

Kheema Mutter, Indian minced lamb & peas served in a poppadum basket with mango chutney & fresh coriander 7.95 (g/f)

Landford Rosary goats cheese, golden beetroot & walnut salad with Balsamic dressing 7.95 (v) (g/f)

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

Deep fried, panko bread crumbed Camembert wedges with balsamic walnuts & truffle honey 7.95 (v) (g/f)

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

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

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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

Short rib of English beef, smoked bacon lardons, mushrooms, mashed potato, pan jus 14.95 (g/f)

A "proper" full pastry pie - **choose from:**

Rabbit & bacon pie or Steak, mushroom & ale, with seasonal vegetables, roast new potatoes, pot of gravy 13.95

Pan fried calves liver, crushed potato, seasonal vegetables, onion & smoked bacon gravy 14.95 (g/f)

Confit of Burgundy duck leg, braised red cabbage, Dauphinoise potato, pan jus 14.95 (g/f)

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

The Lucknow Express, first class, Indian railway mutton curry, pilau rice, poppadum, naan bread 13.95 (g/f)

Pan fried Teriyaki salmon fillet, sweet red peppers & Pak Choi tossed with spiced rice 14.95 (g/f)

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

Pan fried chicken "schnitzel" in Panko breadcrumbs, fried egg, dressed salad & skin on fries 13.95 (g/f)

Bombay fish pie, smoked haddock, monkfish & king prawns in a lightly curried cream sauce, mustard seed mash, served with naan bread & mango chutney 15.95

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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 or Blue Cheese - £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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Full rack of pork ribs with sticky Jack Daniels BBQ sauce, 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

Landford Rosary goats cheese, golden beetroot & walnut salad with Balsamic dressing 7.95 (v) (g/f)

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

Deep fried, panko bread crumbed Camembert wedges with balsamic walnuts & truffle honey 7.95 (v) (g/f)

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MAIN COURSES

A "proper" full pastry goats cheese, spinach & sweet potato pie, with seasonal vegetables, roast new potatoes, pot of gravy 13.95 (v)

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

Quorn, cashew nut & edamame bean paella served with garlic bread & salad 12.95 (g/f) (v/g)

Vegetable Makhawala, a creamy Goan mixed vegetable curry, pilau rice, naan bread & poppadum 12.95 (g/f) (v)

Tuscan vegetarian sausage, potato, tomato & mixed bean ragout, warm ciabatta slipper 12.95 (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