

Sandos & Wraps

serving Monday to Friday between 12pm & 3pm

Reubens *New York Deli Classic! Sourdough, Pastrami, sourcroust, Russian dressing and Emmental*
Ploughmans *Wiltshire Ham, mature cheddar, mixed salad and piccalilli*
Cowboy Wrap *deep south chicken, salsa, chilli cheese and coriander*
Faba Wrap *avocado, spiced chickpeas, roasted red peppers, paprika and cumin yoghurt*
Seaside Wrap *succulent battered haddock, dry tartar, iceberg and Korean BBQ mayo*

Sharers, Snacks and Sides

(the perfect amount for two or for one if you're very hungry)

Wings Half Kilo or Kilo (GF) *choose from: £12/£19*

Franks GF

Pepsi Syrup

BBQ

Ranch

Halloumi Fries *coated in seasoned flour, deep fried and served with chilli jam*

Tater Nachos *tater tots, spicy tomato and chilli sauce and mortadella. Topped with a Korean BBQ dirty cheese*

Snag Roll *pork, apple and caramelised onion sausage roll with English mustard*

Hotchpotch *button and flat mushrooms with sunblush tomatoes, cooked in a cream sauce, cajun sprinkles and crusty bread*

Chicken Loaded Fries *pulled roast chicken, stuffing, herb mayo sat on a bead of chips*

French Dip *sauteed mushrooms and red onion with topside of beef in sourdough bread served with our thick signature gravy and Dijon mustard*

Flatbreads

fired in The Wood Oven

Heritage Beetroot & Cashew Cream *slow cooked heritage Sopley beetroot, dill pickled hazelnuts, cashew cream and fresh dill*

IOW Tomato *marinated IOW tomatoes, sliced braised flat mushrooms, whipped ricotta with fresh basil*

Lamb Bam *spiced slow braised lamb shoulder, minted red onions, chilli cheese and smokey sumac yoghurt*

Meaty *roasted chicken, pastrami and hot honey ham, Cajun BBQ sauce and feta sprinkles*

Caprese *IOW tomatoes, bocconcini mozzarella, olive oil and basil*

Caesar *pulled roast chicken, marinated white anchovies, bacon bits, parmesan and Caesar dressing*

Please be aware that our kitchen handles common allergens, and while we take precautions, cross-contamination may occur; inform your server of any allergies. V - vegetarian VG - vegan GFO -gluten free options are available, please ask your server.

Starters

IOW Tomato Bruchetta with Olive Oil, Dorset Sea Salt and basil

Guinness Rarebit *with tomato chutney*

Tempura Prawns *with chilli and BBQ mayo*

Herb Marinated Chicken Strips *with honey and mustard mixed leaves, lemon and chive dressing*

Mains

Tripp Summer Beef Burger

2x 4oz patty, smoked streaky bacon, dry tartar, yellow cheese, iceberg, tomato, mayo and 'chup served with house slaw and fries

Tripp Chix Burger

Buffalo dipped fried chicken, blue cheese, ranch dressing, iceberg and tomato served with house slaw and fries

Vege Burger VG

Chickpea and coriander patty with spice, dill pickles and cashew cheese served with house slaw and fries

Fish n Chips

Peroni battered haddock, minty garden peas, homemade tartar with loads of chips

Tripp Fish Pie

Mixed seafood and shellfish in a rich dill, pea and cream sauce covered with piped cheddar mash

Seafood Linguini

Creamy seafood in a white wine, dill and lemon sauce

Cornish Mussels GFO *Served with garlic ciabatta £18.50*

Choose from either:

Mariniere

Rich tomato & garlic broth

Desserts

Our summer deserts are all about the Sundaes!

Served with a selection of ice creams, wafer, raspberry and choc sauce. Choose your flavour:

Banoffee

Choc Fudge

Apple Pie

Cheesecake

Lemon Meringue

Eton Mess

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