



Starters

Pâte , served with red onion chutney, toasted ciabatta & dressed salad (GF option)	£5.95
Garlic mushrooms , in a creamy sauce on toasted ciabatta with dressed salad (V,GF option)	£4.95
Duck spring rolls , served on a bed of fried savoy cabbage with a sweet chilli & soy sauce	£5.50
Tiger king prawns , in a white wine garlic cream sauce served with ciabatta (GF option)	£6.50/£12.95
Spicy chicken wings , served with sour cream and dressed salad (GF)	£5.50
Mushy pea fritter sticks & grilled halloumi , served with dressed salad and garlic mayo (V,GF)	£5.95
Baked camembert , served in a cranberry bread ring - <i>ideal to tear and share</i> (V)	£7.95

Mains

House Curry , with a choice of beef, lamb, chicken or tiger prawns / tofu or vegetables (V) with rice, poppadom and mango chutney (GF)	£12.95/£10.95
Warm quinoa salad , with grilled peppers, grilled halloumi & pesto (V,GF)	£10.95
Meatball linguine , in a tomato and basil sauce topped with parmesan & garlic ciabatta	£11.95
Butchers pie , with mustard mashed potato, savoy cabbage and honey roasted vegetables	£13.95
Spicy noodles , with a choice of beef, lamb, chicken or tiger prawn / tofu or vegetables (V)	£14.95/£12.95
Liver, bacon and onion , served with bubble and squeak, stem broccoli and gravy (GF)	£12.50
Beer battered cod & chips , served with mushy peas & homemade tartar sauce (GF)	£12.95
Stilton and vegetable crumble , served with honey roasted vegetables (V)	£11.50
Grilled snapper , served with parsley cream sauce, tender stem broccoli and crushed new potatoes (GF)	£14.50
Hampshire sirloin steak , served with cajun mushrooms, chips, vine tomatoes and peas (add peppercorn, stilton or Dianne sauce for £2.50 or calamari for £3.75)	£18.95
Stew of the day , served with a warm baguette	£11.95
Wild boar sausages , served with mustard mash, honey roasted vegetables, tender stem broccoli, poached apple with cider glaze and cider gravy	£11.95
Homemade Burgers , served in a loaded brioche bun, with chips, coleslaw and sauce. Choice of:	
Minted lamb	£13.50
Gourmet beef	£12.95
Chicken breast	£12.95
Battered halloumi (V)	£11.95
<i>Choose from one of our toppings (£2 extra)</i>	
<i>Monterrey Jack cheese & bacon</i>	
<i>Mushroom & blue cheese</i>	
<i>Mexican cheese and jalapeños</i>	

Sides

Bacon Mac & Cheese	£3.95	Chips / Skinny fries (V,GF)	£2.75
Hand beer battered onion rings (GF)	£2.75	Homemade coleslaw (V,GF)	£1.50
Seasonal veg (V,GF)	£2.00	Garlic ciabatta (V)	£2.00
Dressed salad (V,GF)	£2.00	Olives (V,GF)	£2.50
Sweet potato fries (V,GF)	£2.75	Cajun mushrooms (V,GF)	£2.50

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

Garlic mushrooms , in a creamy sauce on toasted ciabatta with dressed salad (V)	£4.95
Soup of the day , served with ciabatta (GF option)	£4.95
Pate , served with red onion chutney, toasted ciabatta & dresses salad (GF option)	£5.95
Spicy chicken wings , served with sour cream & dressed salad (GF)	£5.50

Mains

Traditional Sunday Roast , served with all the trimmings (GF option)	£12.95
Choice of the following:	
Pork loin	
Beef sirloin	
½ Chicken	
Lamb leg	
Vegetarian option	
Handmade gourmet beef burger , served in a loaded brioche bun with a side of chips, burger relish and coleslaw (toppings extra £2: Monterrey Jack cheese & bacon / mushroom & blue cheese / Mexican cheese and jalapenos)	£12.95
Cajun chicken breast , served with chips, salad and coleslaw (GF)	£10.95
Beer battered cod & chips , served with minted mushy peas & homemade tartar sauce (GF)	£12.95
All day brunch , wild boar sausage, 2 thick cut back bacon, ,fried egg, grilled vine tomatoes, mushrooms, beans and chips.	£10.95
Grilled halloumi, roasted peppers & pesto baguette , served with a soup pot (V)	£6.50

Sides

Bacon Mac & Cheese	£3.95	Chips / Skinny fries (V,GF)	£2.75
Hand beer battered onion rings (V,GF)	£2.75	Homemade coleslaw (V,GF)	£1.50
Seasonal veg (V,GF)	£2.00	Garlic ciabatta (V)	£2.00
Dressed salad (V,GF)	£2.00	Olives (V,GF)	£2.50
Sweet potato fries (V,GF)	£2.75	Cajun mushrooms (V,GF)	£2.50

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The Rising Sun
Swanmore
Light bites

Homemade chilli con carne, with rice, nachos & sour cream (GF)	£7.95/£11.95
Scampi and chips, served with peas and homemade tartar sauce. (swap your scampi for panko breaded calamari extra £2)	£7.95/£9.95
Cajun chicken breast, served with chips, dressed salad & coleslaw	£10.95
House mixed salad, with chicken, bacon & Caesar dressing (GF)	£7.95/£9.95
with fillet strips and blue cheese dressing (GF)	£8.95/£11.95
Nachos, topped with salsa, sour cream, jalapenos & cheese (V,GF) (add chilli con carne for extra £3)	£5.50
Thai cod & prawn fishcakes, with salad, sweet potato fries and sweet chilli dip	£8.95/£11.95
House bacon mac & cheese, with garlic ciabatta	£7.45/£9.95
6oz gammon steak, with chips, peas, egg & pineapple (GF)	£10.95

Hot baguettes & Melts

All Baguettes & Melts are served with a soup pot

Wild boar sausage fried onion & mustard	£7.50
Grilled halloumi, roasted peppers & pesto (V)	£6.50
Tomato, red onion and cheese melt (V)	£6.50
Meatball, jalapenos & Mexican cheese melt	£7.50
Chicken, bacon, BBQ sauce & cheese melt	£7.50
Tuna red onion and cheese melt	£6.95

Jacket potatoes

All Jacket potatoes are served with dressed side salad

Tuna and mayonnaise (GF)	£5.95
Cheese and beans (V,GF)	£5.50
Cheese and coleslaw (V,GF)	£5.50
Chilli con carne & cheese (GF)	£6.50

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The Rising Sun

Swanmore

Children's menu £6.95

Including dessert

Children's meal

Build your own wrap, with grilled chicken breast, cucumber, grated cheese and peppers.

Hand battered fish goujons / chicken goujons or sausages, served with skinny fries and peas or beans.(GF)

House bacon mac & cheese, served with garlic ciabatta.

Hand made burger with cheese , served with skinny fries.

Pesto & cream pasta, served with garlic ciabatta.
(V) (add grilled chicken breast for £1)

Children's dessert

Ice-cream, one scoop of New Forest Ice-cream topped with a flake, choose from our selection of flavours.



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