



We respectfully ask you choose a starter with your meal experience to allow the kitchen time to prepare your main course

## STARTERS

	<b>Starter</b>
<b>Fried crispy squid</b> Red pepper salsa & lemon	7.00
<b>Cream of chicken soup</b> Confit chicken & cream	6.00
<b>Smoked Scottish salmon</b> Capers, lemon, crème fraiche and sourdough bread	9.50
<b>Antipasti</b> Serrano ham, cured Italian beef, buffalo mozzarella, marinated artichokes, olives, grilled ciabatta, vine cherry tomatoes & wild rocket	8.50
<b>Pan-fried diver-caught Orkney scallops</b> Puy lentils, crispy lardons & frizzy salad	14.50
<b>Seafood bisque</b> Shellfish, garlic mayonnaise & crouton	8.50
<b>Casterbridge beef carpaccio</b> Wild rocket & parmesan	9.00
<b>Bread basket</b> Baked ciabatta, olive bread & Rustic rye bread	2.50

## SALADS

	<b>Starter/Main Side</b>
<b>Caesar salad</b> Traditional with anchovies, croutons & shaved Parmesan cheese	5.50
Grilled chicken breast	11.50
<b>Mixed salad leaves (v)</b> Green beans, toasted walnuts, cherry plum tomatoes, cucumber & walnut dressing	7.00
<b>Warm marinated goat's cheese salad</b> Wild mushrooms, baby leeks, thyme and Lancaster honey dressing	8.50
<b>Tiger prawn salad</b> French beans, organic leaves & spicy tomato dressing	8.50

## PASTA & RISOTTO

	<b>Main</b>
<b>Risotto (v)</b> Wild mushroom & truffle butter	12.00
<b>Linguine Neapolitan (v)</b> Vine tomato, olives, chilli & basil	12.00
<b>Tagliatelle with chicken</b> Sun blushed tomatoes, gorgonzola & pine nuts	13.00
<b>Seafood spaghetti</b> Mussels, prawns, squid, crab and clams, tomato, chervil, garlic and parsley	16.00

## MAIN COURSES

<b>Beer battered sustainable haddock &amp; hand cut chips</b> Sauce tartare, mushy peas and lemon	14.00
<b>Roast organic Norfolk chicken</b> Sage & onion stuffing, savoy cabbage & roast potatoes	14.50
<b>Lobster club</b> Served in a bun with avocado, lettuce, tomato, "Ramsay of Carluke" sweet cure bacon & mayonnaise served with hand-cut chips	18.50
<b>Braised Cornish shank of lamb</b> Spinach and winter vegetables	16.50
<b>Fillet of organic salmon</b> Baby leeks, shrimp and caper butter	19.50
<b>Steamed fillet of sea bream</b> Mussels, vermouth, fennel, carrot & bay leaf	16.50
<b>Prime fillet beef burger (200g)</b> Bun, French fries, plain or with cheese, sweetcure bacon, tomato ketchup & mayonnaise	18.00

## GRILLS

Beef served in Island is from west of England Casterbridge stock fed on natural grain & matured on the bone for 21 to 28 days to give a distinctive traditional flavour.	
<b>Tender fillet steak (225g)</b>	29.50
<b>T-bone steak (450 g)</b>	32.00
<b>Cornish lamb cutlets</b>	22.50
<b>Whole grilled sea bass</b> Fennel & lemon	19.50
<b>Grilled lemon sole (600g)</b> Whole or filleted	19.50

Grills are served with your choice of one sauce & one side from the list below:

## SAUCES

Béarnaise	Red pepper salsa
Tartare sauce	Wild mushroom & red wine
Green peppercorn sauce	Garlic & parsley butter
Salsa Verde	

## SIDE ORDERS

Spinach wilted or creamed	Organic green salad	3.50
Mashed potato	Broccoli with almonds	
Hand-cut chips or French fries	Green beans with shallots	
Glazed Chantenay carrots with parsley	Oven roast potatoes, garlic and parsley	

## DESSERTS

<b>Cox's apple crumble</b> Apple sorbet & pouring cream or custard	6.50
<b>Butter milk pancakes</b> Poached pear, honeycomb cream	6.50
<b>Rich dark chocolate fondant</b> With white chocolate mousse & chocolate sorbet	6.50
<b>Baked Alaska</b> Cherries, kirsch & almonds	6.50
<b>Sticky toffee pudding</b> Caramel sauce, vanilla ice cream	6.50
<b>Selection of sorbets</b> Apple, pear, blackberry	6.50
<b>Selection of British and French cheese</b> With homemade chutney, biscuits and toasted croûtons	8.50

All prices include VAT at the prevailing rate. A discretionary service charge of 12.5% will be added to your bill.