



Appetisers

Olives , marinated in garlic & rosemary (V,GF)	£3.50
Bread selection , 5 mini breads served with olive oil & balsamic with a dressed salad garnish (V)	£3.95

Starters & Sharers

Home made soup , served with toasted ciabatta (V,GF option)	£4.95
Pâte , served with red onion chutney, toasted ciabatta & dressed salad (GF option)	£5.95
Garlic mushrooms , in a cream & stilton sauce on toasted ciabatta with dressed salad (V,GF option)	£5.95
King prawns, crayfish tails & salmon caviar , served with dressed salad & vodka mary rose (GF)	£6.95
Nachos sharer , topped with melted cheddar, jalapenos & salsa served with a chilli bowl (GF)	£9.45
Sharing platter , spicy chicken wings, duck spring rolls, white bait, mozzarella sticks, topped nachos & dips	£9.95
Baked camembert sharer , served with vegetable sticks and red onion chutney (V,GF)	£7.95

Mains

House Curry , with a choice of beef, chicken, king prawn or vegetables (V) with rice, poppadom and mango chutney (GF)	£12.95
Warm quinoa salad , with roasted peppers, chargrilled halloumi & balsamic dressing (V,GF)	£11.95
Spicy noodle stir fry , with a choice of beef, chicken, king prawn or vegetables (V)	£14.95
Home made mushroom & spinach lasagne with béchamel sauce served with dressed salad (V)	£11.95
Beer battered cod & chips , served with minted mushy peas & homemade tartar sauce (GF)	£12.95
Paella of mixed meats and seafood , served with garlic ciabatta	£12.95
Salmon fillet , served on creamy garlic tagliatelle with tender stem broccoli & Garlic ciabatta	£14.95
Homemade chilli con carne , served with rice, nachos and sour cream	£12.95
Hampshire 8oz sirloin steak , served with grilled flat garlic mushroom, chips, tomatoes and Watercress (GF) (add peppercorn, stilton or dienne sauce for £2.75 or scampi £3)	£18.95
Duck breast & avocado salad , with plum sauce (GF)	£13.95
Mushroom & leek pie , topped with pumpkin & sunflower seeds served with new potatoes, tender stem broccoli & carrots (V,GF)	£11.95
Beer battered halloumi burger , served in a loaded oat & sesame seed bun with sweet potato fries, homemade coleslaw & relish (V)	£11.95
Homemade gourmet beef burger , served in a loaded oat & sesame seed bun, with chips, homemade coleslaw & relish.	£12.95
Burger toppings of cheddar, bacon, flat mushroom, stilton £1 each or chilli con carne £3	

Sides

Bacon Mac & Cheese	£3.95	Chips / Skinny fries (V,GF)	£2.75
Hand beer battered onion rings (V,GF)	£3.50	Homemade coleslaw (V,GF)	£2.00
Seasonal veg (V,GF)	£2.50	Corn on the Cob (V,GF)	£2.00
Dressed salad (V,GF)	£2.95	Garlic ciabatta (V)	£2.75
		Sweet potato fries (V,GF)	£2.95

We use local produce where possible and all dishes are prepared to order so may take time.

We cannot guarantee that any food item is completely free from allergens. If you have any specific dietary needs or allergies please speak to your server. (V) Vegetarian. (GF) Gluten Free. (GF option) Can adjust meal to be Gluten Free.



Sunday Menu

Starters

Olives , marinated in garlic & rosemary (V,GF)	£3.50
Bread selection , 5 mini breads served with olive oil & balsamic with a dressed salad garnish (V)	£3.95
Garlic mushrooms , in a cream & stilton sauce on toasted ciabatta with dressed salad (V,GF option)	£5.95
Soup of the day , served with ciabatta (GF option)	£4.95
Pate , served with red onion chutney, toasted ciabatta & dressed salad (GF option)	£5.95
Sharing platter , spicy chicken wings, duck spring rolls, white bait, mozzarella sticks, topped nachos & dips	£9.95

Mains

Traditional Sunday Roast , served with all the trimmings (GF option, child portion available) Choice of the following: Pork loin Beef sirloin Chicken supreme Lamb leg Vegetarian option	£12.95
Add an extra portion of Yorkshire pudding, stuffing and roast potatoes	£2.95
Handmade gourmet beef burger , served in a loaded oat & sesame seed bun with a side of chips, relish and home made coleslaw (beer battered halloumi burger also available -£1 (V)) toppings - cheddar, bacon, flat mushroom, stilton £1 each or home made chilli con carne £3	£12.95
Cajun chicken breast , served with rice & peas, dressed salad, corn on the cob & home made coleslaw	£11.95
Beer battered cod & chips , served with minted mushy peas, chips & homemade tartar sauce (GF)	£12.95
All day brunch , 2 butchers pork sausages, black pudding, 2 thick cut smoked bacon rashers, 2 fried eggs, tomatoes, flat mushroom, beans and chips.	£11.95
Warm quinoa salad , served with roasted peppers, chargrilled halloumi & balsamic dressing (V,GF)	£11.95

Sides

Bacon Mac & Cheese	£3.95	Chips / Skinny fries (V,GF)	£2.75
Hand beer battered onion rings (V,GF)	£3.50	Homemade coleslaw (V,GF)	£2.00
Seasonal veg (V,GF)	£2.50	Corn on the cob (V,GF)	£2.00
Dressed side salad (V,GF)	£2.95	Garlic ciabatta (V)	£2.50
		Sweet potato fries (V,GF)	£2.95

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The Rising Sun
Swanmore

Light bites

Breaded scampi , served with chips, dressed salad and homemade tartar sauce.	£7.95 / £9.95
Cajun chicken breast , served with rice & peas, corn on the cob, dressed salad & homemade coleslaw	£11.95
House mixed salad, topped with mango chicken (GF option)	£9.95
Ploughmans , cheddar wedge, in house honey roast ham, mixed dressed salad, sliced apple, pickled onion, ciabatta & chutney (GF option) add stilton or brie wedge £2.50	£11.95
Thai cod & prawn fishcakes , served with dressed salad, sweet potato fries and sweet chilli dip (GF)	£8.95 / £11.95
House bacon mac & cheese , served with garlic ciabatta	£8.45
Hand carved in house honey roast ham , served with a fried egg, chargrilled pineapple ring, chips and dressed salad (GF)	£11.25

Ciabattas & Wraps

Choose from a ciabatta or wrap, served with dressed salad & homemade coleslaw. Add fries for £1.50

Chargrilled halloumi, roasted peppers & salsa (V)	£6.95
King Prawns in vodka mary rose with mixed leaves	£7.50
Grilled chicken & bacon with salad & mayo	£7.50
Hawaiian- house honey roast ham, chargrilled pineapple rings & cheddar	£7.50
Roast sirloin with horseradish & watercress	£7.95

Jacket potatoes

All Jacket potatoes are served with dressed salad

King prawns in vodka mary rose sauce (GF)	£7.50
Grated cheddar & baked beans (V,GF)	£6.50
Home made chili con carne (GF)	£7.50
Grated cheddar & homemade coleslaw (V,GF)	£6.50
House curry with chicken, beef or King prawns (GF)	£7.50

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Children's menu £6.95

Main meal & ice cream scoop with flake

Starters / snacks

Veggie sticks & hummus (cucumber, pepper, carrot & celery)	£1.95
Pate , served with toasted ciabatta & dressed salad	£3.25
Garlic ciabatta	£1.50

Main meals

Build your own wrap, including grilled chicken breast, tomato, cucumber, grated cheese and sliced peppers.

Breaded scampi / Sausages / Hand battered chicken

Nuggets (GF) / Home made cheese burger, served with skinny fries & a choice of peas, beans or carrots.

Tomato soup, served with ciabatta (V,GF option)

House bacon mac & cheese, served with garlic ciabatta.

4oz sirloin steak, served with skinny fries & a choice of peas, beans or carrots. (additional £2) (GF)

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