



## The Sail Inn | MAIN MENU

### STARTERS

#### Chef's Soup of the Day (gfo) | £6

*Served with bread and butter*

#### Smoked Mackerel & Avocado Salad (+)(gfo) | £8

*Served on a bed of salad leaves with cherry tomatoes and an olive oil dressing*

#### Rosemary and Garlic Brie Wedges | £8

*Breadcrumbs brie seasoned with rosemary and garlic served with chilli jam*

#### Japanese Style Prawns (+) | £6.50

*Crispy coated butterfly prawns served with a sweet chilli dip*

#### Halloumi Fries (v) | £6

*Deep fried halloumi served with salad garnish and a salsa dip*

#### Triple Cheesy Jalapeno Nachos (v) | £7.50 | Sharer £12

*Topped with nacho cheese sauce then with melted cheddar and mozzarella. Served with sour cream and salsa. **Add chilli con carne £3***

#### The Ultimate Sharer (\*) | £15

*2 x chicken fillet satay, 4 x mozzarella sticks, 4 x spicy chicken wings, 4 x onion rings, sweet potato wedges with satay and BBQ sauce*

#### Spicy Mussels and Chorizo (gfo) | £9

*Scottish mussels in a tomato, chorizo and smoked paprika sauce served with bread*

#### Whitebait H&G (+) | £7.50

*Served on a bed of lettuce with tartare sauce*

#### Mac N Cheese Bites (v)(\*) | £6

*Macaroni cheese in a crispy crumb served with a maple & bourbon BBQ sauce and a dressed salad garnish*

#### Chicken Wings (\*) | x 6 £7.50 | x 12 £13

*Spicy buffalo wings with Tennessee maple & bourbon BBQ sauce*

#### Bloody Mary Prawn Cocktail (+,\*) | £7

*Served on a bed of lettuce*

### MAINS

#### Catch of the Day (+) | £18

*Served with vegetables and your choice of potato*

#### Southern Fried Chicken Stack | £17

*Southern fried chicken breast stacked with pineapple, bacon, cheese and jerk sauce. Served in a toasted gourmet bun with burger sauce, baby gem tomato, red onion with a side of chips and coleslaw*

#### BBQ Full Rack of Ribs (\*) | £25

*Whole rack of pork ribs slowly roasted inhouse coated in our famous Tennessee Bourbon BBQ sauce, served with chips & slaw*

#### Singapore Salmon (+) | £20

*Baked salmon supreme served on a bed of egg noodles and vegetables in a spicy oriental sauce*

#### Chicken and Ribs (\*) | £22

*Grilled chicken and half rack of ribs coated in Tennessee Bourbon BBQ sauce served with chips and slaw*

#### Aberdeen Angus Beef Burger | £12

*Served in a toasted Gourmet bun with burger sauce, baby gem lettuce, tomato, pickle and red onion with a side of chips and coleslaw.*

**Add: Cheese & Bacon £2.50 | Chilli £2.50 | BBQ Pulled Pork (\*) £2.50**

#### Chicken Burger (\*) | £14

*Chicken with maple & bourbon BBQ sauce and cheese. Served in a toasted American style bun with burger sauce, baby gem lettuce, tomato, red onion, pickle with a side of chips and coleslaw*

#### Chicken Escalope Milanese | £16

*Breaded chicken escalope on a bed of linguine topped with a tomato & herb sauce and melted cheese*

### Chicken Forestière | £15

*Grilled chicken in a mushroom & stilton sauce served with chips and peas*

### Scampi & Chips (+) £13

*Whole tails of scampi, coated in breadcrumbs and served with chips, mushy or garden peas and tartar sauce*

### Ringwood Beer Battered Fish & Chips (+)(\*) | £15

*Freshly hand battered and served with chips, mushy peas or garden peas and tartar sauce*

### Chicken Tikka Masala (gfo) | £14

*Chicken breast cooked in a medium spiced tikka masala sauce, served with long grain rice and mango chutney **Add Indian Selection £3***

### Beef Lasagne Al Forno | £12

*Freshly made with a rich ragu and layers of pasta topped with a rich creamy cheese sauce served with a dressed mixed salad*

### Hunter's Chicken (\*) (gfo) | £12

*Chicken breast topped with smoked streaky bacon, maple & bourbon BBQ sauce, finished with melted cheese. Served with chips & onion rings*

### Steak & Kidney Pudding | £12

*Served with peas and your choice of potato*

## STEAKS

### 8oz Gammon Steak (gfo) | £14

*Topped with either a fried egg or a slice of pineapple, served with your choice of potato & peas **Add extra Egg or Pineapple £2.00***

### 8oz Sirloin Steak (gfo) | £22

*Dorset sourced tender cuts of steak seasoned and grilled to your liking. Served with chips, garden peas and grilled tomato  
**Add Peppercorn or Blue Cheese Sauce £2 | Garlic Butter £1***

## FAJITAS

*Cooked with onions and peppers served with grated cheese, tortillas, shredded lettuce, salsa, guacamole and sour cream*

***Choose from Sirloin Steak £22 | Chicken £19 | Steak & Chicken £20 | Halloumi (v) £16***

## VEGETARIAN

### Grilled Goats Cheese Salad (gfo) | £14

*Served on a bed of freshly dressed mixed salad leaves, tomatoes, cucumber, red onion, peppers & sweetcorn with a plum sauce dressing*

### Red Thai Vegetable Curry (v)(ve)(gfo) | £12

*Red and yellow peppers, carrots, bamboo shoots, baby sweetcorn and green beans in an authentic style sauce with coconut, red chilli, garlic, ginger and Thai basil served with long grain rice **Add Indian Selection (not vegan) £3***

### Bean & Sweet Potato Chilli (v) | £14

*Served with rice, nachos and sour cream*

### Mac & Cheese (v) | £12

*Our America-style mac & cheese, with authentic macaroni in a rich, velvety three cheese sauce gratinated. Served with a dressed mixed side salad. **Add smoked streaky bacon (not v) £2***

### Beetroot, Red Pepper & Quinoa Burger (v,ve) | £12

*Beetroot, red pepper, red onion and quinoa flavoured with garlic, lemon, mint and paprika in a panko style seeded crumb, served with fried onions, chips and coleslaw (not ve)*

### Caesar Salad | £12

*Chopped romaine lettuce croutons, parmesan cheese tossed in caesar dressing. **Add sliced grilled chicken and bacon (not v) £3***

## SIDES

**Chips (ve) £3.50 | Onion Rings (ve) £4.50 | Corn on the Cob £2 | Garlic Bread £4 |  
Dressed Mixed Salad (ve) £4.50 | Sweet Potato Fries £4 | Garlic Bread with Cheese £5**

Our menu descriptors do not include all ingredients. Prices shown include VAT at the current rate. Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens. We cannot guarantee that any food item is completely free from allergens, due to the risk of cross contamination. Please specify any allergens when ordering (gfo) Gluten Free Option available, (ve) Suitable for Vegans (v) Suitable for Vegetarians (\*) Contains Alcohol (+) small bones or shell may be present



## **The Sail Inn | DESSERTS MENU**

### **Toasted Waffle | £7**

*Served with your choice of:*

*Bananas, chocolate & vanilla ice cream topped with toffee sauce and a sprinkling of biscoff biscuit*

*Strawberries, strawberry & vanilla ice cream topped with strawberry sauce and a sprinkling of biscoff biscuit*

### **Cheesecake of the Day | £6.50**

*Served with whipped cream*

### **Fruit Crumble of the Day (gfo) | £6**

*Served with custard or vanilla ice cream on the side*

### **Sticky Toffee Pudding (gfo) | £6**

*Warm date and toffee flavoured sponge with a sticky toffee sauce, served with custard or vanilla ice cream*

### **Chocolate Fudge Brownie (gfo) | £6**

*Chewy chocolate brownie topped with dark chocolate chunks. Served warm with vanilla ice cream*

### **Black Forest Sundae | £7**

*Chocolate & vanilla ice cream, with layers of chocolate brownie chunks, whipped double cream and cherry compote, topped with chocolate sauce and crumbled chocolate.*

### **Treacle Tart | £6**

*A lemon & ginger treacle tart made from cake & breadcrumbs with rich golden syrup. Served with custard or vanilla ice cream*

### **Eton Mess Sundae | £7**

*Strawberry & vanilla ice cream, strawberries & broken meringue topped with whipped cream and strawberry sauce*

### **Bread and Butter Pudding | £6**

*A British classic! With sultanas, demerara sugar, marmalade and nutmeg served with custard or vanilla ice cream.*

### **Jude's Ice Cream | 3 scoops £5 | 2 scoops £3.50 | 1 scoop £2**

*Choose from Strawberry, Chocolate, Vanilla, Cherry Clotted Cream, Rum & Raisin, Mint Choc, Vanilla (ve) or Coconut (ve) ice cream topped with a flavoured sauce. Jude's is based locally in Hampshire and is Britain's first ever carbon negative ice cream company!*

### **Jude's Ice Cream for DOGS! | £1.75**

*Treat your pooch to a plant based and totally pawsome Strawberry, Apple & Banana doggie ice cream. Not only will your furry friend love it, but Jude's will donate 5% to support the wonderful work Battersea does in helping dogs everywhere! Win, win!*

## **HOT DRINKS**

Our coffees are freshly brewed using coffee beans from Hampshire based The Coffee Bean Company

Capuccino £3.50 | Cafe Latte £3.50 | Americano £3 | Espresso £2.50 | Mocha £3.50

Flat White £3.25 | Hot Chocolate £3 | Speciality Teas £3 | English Tea £2.50



## **SUNDAY ROAST**

Enjoy a traditional British Sunday Roast  
with all the trimmings!

Choose from:

Roast Topside of Beef

Roasted Pork Loin

Sliced Chicken

Lamb Steak | \*Add £3.50

Cumin Butternut Squash & Lentil Wellington (n,gfo,v,ve)

Extra Beef, Pork or Chicken | \*Add £3.50

**£12.00\***

Why not add a delicious side of Cauliflower Cheese? | £3.50



## **LUNCH Menu | Served Monday to Saturday**

### **COFFEE AND CAKE (gfo) | £3.50**

*A slice of cake served with a freshly brewed cup of tea or coffee.*

### **CHEF'S SOUP OF THE DAY (gfo) | £6**

*Served with bread and butter*

### **JACKET POTATOES**

British jacket potato topped with your choice of:

- Cheese & Beans (v) | £5.25
- Chilli con Carne | £6.25 **Add cheese £1.50**
- Prawns in creamy seafood sauce (+) | £6.25
- Cheese (v) | £5
- Tuna Mayonnaise (+) | £6

### **SUB ROLLS - All served with a salad garnish**

4oz Rump Steak Melt | £7

*Rump steak seasoned and grilled to your liking, topped with melted cheese.*

Sweet Chilli Chicken | £5.50

*Thinly sliced chicken, coated in an authentic sweet chilli sauce with baby gem lettuce.*

Savoury Cheese (v) | £4.50

*Mature Cheddar blended with both spring and red onions bound in a rich creamy mayonnaise.*

Sausage | £6

*Two Cumberland pork sausages with fried onions. (v) Vegetarian sausages available*

Fish Finger (+) | £6

*Fish Fingers with baby gem lettuce and tartar sauce.*

BLT | £6

*Baby gem lettuce, warm smoked streaky bacon and tomato.*

Prawn (+) | £7

*Succulent prawns in a creamy seafood sauce.*

BBQ Pulled Pork (\*) | £6.50

*BBQ pulled pork & coleslaw*

Crispy Chicken | £6.50

*Crispy chicken and lettuce*

Tuna (+) | £6

*Tuna mayonnaise*

Hunter's Chicken (\*) | £6.50

*Chicken, bacon, BBQ sauce and melted cheese.*

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