Stage Itchen



HOMEMADE SOUP OF THE DAY

Crusty baguette and butter (kcal on request) VE, GFA

BRUSSELS PÂTÉ

Thickly spread on sourdough bloomer or gluten- free toast, pickled gherkins, tomato chutney and dressed carrot & mixed leaf salad (1050 kcal) GFA

JERK SKEWERS

Served with charred chilli pineapple and jerk sauce. Choose from Chicken (409kcal) | Halloumi v (721kcal)
Pulled Mushroom ve (573kcal)

SMOKED HADDOCK FISHCAKE

Melting cheddar centre, buttered spinach, chive & lemon hollandaise (417 kcal) GF

BONELESS CHICKEN WINGS

With your choice of sauce -Habanero hot sauce & blue cheese (699kcal) BBQ (552kcal) | Zesty lime (566kcal)



12" Stonebaked Italian pizza topped with tangy tomato sauce and mozzarella (1070 kcal)

CHOOSE UP TO TWO TOPPINGS:

Ham (71 kcal), pineapple (25 kcal) VE, portobello mushroom (11 kcal) VE, pepperoni (231 kcal), beef tomato (9 kcal) VE, jalapeños (6 kcal) VE, red onion (18 kcal) VE, fresh chilli (7 kcal) VE, BBQ pulled pork (106 kcal), BBQ pulled mushroom (178 kcal) VE, smoked streaky bacon (374 kcal), diced chicken thigh (75 kcal), 'nduja sausage (312 kcal).

(Vegan cheese available on request.) (1088 kcal) VE

Two-courses £22. Three-Courses £25



HAND-BATTERED HADDOCK & CHIPS"

Chunky tartare sauce, caramelised lemon, and your choice of mushy or garden peas (1448 kcal)

10oz RUMP STEAK (£5 supplement) Roasted beef tomato, field mushroom, chips and watercress (996 kcal) GF

CRISPY CHICKEN SCHNITZEL (1146 kcal) Garlic butter, dressed leaf salad, and your choice of fries or crispy new potatoes (1146 kcal)

SWEET POTATO DHAL

Basmati rice, poppadoms, mango chutney (910 kcal) VE, GF

10oz GRILLED BACON CHOP

Fried egg, chips and peas (1069 kcal) GF

FISH PIE**

Salmon, hake, smoked haddock & prawns in a creamy leek sauce topped with cheesy mash, served with lemon & garlic Tenderstem broccoli and cheesy chive sauce (729 kcal)

STEAK PIE

Buttery mash, green beans and rosemary gravy (1169 kcal) GF



Our burgers are cooked to order and served in a brioche-style bun with tomato chutney, gem lettuce, beef tomato, red onion, and gherkin. Accompanied by seasoned fries, crisp onion rings, and red cabbage coleslaw.

602 BEEF BURGER

Smoked streaky bacon, Monterey Jack cheese (1764 kcal)

CRISPY CHICKEN BURGER

Crispy house coating, BBQ pulled pork, blue cheese sauce (1868 kcal)

THE BEYOND BURGER

Beyond Meat™ patty, BBQ pulled mushrooms, THIS™ Isn't Bacon, chipotle mayonnaise (1900 kcal) VE



BEEF SHIN RIGATONI

Rigatoni pasta with slow cooked beef shin ragu in a tangy red wine & tomato sauce with Grana Padano (1129 kcal)

CAESAR SALAD

Gem lettuce, Grana Padano, croutons and creamy Caesar dressing (856 kcal)

WARM BLACK RICE SALAD

Lemon & garlic broccoli, baby spinach, vegan feta, toasted pumpkin seeds, harissa dressing and fresh coriander (962 kcal) VE, GF

CRISPY DUCK SALAD

Watercress, rocket, beansprouts, spring onion, blueberries, pomegranate seeds and hoisin dressing (648 kcal)

CHOOSE UP TO 2 TOPPINGS:

Streaky bacon (373 kcal) GF, BBQ pulled pork (229 kcal) GF, grilled halloumi (357 kcal) V, GF, chargrilled chicken (202 kcal) GF, or BBQ pulled mushrooms (327 kcal) VE, GF



CHOCOLATE FONDANT

Sticky toffee pudding ice cream (549 kcal) V, GF

MANGO CHEESECAKE

Mango coulis and raspberry sorbet (388 kcal) VE

APPLE & CINNAMON BEIGNETS

Served warm with vanilla ice cream, salted caramel sauce (576 kcal) V

CARAMEL APPLE CRUMBLE PIE

Apple crumble ice cream (634kcal), custard (654kcal) or both (754kcal) V



Please ask your server for today's specials.



CHIPS

£2.95 (393 kcal) VE, GF

FRIES

£2.95 (421 kcal) VE, GF

NEW POTATOES

£1.95 (241 kcal) VE, GF

CRISPY NEW POTATOES

£1.95 (248 kcal) VE, GF

GARLIC BREAD

£3.95 (466 kcal) V

SEASONAL SALAD

£2.95 (35 kcal) VE, GF

GREEN VEGETABLES

£3.95 (209 kcal) VE, GF

ONION RINGS

£3.95 (556 kcal) VE

Allergy Notice

If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross- contamination.

V Vegetarian. VE Vegan. GF Gluten Free.

Burger and grill weights are before cooking. Fish may contain bones. Prices include VAT.