



Download our app to get 2-4-1 cocktails 12 - 10pm, Sun - Fri



## **APPETISERS**

| Garlic bread (V) | S4.95/L6.75 |
|------------------|-------------|
|                  |             |

6.00 KFC(V)Krispy fried cauliflower bites, sriracha mayo

Spanish pitted olives (VG) House marinated Cheesy garlic bread (V) S 5.95 / LG7 Edamame beans (VG) Dorset sea salt

Guacamolè & chips 5.95

Corn tortilla chips, smashed avocado, salsa coriander. lime

# STARTERS / SHARERS

Jerk or sticky Korean wings 6 pcs- 6.95 Jerk gravy or chilli, 12 pcs - 11.95 coriander, sesame

Coconut panko king prawns 8.50 Mango chilli salsa, spiced mayo, coriander

Plant based meatballs (VG) 7.95 Moving Mountains meatballs, Pomodoro

sauce, vegan mozzarella Smoked salted calamari 7.95

Pulled beef taco 9.95

Jalapeño mayo

Pico de gallo, pickled onion, smashed avocado, aged cheddar, shredded lettuce

Bruschetta (VG) Olives, tomato, onion, basil, feta, balsamic glaze

Sharing nachos (V) 12.50

Corn tortillas, spicy tomato salsa, guacamolè, sour cream, aged cheddar, jalapeños ADD beef chilli + £3

Sticky pineapple pork skewers 7.95 Chilli & pineapple marinated pork

### **MAINS**

Blackened salmon 23 Lightly spiced fillet, garlic sautèed new potatoes, asparagus, chilli & lime papaya salad, papaya

dressing, coriander 24 West Country 10oz sirloin 10oz sirloin steak, cherry vine tomatoes, skinny fries

or garlic butter + £2 Poole Bay mussels 22

Classic white wine, cream, garlic, parsley, parmesan, toasted sourdough, skinny fries

ADD peppercorn sauce, chimichurri sauce

1/2 Aruba charred jerk chicken 22.95 Black bean rice, rainbow slaw, jerk gravy

Cauliflower, sweet potato and 17.50 chickpea tikka (VG)

Sticky rice, coconut, coriander

Smokey bacon back ribs 22.50

24 hour braised smokey bacon back ribs, rainbow slaw, mixed leaves, skinny fries

Poke bowl (VG) Tofu (VG) - 17.50

Sticky rice, sesame seeds, Salmon - 22 watermelon, smashed avocado, red cabbage, carrot, onion, mange tout, tomato

18.50 King prawn stir fry Teriyaki ginger garlic vegetables, egg noodles, sesame seeds

17.95 Sustainable fish & chips Battered Atlantic cod, crushed peas, thick-cut

chips, tartar sauce, lemon

**Single 14.95** The Aruba

Double + 4 4oz beef patty, streaky bacon, crispy onions, American cheese, gem lettuce, burger sauce toasted seeded brioche bun, skinny fries, rainbow slaw

15.95 Vegan burger (VG) Moving Mountains burger, veganaise, salsa, smoked vegan applewood, gem lettuce, vegan toasted

brioche bun, skinny fries, rainbow slaw 15.95 Aruba zinger

Crispy chicken breast, hash brown, gem lettuce, salsa, toasted seeded brioche bun, rainbow slaw, skinny fries

### PIZZA

Our sourdough pizzas are topped with Italian plum tomatoes, blended mozzarella, parmigiana cheese, fresh garlic, extra virgin olive oil and a mix of Italian herbs

11.95

Margarita (V) Buffalo mozzarella, fresh basil

14.95

Central pork Pulled pork, caramelised pineapple, red onion, green chilli

13.25

New Yorker Itallian pepperoni

14.95

Smokey BBQ BBQ base, chicken, bacon, peppers

14.95

Buffalo chicken

Buffalo chicken, jalapeño, red onion

13.45

Luigi (V) Buffalo mozzarella, olives, peppers, spinach

16.45

The Chicago Pepperoni, ground beef, bacon, mushroom

14.95

Hawaiian

15.95

The Roman Parma ham,

mushrooms, rocket buffalo mozzarella

15.95

The duck

Shredded duck, cucumber, spring onion

Gluten free base 2.00 / vegan cheese available (VG) / All pizzas can be turned into calzones served with pomodoro sauce add 250

#### **SIDES**

Wings Wednesday Every Wednesday 1/2 kilo of wings for £13

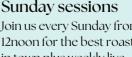
Kilo of wings for £23

Skinny fries (VG) 4.95 Baked mac & cheese (V) 5.95 ADD peri peri salt + £1 Dirty fries 6 Jerk BBQ Boston beans Bacon, cheese, burger sauce, crispy onion, jalapeños 6.50 BBQ spice, bacon Rainbow slaw (VG) 4.45 Bean salad (VG) 4.95 Buttered charred corn (V) 6

(V) Vegetarian, (VG) Vegan, (GF) Gluten free

Please let your server know if you have any allergies or dietary requirements. For every table a discretionary 10% service charge is added to the bill and distributed amongst the team





Join us every Sunday from 12noon for the best roasts in town plus weekly live music from 2pm.

