



COLIN NASH

LOCAL - SEASONAL - AUTHENTIC

APPETISERS

FLOWERPOT BREAD - £5

Ask the team for today's flavour

DOGFISH SCAMPI - £8

Chunky tartar sauce
From Mudeford boat ph1190

DORSET SNAILS - £9

In garlic and herb butter and sourdough croutons

SWEDE & APPLE SOUP - £7

MUDEFORD MACKEREL - £11

In a conch style stew (Keto friendly)
From Mudeford boat ph1190

POWER SOUP (VG) - £8

Packed with greens from the garden (Keto friendly)

MEAT & FISH

LINE CAUGHT SEA BASS - £24

Curly kale from the garden and sunflower seed pesto
From Mudeford boat ph1190

HINTON ADMIRAL ESTATE VENISON STEAK - £18

Pickled red cabbage and creamed potato

ROCKBOURNE RAINBOW TROUT FISHCAKES - £17

Rock samphire and a shellfish bisque

GRASS FED BRISKET OF BEEF - £23

On seared potato gnocchi, tender stem broccoli and Rioja jus

STUFFED CORN FED CHICKEN - £19

With Mediterranean vegetables, tomato and fondant potato

MUDEFORD CATCH

Please ask for today's catch from the local boats

FROM THE GARDEN (VG)

MILLES-FEUILLE - £16

Layers of vegan parmesan, Retreat vegetables, chickpea faggots, and wild rocket dressing

MISO & SESAME AUBERGINE - £16

Home grown tomatoes and greens in season (Keto friendly)

CURRIED CAULIFLOWER STEAK - £17

Compressed apple, golden sultanas, salted lemon, basmati rice

SALADS

ROMAINE LETTUCE & PICKLED RADISH (VG) - £7/14

CLASSIC CAESAR - £8/15

LOCAL TROUT, LEMON, ROCKET & PARMESAN - £17

HEIRLOOM TOMATO & LAVERSTOKE FARM MOZZERELLA - £8/15

(Keto friendly)

CHARGRILLED COURGETTE, FENNEL & OUR OWN PESTO - £16

(Keto friendly)

DESSERTS

STEAMED BRAEBURN APPLE & PLUM PUDDING - £8

With vanilla custard or ice cream

WATERMELON AND KUMQUAT COCKTAIL (VG) - £8

Topped with blood orange sorbet

SOPLEY STRAWBERRY AQUAFABA MERINGUE (VG) - £9

With whipped vegan cream

RICH CHOCOLATE & PEANUT TART - £9

With clotted cream

HEDGEROW BERRY'S (VG) - £12

Quickly tossed in warm sloe gin with lemon tonic sorbet

THE VERY BEST OF LOCAL ARTISAN CHEESE - £16

Quince preserve, celery and water biscuits (Keto without biscuits)

Our menus will change daily in accordance to what livestock,
fruit and vegetables are around us

THANK YOU TO OUR SUPPLIERS

Ed and Paul on Christchurch boat ph1190

Meadowbrook Produce (Christchurch)

Our on-site hunters

Hutchins Fish (Southbourne)