

SHARING & GRAZING

£11.50

Butterbean Hummus
fresh raw vegetables
(sesame, celery*)

Smoked Mackerel Paté
pickled cucumbers,
sourdough mother crispbread
(fish, milk, mustard, sulphites,
gluten* sesame*)

Fermented Mushroom Paté
charcoal crackers &
house pickles
(sulphites*, gluten*, dairy*)

RAW

£14.50

I.O.W. Tomato Salad
watermelon, chilli, mint
& Somerset feta
(milk*, sulphites)

**Raw Salad of Summer
Courgette**
za'tar, labneh
& preserved lemons
(milk*, sesame seeds, sulphites)

**Home Fermented Sauerkraut
'waldorf'**
apple, pickled celery,
grapes & candied walnuts
(celery, nuts*, sulphites)

CURED

£18.50

Cornish Day Boat Ceviche
citrus fruits, red onion,
soft herbs & chilli
(fish, sulphites)

Bresoala Mario Cardinale
rocket, parmesan, aged balsamic,
HH&CO 48 hour focaccia
(sulphites, milk*, gluten*)

HEARTY & HEALTHY

£17.50

Apricot Harissa Sugar Snaps
fresh apricot & toasted almonds
(nuts, sulphites)

Roasted Organic Rainbow Carrots
dill yoghurt, sprouting pulses
& toasted seeds
(sulphites, milk*, mustard*, soya)

Smørrebrød*
butterbean hummus, roasted
Italian peppers, rocket
& lemon
(gluten, sesame, sulphites)

Borlotti Beans
salsa verde, pickled celery,
ewe's cured & bitter leaf
(celery, milk*, mustard, sulphites)

*pumpnickel is made in a setting
where nuts & milk are used

Bowl of Homemade Soup £15
HH&CO 48 hour focaccia
(see your server for allergen info)

PROTEINS TO ADD

£9.50

High Welfare Chicken
Poached with Lemon & Thyme

Somerset Ewe's Feta
(milk)

Poached Sustainable Salmon
from Loch Duart
(fish)

GOOD FOR THE SOUL

Cake of the day £6
(Please check for allergens)

R&C Energy Bites £5.50

Island's Dark Chocolate Pot £7.50
Roasted hazelnuts
(nuts*)

Rose & Raspberry Chickpea Meringue £7.50
Fresh berries,
plant-based yoghurt or Dorset yoghurt
(dairy*)