

BITES

Poole Bay Oysters with Shallot Vinegar & Lemon (GF) (DF) 3 - £8.50 6 - £16.00 12 - £30.00	
La Marinara Olives (GF) (DF) (V)	£3.50
Hummus with Toasted Flat Bread * (DF) (V)	£3.50
Bread Selection served with Olive Oil & Balsamic (DF) (V)	£3.50

SHARING

Baked Camembert with Crusty Bread (15 minutes cooking time) * (V)	£13.50
The "Haven" Salmon Platter Hot & Cold Smoked Salmon, Gravavlax with Horseradish Mayonnaise & Crusty Bread * (DF)	(pp) £8.50
Coppa with Rocket, Parmesan & Capers (GF) (DF)	(pp) £8.00

STARTERS

Crispy Fried Whitebait with Tartare Sauce	£7.50
Parma Ham with Artichoke, Sundried Tomatoes, Rocket & Parmesan (GF)	£8.00
Burrata , Young Mozzarella with Chilli Jam, Basil Pesto (V)	£14.50
Beetroot, Ricotta, Pistachio Salad (V) (GF)	£8.00
Seared Tuna with a Spiced Gazpacho & Basil Oil (GF) (DF)	£9.00
Crab Cakes with Tomato & Pepper Sauce (DF)	Starter £8.00 Main £16.50
Scallops with Pea Puree, Chorizo & Pea Fricassee (GF)	Starter £12.00 Main £20.00
Haven Moules with White Wine & Cream Sauce	Starter £12.50 Main £17.50
Crusty Bread (main served with Fries) *	

MAINS

8oz Ribeye Steak with Rocket Salad, Cherry Vine Tomatoes, Fries & Chimichurri (GF) (DF)	£22.95
Keralean Fish Curry with Gurnard, Prawns & Mussels served with Rice (GF) (DF)	£17.50
Dressed Crab served with Fries, Salad & Lemon Mayonnaise (GF) (DF)	£16.50
Haven Burger served in a Sour Dough Bun with Emmental Cheese	£15.50
Dijon Mustard Mayonnaise & Fries - add Bacon £1.00 *	
Beetroot, Feta & Basil Burger served in a Sour Dough Bun with Fries (V) *	£15.50
Pan Fried Fillet of Hake with Harissa Cous Cous, Tomato & Basil	£16.50
Fish & Chips with Crushed Peas & Bacon with Tartare Sauce	£16.50
Pea, Asparagus & Mint Risotto (GF) (V)	£16.00
Cajun Chicken with Fennel, Orange & Lentil Salad (DF)	£14.50
Tofu & Edamame Bean with Rice Noodle Salad & a Chilli Ginger Dressing (GF) (V)	£14.50
Whole Brill for 2 to Share Fries Samphire & Caper Butter (GF)	Market Price
King Prawn & Chorizo Linguine	£16.50
Turbot Fillet with Butter Bean, Samphire, Clams & Pea Puree (GF)	£18.00
Whole Plaice with Chilli, Orange & Almond Sauce (GF)	£17.50

SIDES

Fries (V) (DF)	£4.00	Wild Rocket & Parmesan (GF) (V)	£4.00
Green Salad (GF) (V) (DF)	£3.00	New Potatoes (GF) (V)	£4.00
Market Vegetables (GF)	£4.00	Crushed Peas with Bacon (GF)	£4.00

(GF) = Gluten Free

(V) = Vegetarian

(DF) = Dairy Free

Please talk to your server regarding any allergens or dietary preferences

*Dishes can be adjusted to be gluten free