

FYR

LUNCH

"As you can see, we are cooking on an open fire using British hardwoods, making for a genuine wood-fired dining experience. The wood types that we use are specifically chosen to enhance the food and flavour, but as a consequence external factors can play their part in the cooking process, meaning cooking times may vary depending on the weather conditions and of course the density of the wood on the grill at that time."

NIBBLES AND STARTERS

Garlic stuffed olives 106kcal lemon and parsley	£6	Caviar platinum 202kcal 10g tin served with warm blinis and sour cream	£50	Braised crispy pig cheeks 486kcal stone fruit ketchup	£9
Cockle popcorn 417kcal shallot vinegar	£6	FYR hay smoked burrata 382kcal panzanella salad	£9	Twice baked blue cheese soufflé 623kcal heritage beetroot salad	£9
FYR smoked salmon pâté 292kcal lemon and rosemary crackers	£6	FYR grilled mackerel 462kcal burnt apple, seaweed	£12	Tempura king prawns 342kcal sweet chilli dip, grilled lime	£11



Solent seafood platter 980kcal per person **£65***
dressed Cornish brown crab, Atlantic king prawns, pickled cockles, cured fish, oysters and steamed shellfish served on a bed of ice with saffron aioli, Solent marie rose sauce and shallot vinegar **Minimum 2 people*

Add caviar platinum 202kcal **£50**
10g tin served with warm blinis and sour cream

Add poached lobster **Market Price**
Full 398kcal / Half 199 kcal

MAINS

Hand pressed beef burger 1199kcal sourdough bun, gem lettuce, beef tomato, Applewood smoked cheddar, tomato relish and skin on fries with streaky bacon 1439kcal	£18.75	Solent club sandwich 668kcal marinated chicken breast, avocado mayonnaise, bacon, lettuce, beef tomato, sea salted fries choice of white or granary loaf	£18	Salmon Caesar salad 496kcal pancetta, croutons, anchovies, gem lettuce	£21
Slow roasted vegetables 503kcal halloumi, spicy cherry tomato sauce	£20	Moving Mountains vegan burger 906kcal sourdough bun, gem lettuce, beef tomato, Applewood smoked cheddar, tomato relish and skin on fries	£18	Dressed crab salad 466kcal Solent marie rose sauce	£32
Black garlic gnocchi 553kcal sautéed wild mushroom, hazelnut, Hampshire watercress	£20	Braised brisket 1238kcal pickled slaw, ciabatta bun, served with saffron aioli, sea salted fries	£18	8oz sirloin steak 1072kcal watercress, smoked tomato and skin on fries	£32
				Thwaites beer battered fish and chips 1260kcal crushed peas, tartar sauce	£19.50

SIDES £5.50

Skin on fries with rosemary salt 437kcal
Seasonal vegetables 290kcal
Dauphinoise potatoes 234kcal
Baked new potatoes with smoked butter 367kcal

Garden salad 85kcal
Hand cut chips 553kcal
Onion rings 367kcal

SAUCES £4.25

Mushroom 172kcal	Blue cheese 330kcal
Peppercorn 184kcal	Béarnaise 258kcal



DESSERTS

Selection of three petit fours 424kcal average	£6	Sticky toffee pudding 773kcal butterscotch sauce, vanilla ice cream	£8.50
Smoked chocolate entremet 615kcal blackberry gel, burnt blackberry sorbet	£9	Summer berry Eton mess 366kcal	£8
Grilled fruit tart 704kcal set custard, citrus mascarpone cream	£9	Jude's ice creams and sorbets per scoop £3.50 please ask for our flavours 247kcal average per scoop	

CHEESE

Cheeseboard from our selection of locally sourced cheeses	per cheese £7 3 cheeses £18
Served with stone fruit jam, grapes, toasted charcoal baguette and artisan crackers 342kcal	
tunworth 157kcal, barkham blue 304kcal, Sussex charmer cheddar 307kcal	

Allergen Information – we really want you to enjoy your meal with us – if you'd like information about ingredients in any dish, please ask and we'll happily provide it. Prices include VAT. Calorie information: Adults need around 2000kcal per day. A discretionary 10% service charge is added to all bills. 100% of the service charge is shared amongst all of our team throughout the hotel.