

RAW & CURED

12 - 5pm

Butterbean hummus 7.5
Fresh vegetable crudites
(sesame)

Fermented mushroom pate 7.5
Sourdough crackers, pickles
(sulphites, gluten)

Isle of Wight Tomatoes 8.5
Saffron, mint, lemon
(sulphites)

Raw Caesar 8.5
Baby gem, raw cashew dressing, pine nut 'parmesan',
gluten free croutons,
(nuts, soya, mustard, sulphites)

Raw & Fermented Beetroot Salad 8.5
Blueberries, pickled apple & Somerset Feta
(dairy, sulphites)

Home Cured Loch Duart Salmon 9.5
Fermented fennel slaw, English cucumber
(fish, sulphites)

New Forest Asparagus Frittata 8.5
Mixed bitter leaf salad
with herbaceous herb house dressing

Please see our blackboards for
daily specials

SWEET TREATS

Cake of the day 4.5
(eggs, dairy)

Signature Raw & Cured Seed Bar 4.5
(sesame)

Chickpea Meringue 6.5
Fresh berries, plant-based yoghurt or Dorset cream

Bowl of New Forest Strawberries 6.5
Dorset cream or plant-based yoghurt