

TJ The Travellers Joy

Lunch 12-2.30pm Monday to Thursday

STARTERS/SMALL PLATES

MARINATED OLIVES (V) £4

PRAWN COCKTAIL (V) £9.50
Bloody Marie Rose Sauce, Brown Bread

MOULES MARINEIRE £10
Crusty Bread

MINI SMOKED HADDOCK FISHCAKES
Crusty Bread

WILD MUSHROOM ARANCINI BALLS (VE) £7.50
Truffle Sauce

BAKED GARLIC & ROSEMARY CAMEMBERT £10
ONION RELISH & WARM BREADS

SMASHED AVOCADO (GFO) (VE) £8
Poached Egg, Toasted Sourdough
Add Bacon £2

SOUTHBOURNE SUPER SALAD (VE)(V)M£8/£14.00
Seasonal Salad Leaves, Seeds, Roasted Seasonal Veg & Fruit
Add Baked Goats Cheese OR Crispy Bacon £8/£4

CHICKEN CAESAR £16
Boiled Egg, Salad Leaves, Olives, Croutons, Cucumber, Tomato, Caesar Dressing
SOUP OF THE DAY £6.50

Freshly Made Vitamin Rich Vegetable Soup & Sourdough bread (V)

MAINS

BAKED POTATO OR SWEET BAKED POTATO £8.50
Choice of fillings (supplements may apply)

HOMEMADE PIE OF THE DAY £16.50
Creamy Mash, Seasonal Vegetables & Gravy

BEER BATTERED FISH & CHIPS (GFO) £13.50/£16.50
Burnt Lemon, Minted Crushed Peas & Tartare Sauce

LOADED BURGERS (GFO) £18
BEEF or VEGAN BURGER (VE)
Cheese, Burger Sauce, Gherkins, Beef Tomato, Crispy Lettuce, Caramelised Onions

BUTCHERS FAGGOTS £14
Colcannon Mashed Potatoes, Onion Gravy

CHICKEN, BUTTER BEAN & CHORIZO STEW £16
Slow cooked chicken in a Rioja, Tomato & Roasted Pepper Sauce

CHICKEN TAGLIATELLI CARBONARA £15

FISH OF THE DAY M/P

SIDES

FRENCH FRIES/CHUNKY CHIPS £5
SEASONAL VEGETABLES £5
DAUPHINOISE POTATOES £5
GARLIC BAGUETTE £5

SOUTHBOURNE SUPER SIDE SALAD £5
CREAMY MASH £5
BUTTER BEAN MASH WITH GARLIC & THYME £5

BAR SNACKS & BAGUETTES

CHEESE BOARD £13.50

ROAST BEEF & HORSERADISH BAGUETTE £10

PORK LOIN & APPLE SAUCE £9

BEER BATTERED FISH & TARTARE SAUCE £9

AVOCADO & TOMATO.SALAD LEAVES (VE) £7

ADD PRAWN & MARIE ROSE MAYO £3

SAUSAGE & CARAMELISED ONION £9

CHEESY CHIPS £6

CHUNKY CHIPS/FRIES £5

