


THE FISH INN

GLUTEN FREE MENU

 /fishinringwood

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 www.fishinringwood.co.uk

 The Bridges, Ringwood, Hampshire, BH24 2AA

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STARTERS AND SHARERS

Broad bean and chilli fritters with pickled cucumber and houmous - v £5.95
Homemade soup of the day with toasted bread - v £5.75
Baked Camembert with honey and rosemary served with toasted bread and roast garlic jam - v £12.50

Cheese ploughman's with Cheddar, Stilton and Brie, tomato, pickled onion and apple with toasted bread - v £12.50
Add home-cooked ham for £2.00

MAINS

6oz Beef burger with spicy tomato chutney on a toasted bun, lettuce, tomato, crunchy summer slaw and fries - £11.50 *Add cheese, bacon or jalapeños for £1.00 each or pulled pork for £2.00*

Fish of the day in a Wadworth 6X Gold beer batter served with chips, peas, lemon and tartare sauce - £12.95 / £8.50

Vegetable fajitas - Cajun spiced pan-seared onions, peppers, baby corn and mushrooms served with tortillas, guacamole, salsa, grated Cheddar and sour cream - v £10.50

Home-cooked honey glazed ham with free-range fried eggs, slow roasted tomato and chips - £11.50 / £7.95

Grilled cod with a crayfish butter, seasonal greens and minted new potatoes - £13.95

Caesar salad of romaine lettuce, vegetarian cheese and free-range egg - v £10.50

Add chicken and bacon for £3.00

Tomato and Mediterranean vegetable risotto with shaved Old Winchester cheese - v £10.50

Add chicken or halloumi for £3.00

SIDES

Beer battered onion rings - v £3.50
Seasonal vegetables - v £3.25
House salad - v £3.25
Chips - v £3.25
Fries - v £3.25

SANDWICHES

Please ask for today's bread selection and then choose from the fillings below

Fish goujons with lettuce and tartare sauce - £7.50
Tuna mayonnaise and spring onion - £6.50
Grilled halloumi with spinach, roasted peppers and chilli jam - v £7.95
Brie, bacon and cranberry - £7.50
Home-cooked ham and mature Cheddar with tomato and watercress - £7.95
Chicken with crispy bacon, lettuce, tomato and Dijon mustard mayonnaise - £7.50

PUDDINGS

All puddings at £6.25

Choose 3 scoops from our ice-cream and sorbet selection, ask us for more details - v

Sticky toffee pudding with rich toffee sauce and vanilla ice-cream - v

Baked vanilla cheesecake with berry compote - v

Raspberry and white chocolate crème brûlée with homemade shortbread - v

Chocolate and coconut tart with vanilla ice-cream - vg

A selection of British cheeses with assorted biscuits, apple, grapes, celery and chutney - v £8.75

HOT DRINKS

Americano - £2.75
Cappuccino - £3.00
Latte - £3.00
Espresso - £2.50
Double espresso - £3.00
Flat white - £3.00
Hot chocolate - £3.25
Pot of tea - £2.75
Speciality tea - £2.90
Mocha - £3.25

(v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients.

IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.

