

MENU

www.thefishbourne.co.uk



STARTERS

Breaded whitebait with paprika mayonnaise £8

Homemade soup of the day served with IOW crusty bread £8 gluten free bread available

Smoked mackerel scotch egg with a horseradish dip £10

Blue cheese & walnut pate with pitta bread £9 vegetarian, gluten free bread available

Smoked salmon & prawn Marie-Rose cocktail £12 gluten free bread available

PUB CLASSICS

Beer battered fish & triple cooked chips with peas & tartare sauce £14.50 gluten free

Beef lasagne served with garlic bread & salad £14

IOW pork & leek sausages with sage mash & onion gravy £13 gluten free

Breaded scampi served with triple cooked chips & salad £14

Steak & kidney shortcrust pastry pie with triple cooked chips, peas & a jug of gravy £15

Lamb's liver & crispy bacon served with creamy mash & onion gravy £13 gluten free

Hand carved ham, eggs & triple cooked chips with peas £14.50 gluten free

PLEASE SEE OUR **BLACKBOARD FOR TODAY'S** FRESHLY PREPARED SPECIALS

MAIN COURSES

Slow cooked pork belly served with dauphinoise potatoes, buttered peas & a cider sauce £17 gluten free

Mushroom & spinach risotto with garlic bread £14 vegetarian, gluten free available

Chicken breast & crispy bacon Caesar salad £15 gluten free croutons available

Vegan moussaka with garlic bread & salad £14

FROM THE GRILL

Cajun spiced chicken burger in a brioche bun with triple cooked chips & coleslaw £15 gluten free bun available

8oz rump steak with triple cooked chips, peas, onion rings & peppercorn sauce £23 gluten free

Quarter pounder beef, bacon & cheeseburger in a brioche bun with triple cooked chips & coleslaw £15

> Upgrade to 8oz burger for £18 gluten free bun available

SUNDAY ROASTS all gluten free

Do you have plans for Sunday lunch this week? You do now! Please ask a member of staff to book you a table for a fantastic roast with us!

IOW beef rump cooked medium rare £18

Stuffed pork belly with sausage meat stuffing £16

Chicken breast, sausage meat stuffing & pigs in blanket £17

Vegan nut roast on a thick tomato sauce £15

All served with duck fat roast potatoes, seasonal vegetables & Yorkshire pudding (not gluten free)

Bottomless gravy, all you need to do is ask!

WHY NOT ADD?

Roasted cauliflower in thick & creamy cheese sauce £5 gluten free

Homemade bread sauce £3

Extra fluffed duck fat potatoes £4 gluten free Or have all three sides for £11?

THE GARDEN £13 12-inch base topped with tomato sauce, mozzarella, courgettes, peppers, olives

COST OF LIVING SMALL SIZE SPECIALS - ALL £8

AVAILABLE BETWEEN 3 - 5PM MONDAY TO FRIDAY

IOW sausage, mash, peas & gravy gluten free Chicken strips, chips & peas Vegan moussaka & garlic bread Battered fish, chips & peas gluten free Beef lasagne & garlic bread Breaded scampi, chips & peas

PIZZAS

MEAT FEAST £15 12-inch base topped with tomato sauce, mozzarella, ham, chicken, salami & ground beef

BBO SPICY CHICKEN £15 12-inch base topped with sticky BBQ sauce, mozzarella, spiced chicken & peppers

CLASSIC MARGHERITA £13 12-inch base topped with tomato sauce, mozzarella

gluten free 11-inch bases are available

DESSERTS

Baked New York vanilla cheesecake with a berry compote £9

Crème Brulée & shortbread £8 gluten free

Warm chocolate brownie & clotted cream £9 gluten free

Deep filled apple, cinnamon & sultana pie with a jug of custard £8

Sticky toffee pudding with caramel sauce & salted caramel ice cream £9 gluten free

Selection of ice creams £2.60 per scoop: Vanilla, strawberry, chocolate, salted caramel, coffee or coconut all gluten free

JACKET POTATOES all gluten free

Beef chilli con-carne with cheese £10 Tuna & spring onion mayonnaise £10 Vegan three bean chilli with cheese £10 Cheese & coleslaw £9

SANDWICHES AVAILABLE 12 - 5PM

Available on locally baked white or brown bloomer bread, gluten free bread is available on request

> Smoked salmon, cream cheese & rocket £10 Coronation chicken & mixed leaf £10 Classic BLT £10 Ham & cheese toastie £9 Avocado, hummus & tomato £9 All served with triple cooked chips

CHILDRENS MENU £8 (UNDER 12'S)

IOW sausage, mash, peas & gravy gluten free Chicken strips, triple cooked chips & peas Vegan moussaka & garlic bread Battered fish, triple cooked chips & peas gluten free Beef lasagne & garlic bread gluten free bread available Breaded scampi, triple cooked chips & peas

Parents are respectfully requested to ensure that children are seated & supervised at all times

CANINE MENU

Because they deserve a treat too! Please ask about our range of Canine Menu gourmet chews

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ALLERGY INFORMATION

Please make a member of staff aware of any allergens that you may suffer from prior to ordering. If you require any specific allergen information please ask to see our Allergen Folder. Some dishes can be changed subject to ingredients and timescales.

DOG FRIENDLY

Our bar area is dog friendly and we love to welcome well behaved dogs. Please keep them on their lead at all times and keep them away from our walkways. Please ensure all dogs are kept off the furniture and on the floor at all times.

AFTER DINNER DRINKS

Why not end your meal with an after dinner drink? We have a great range of liqueurs and wonderfully warming hot drinks with a little something special added! We also serve a full range of hot drinks, please see our drinks list for details.

VEGAN & VEGETARIAN

Please be aware that our vegan & vegetarian dishes are prepared in a kitchen that also handles animal products.

POLITENESS & RESPECT

We expect our staff to be treated with politeness and respect at all times. We operate a zero tolerance policy towards rude and aggressive customers. We reserve the right to refuse service at our discretion.



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