

Welcome to

The True Lovers Knot

Lunch Menu.

Crispy Skin Jacket Potato with Garden Salad. £6.95

Choose from the following filling:

Cheddar Cheese and Baked Beans. (V) (GF)

Bacon, Brie and Cranberry. (GF)

Vegan New Forest Wild Mushroom, Baby Spinach and Herb Dressing. (V) (GF)

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 filling:

The Classic BLT.

Cheese, 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.

Steak and Onion with Mustard Aioli and watercress.

Vegan Roast Veggies, Pesto and Watercress. (V)

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

Our Classic Menu

Steak and Badger Ale Pie £12.95

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

Crispy Battered Fish, £11.95

with chips with garden salad and homemade tartare sauce and lemon wedge. (GF option available)*

Homemade Honey Glazed Ham £10.95

with a brace of eggs, chips & garden salad . (GF)*

The True Lovers Knot 8oz Prime Beef Burger

served in a toasted white floured roll with tomato, gherkin, little gem lettuce and homemade BBQ sauce with chips and coleslaw. £12.95*

Hand cut 250g Rump Steak £13.95

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

Hunters Chicken £12.95

Succulent chicken breast in a homemade smokey BBQ sauce topped with crispy bacon and cheese served with chips and garden salad. (GF)*

Crispy Breaded Scampi £11.95

with chips, peas and homemade tartare sauce and lemon wedge.

£11.95*

Spaghetti and Handmade Meatballs £10.95

Topped with cheese.*

Vegan Wild Mushroom Risotto £9.95

with peas and spinach (GF) (V)*

Snacks & Salads

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)

Pan Fried Haloumi Salad £9.95

With seasonal roast vegetables, mixed leaves and dressing. (GF) (V)

Vegan Roast Vegetable Salad £7.95

Seasonal roast vegetables, mixed toasted nuts and seeds. (GF)(V)

Poached Salmon Salad £9.95

With a soft boiled egg, green beans, sugar snaps, red onion and toasted sesame. (GF) (V)

*For all our friends of any age with a smaller appetite we can half your portion size on selected menu items and half the cost.