

Lunch

Served 12 - 3pm

FORAGE

WADSWICK

PORCHETTA CIABATTA £13.95

CIABATTA ROLL FILLED WITH LEMON AND HERB ROLLED ROASTED PORK BELLY, APPLE COMPOTE AND CELERIAC AND KOHL RABI SLAW SERVED WITH FRIES
D, G, M, SD

CHICKEN CAESAR WRAP £13.75

TORTILLA WRAP FILLED WITH CHICKEN, BACON, LETTUCE, PARMESAN AND CAESAR DRESSING, SERVED WITH FRIES
G, D, SD, M, F

WADSWICK BURGER £19.25

TWO MINCED STEAK PATTIES, TOPPED WITH CHEDDAR, BACON, GHERKINS, TOMATO, LETTUCE AND FORAGE BURGER SAUCE, IN A LINSEED BUN, SERVED WITH FRIES
G, C, F, D, M, SD

TOMATO RISOTTO £15.95

RISOTTO OF CONFIT ISLE OF WIGHT CHERRY TOMATOES, KALAMATA OLIVES AND BASIL WITH TOMATO WATER AND PECORINO
D, SD

CHIPOTLE PORK TOASTIE £13.95

BRAISED CHIPOTLE SPICED PULLED PORK WITH CORIANDER & LIME BLACK BEANS AND SPICY MEXICANA CHEESE IN SOURDOUGH BREAD, TOASTED AND SERVED WITH TORTILLA CHIPS AND SOUR CREAM
G, D, SD, C

FORAGE COBB SALAD £17.95

BABY GEM, ROASTED CHICKEN AND BACON, ROASTED PLUM TOMATO, PINK PICKLED ONIONS, BLUE CHEESE, HARD-BOILED EGG AND AVOCADO YOGHURT DRESSING
D, E, SD

MOZZARELLA, PEACH & TOMATO SALAD £14.50

ISLE OF WIGHT TOMATOES, FRESH CUT PEACH, BASIL, ROCKET & TORN BURRATA FINISHED WITH BALSAMIC
D, SD

SPICED FALAFEL SALAD £12.50

MIXED LEAVES, CHERRY TOMATOES, SPRING ONIONS, POMEGRANATE, SPICED CHICKPEA & CARROT FALAFEL WITH KATSU DRESSING
S, SD, M, G

FILLET OF SEA TROUT £16.25

FILLET OF OVEN ROASTED SEA TROUT ON A SUMMER VEGETABLE PESTO PISTOU WITH CANNELINI BEANS
N, F, D, C, SD

HOMEMADE SOUP OF THE DAY £8.75

WITH HOMEMADE FOCACCIA
G (O), D (PLEASE ENQUIRE AS THIS MAY CHANGE ON OCCASION)

MOZZARELLA TOASTIE £12.75

MOZZARELLA CHEESE, TOMATO AND BASIL & CASHEW PESTO IN SOURDOUGH BREAD, TOASTED AND SERVED WITH MIXED LEAVES
G, D, N, SD

HAM, EGG & FRIES £16.25

WILTSHIRE HAM, WITH FRIES, TWO SOUTHVIEW FRIED EGGS AND CHARGRILLED PINEAPPLE RING
E(O), G(O), D(O)

ROAST BEEF CIABATTA £17.25

WARM CIABATTA WITH BLUE CHEESE AIOLI, RED ONION, RARE ROASTED BEEF AND CRISPY ONION
G, D, SD

GREEK FLATBREAD £17.95

OREGANO AND THYME GRILLED CHICKEN ON A TOASTED FLATBREAD WITH TAHINI YOGHURT, PRESERVED LEMON, FETA, BLACK OLIVES AND MINT
G, D, SS, SD

FISH AND CHIPS £19.95

MARKET FISH, BEER BATTERED AND DEEP FRIED, SERVED WITH FRIES, HOMEMADE CURRY SAUCE, CRUSHED PEAS, TARTARE SAUCE AND FRESH LEMON
G, E, F, D, M, SD

OCTOPUS TACO £18.95

TORTILLA WRAP, BABY GEM, SWEETCORN & RED PEPPER SALSA, CRUSHED AVOCADO, GREEK YOGHURT, CHARGRILLED OCTOPUS, PINK PICKLED ONION AND MICRO CORIANDER
G, F, D, M, SD, MC

FOCACCIA SANDWICH £13.50

BREADED, DEEP FRIED AUBERGINE, MOZZARELLA TOMATO COMPOTE AND FRESH ROCKET INSIDE OUR OWN HOMEMADE CHARGRILLED FOCACCIA
G, D, SD, E, F

SIDE BOWLS

CHEESY FRIES	FRIES	MIXED SALAD
£5.10	£4.30	£4.80
D		SD, M
BROCCOLI WITH CRISPY CHILLI OIL		
£5.25		
SD, S		

ALLERGENS

GLUTEN = G	FISH = F
MILK = D	MUSTARD = M
NUTS = N	SULPHUR DIOXIDE = SD
EGG = E	CRUSTACEANS = CR
SOY = S	SESAME = SS
LUPIN = L	PEANUTS = P
CELERY = C	MOLLUSCS = MC
OPTIONAL (O)	

Food Allergies & Intolerances

Please speak to a member of staff about the ingredients in your meal when placing your order.