

Spring Menu

True Lovers Knot Classics

Steak and Badger Ale Pie £12.95 (GF option available)

Individual handmade shortcrust pastry pie filled with slow cooked prime steak and badger ale served with chips and gravy

Crispy Battered Fish £11.95 (GF option available)

with chips with garden salad and house made tartare sauce and lemon wedge

Homemade Honey Glazed Ham £10.25 (GF)

with a brace of eggs, chips, garden salad and piccalilli

The True Lovers Knot Prime Beef Burger £12.95

served in a toasted white floured roll with tomato, gherkin, little gem lettuce and house made BBQ sauce with chips and coleslaw

Hand cut 250g Rump Steak £13.95 (GF)

Cooked to your liking with chips, salad and a choice of sauce; peppercorn, mushroom or red wine Jus

Hunters Chicken £11.95 (GF)

Succulent pan roasted chicken breast topped with BBQ sauce, crispy bacon and cheese served with chips and garden salad

Crispy Breaded Scampi £11.95

with chips, peas and homemade tartare sauce and lemon wedge

Vegan Wild Mushroom Risotto £10.95 (GF) (V)

with peas and spinach

Light Bites and Snacks

Chips and Garlic Aioli £2.95 (V) (GF)

Add cheese for 50p

Garlic Ciabatta £1.25 per slice

Add cheese for 50p

Bread and Dips £4.45

A selection of dips served with warm ciabatta and olives.

(Gluten Free Bread Available)

Just for Kids and OAPs

£4.95

(all kids meals come with a free scoop of ice cream after the meal)

Spaghetti in tomato sauce topped with cheese (V)

Spaghetti and meatballs topped with cheese

Ham, Eggs and Chips

Chargrilled Chicken, Chips and Salad

Beef Burger with cheese and tomato served with Chips and Salad

Crispy Battered Fish, Chips and Salad

Scampi, chips and salad

June Specials

Please check the Blackboards or ask our friendly staff for even more fresh daily seasonal specials

Entrée and Light Bites

Goats Cheese Mousse with Vine Ripened Cherry Tomatoes, Crushed Walnuts,

Dressed Watercress and Crostini of ciabatta

£5.95 (V)(Gluten Free Bread Available)

Vegan Fire Roasted Pepper, Courgette, Red Onion, Tomato,

Toasted Sesame and Smoked Eggplant Salad.

£4.95 (V) (GF)

House made Pork and Apricot Terrine with Apple Chutney,

Dressed Watercress and warm Ciabatta

£6.95(Gluten Free Bread Available)

Pan Seared Scallops

With cauliflower puree, broad beans and crumbled feta

£11.95 (GF)

Main Courses

House made Gnocchi £11.95 (V)

Served with roasted peppers, courgette, red onion, basil and shaved parmesan

Crispy Skin Salmon £13.95 (GF)

With new season asparagus, broccolini and beetroot puree

Prawn and Devon Crab Linguini £14.95

With chilli, garlic, roquette and lemon butter sauce

Hand Cut Sirloin Steak £18.95 (GF)

With roasted baby carrots, sauté new potatoes, confit garlic and wild mushroom sauce

Slow Roasted Pork Belly with Perfect Crackling £17.95 (GF)

Served with bubble and squeak, apple sauce and red wine gravy

Pan Fried Haloumi Salad £9.95 (V) (GF)

With pomegranate, red onion, fire roasted peppers, broccoli and roast Butternut squash,
tossed together with mixed leaf salad and citrus dressing

Lunch Time

12pm – 3pm Monday-Friday

12pm – 5pm Saturday and Sunday

Crispy Skin Jacket Potato with Garden Salad £6.95 All (GF) and (V)

Choose from the following fillings:

Cheddar Cheese and Baked Beans

Bacon, Brie and Cranberry

Vegan New Forest Wild Mushroom and Herb Dressing

Freshly Made to Order Classic Sarnie served with Garden Salad £5.25

Choose from Farmhouse White Loaf, Granary Loaf or Gluten Free Bread.

Choose from the following fillings:

The Classic BLT

Cheese, Homemade Pickle and Watercress (V)

Vegan Roasted Veggie, Hummus and Aioli (V)

Freshly made to order Warm Ciabatta served with Garden Salad £5.95

Choose from the following fillings:

House made Ham and Cheese

Chicken, Pesto and fire Roasted Peppers (V)

Steak and Onion with Mustard Aioli and watercress

Vegan Roast Veggies, Pesto and Watercress

Three Cheese Melt: Cheddar, Brie and Parmesan with Onion Chutney (V)

Desserts

All £4.95

Summer Berry Cheesecake

A twist on the classic cheesecake made with mascarpone fresh seasonal berries
and sticky fruit syrup

Home Baked Chocolate Brownie

served with New Forest vanilla ice-cream

Home-baked Sticky Toffee Pudding

served with lashings of caramel sauce and New Forest salted caramel ice cream

White and Dark Chocolate Mousse (GF)

With gooey marshmallow, toasted nuts and summer berry syrup

We have a selection of delicious New Forest ice creams available;

please ask the staff for what's on this week

£1 per scoop