


THE FISH INN

GLUTEN FREE LUNCH MENU

 /fishinringwood

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 The Bridges, Ringwood, Hampshire, BH24 2AA

GLUTEN FREE LUNCH MENU

STARTERS AND SHARERS

- Halloumi fries with harissa yogurt - v £5.95
- Sautéed oyster mushrooms with shallots, garlic and parsley butter on toasted bread - v £6.25
- Spicy Catalan mussels in a chorizo and tomato sauce with toasted bread - £8.95
- Smoked duck breast and orange salad served with roasted cashew nuts and fig relish- £7.95
- Smoked salmon terrine with beetroot chutney and toasted bread - £7.25

- Homemade soup of the day with toasted bread - v £5.75
- Baked Camembert infused 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

- Roasted onion, garlic and parsley risotto with Bath soft cheese and crispy fennel - v £10.50
- Meatless Farm TM vegan burger with avocado, baby spinach, tomato and beetroot & horseradish relish all on a toasted bun with crispy dill pickle and fries - v £11.95
- Walter Rose 6oz beef burger with melted double Gloucester cheese, bacon, iceberg lettuce, beef tomato and sweet mustard ketchup all on a toasted bun with crispy dill pickle and fries - £12.75



- Catch of the day in a Wadworth 6X Gold beer batter served with mushy peas, chips and tartare sauce - £13.50 / £8.50
- Battered chilli and garlic halloumi with pea purée, harissa mayo and skinny fries - v £10.95 / £7.95
- Home-cooked honey and mustard glazed ham with free-range eggs, slow-roasted tomato and chips - £11.50 / £8.25
- Pan-fried lambs liver with crispy bacon in a rich onion gravy served with seasonal greens and creamy mashed potatoes - £12.95 / £8.50

SANDWICHES

- All our sandwiches are served with chips and dressed salad.
- Grilled halloumi with chilli jam, spinach and smashed avocado - v £7.75
- Honey glazed Wiltshire ham with mustard - £7.50
- Brie, chicken and chorizo with chilli jam - £8.50
- Mature Cheddar cheese with a spicy tomato chutney - v £6.95
- Tuna mayo with spring onion - £6.95
- Fish goujons with lettuce and tartare sauce - £7.95

DESSERTS

- All puddings at £6.25
- Cinnamon banana fritter with a butterscotch sauce and vanilla ice-cream - v
- Chocolate and coconut tart with vanilla ice-cream - vg

Selection of British cheeses with oatcakes, apple, grapes, celery and fig relish - v £8.75

SIDES

- Cauliflower cheese - v £4.50
- Rocket, vegan cheese and sun-blushed tomato salad - v £5.00
- Skinny fries - v £3.25
- Cheesy garlic bread - v £4.75
- Wadworth 6X Gold battered onion rings - v £3.50
- House salad- v £3.50
- Garlic bread - v £3.75
- Cheesy chips - v £4.25
- Chips - v £3.25

HOT DRINKS

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

IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE LET US KNOW BEFORE ORDERING AND ASK FOR OUR ALLERGY MATRIX. Although we take all reasonable precautions to prevent cross contamination of allergens, this is not always possible as we handle and prepare a variety of open foods that contain allergens. **Our menu descriptions do not include all ingredients.** (v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association.

