



OLIVES TO START

£3.00

STARTERS

CRISPY FRIED SALT & PEPPER CALAMARI	£7.95	TEMPURA PRAWNS	£7.95
Isle of Wight Smoked Garlic Aioli		Asian Slaw, Sweet Chilli Sauce	
CHÈVRE GOATS CHEESE SALAD ve	£9.00/£14.50	MABEL'S BRUSCHETTA ve	£8.50
Root Beetroot, Pine Nuts, Local Honey, Red Onion Marmalade		Sautéed Cherry Tomatoes, Garlic, Fresh Basil on Ciabatta, Extra Virgin Olive Oil	
HOMEMADE CHICKEN PARFAIT gf	£7.95	SOUP OF THE DAY ve	£5.95
Red Onion Marmalade, Crusty Bread		Crusty Bread	

MAINS

BRISKET BEEF BURGER	£14.95	SUPER SALAD ve ve	£13.95
6oz Burger, Smoked Bacon, Brioche Bun, Mature Somerset Cheddar, Relish, Garden Salad, Fries		Mixed Leaves, Super Seeds, Garden Herbs, Avocado, Beetroot, Orange, Quinoa, Dill, Olive Oil Dressing with one of the following: Chicken Halloumi Vegan Halloumi	
Swap your bun or chips for extra salad		Add Chicken and Halloumi £3.00	
PLANT BURGER ve	£14.95	THAI GREEN CURRY ve	£12.95
Vegan Cheese, Relish, Salad, Fries, Pretzel Bun		Homemade Thai Green Curry, Water Chestnuts, Aubergine, Courgette, Pepper, Rice	
Swap your bun or chips for extra salad		Add Chicken £3.50	
FRESH ATLANTIC BATTERED FISH (S/L)	£10.95/£15.95	HOMEMADE FISH CAKES gf	£14.95
Minted Mushy Peas, Chips, Homemade Tartar Sauce		Smoked Haddock Fresh Chilli and Coriander, Sweet Chilli Sauce, Asian Slaw	
PORK & BEEF LASAGNE	£12.95	FISH FINGER SANDWICH	£11.95
Mabel's Homemade Lasagne, Salad		On White Bloomer, Homemade Tartar Sauce	
LAMB & MINT KOFTA	£14.50		
Chargrilled Vegetables, Homemade Tzatziki and Flat Bread			

TOASTIES - £8.95 (on white or granary bread with salad & fries)

BACON, BRIE & CRANBERRY gf	GOATS CHEESE ve gf
CHICKEN, CHORIZO & BBQ MAYO gf	Red Onion Marmalade, Spinach
HAM, CHEESE & TOMATO gf	Vegan option available - with Vegan Halloumi ve

SIDES

CHIPS ve ve	£3.50	GARDEN SALAD ve ve	£4.00
HALLOUMI FRIES with Sweet Chilli Dip ve	£3.95	BREAD BOARD ve	£3.50
CIABATTA GARLIC BREAD (add Cheese for £1) ve	£3.50	Olive Oil and Balsamic Vinaigrette	

CAKES - served all day

CREAM TEA		HOMEMADE CAKES	£3.75
Fruit Scone, Clotted Cream, Strawberry Jam with Tea or Coffee £6.50 200ml Bottle of Prosecco £12.50		Chocolate Fudge Cake Victoria Sponge	
TEA CAKE with Butter & Strawberry Jam	£2.50	Coffee & Walnut Carrot Cake ve gf	
BOX OF NEW FOREST SHORTBREAD	£4.75	TRAYBAKES	£3.25
		Millionaire's Shortbread gf Chocolate Brownie gf	
		Classic Flapjack	

Please let us know if you have any dietary requirements ve Vegetarian ve Vegan gf Gluten-Free Available gf Spicy

We try to source as many items as possible from New Forest Marque businesses





- Mabel’s & Shallowmead Farm Shop are proud to support local suppliers. Here are some of our favourites!
- 1 New Forest Ice Cream
 - 2 Sway Butchers
 - 3 Marlings Vineyard
 - 4 New Forest Short Bread
 - 5 New Forest Cake House
 - 6 Meadowbrook
 - 7 Dorset Tea
 - 8 Fluffets Farm
 - 9 New Forest Spring Water
 - 10 The Real Jam & Chutney Company
 - 11 New Forest Fruit
 - 12 Catch
 - 13 Calbourne Classics
 - 14 The Garlic Farm
 - 15 Isle of Wight Tomatoes
 - 16 Isle of Wight Cheese Co

WHITE WINE	SINGLE BOTTLE
Ancora Pinot Grigio, Italy	£6.50 £18.95
The Holy Snail Sauvignoun Blanc, France	£23.95
Bodegas La Val Orballo Albarino, Spain	£26.95
Domaine de la Motte Petit Chablis, France	£32.95

RED WINE	
Finca Vista Malbec, Argentina	£6.50
Luna Del Sur Malbec, Argentina	£23.00
Seriti Merlot, South Africa	£22.50
Moulin de Gassac Pinot Noir, France	£24.95
Boutinot Les Coteaux, France	£22.95
Artesa Organic Rioja, Spain	£23.95

ROSE	
Ancora Pinot Grigio Rosé, Italy	£6.50
Ambassadeur Provence Rosé, France	£24.00

FIZZ	
Lunetta Prosecco Rosé, Italy	£7.95
Lunetta Prosecco, Italy	£7.95
Da Luca Prosecco, Italy	£22.95
Perrier-Jouet Grand Brut Champagne, France	£60.00

BEERS & CIDERS	
Coors light Peroni Estrella Damm	£4.25
Blue Becks	£3.50
Ringwood Razorback London Pride	£4.75
Camden Town Pale Ale	£4.50
Orchard Pig Cider Somerset Apple	£5.25
Old Mout Cider Strawberry & Pomegranate	£5.25

SPIRITS - Ask a member of our team for our selection

SOFT DRINKS	
Fresh Orange Juice	£3.75
Apple Juice Grapefruit Juice Cranberry Juice	£2.75
Coke Lemonade (S/L)	£2.25 / £3.50
New Forest Still or Sparkling Water (S/L)	£1.95 / £3.75
Lime & Soda (S/L)	£1.75 / £2.75
Appletiser	£2.75
Sparkling Elderflower Sparkling Orange	£2.75
Ginger Beer	£2.75

TEA	
Pot of:	
English Breakfast Earl Grey Peppermint	£2.25
Green Red Bush Summer Berry Camomile	
Chai Latte	£2.95

COFFEE	
Jimmy’s Iced Coffee	£2.95
Original, Oat, Mocha or Flat White	
Flat White	£2.85
Cappuccino	£2.75 £3.25
Latte	£2.95
White Coffee Black Coffee	£2.45 £2.95
Mocha	£3.50
Espresso	£2.25
Add an extra shot of coffee	95p

HOT CHOCOLATE	
Classic Hot Chocolate	£3.00
Mabel’s Hot Chocolate	£3.95
With cream, a flake & marshmallows	
Naughty Hot Chocolate	£5.95
Add Whisky/Rum	

WINTER WARMERS

Delicious selection of flavoured lattes and hot chocolates - see our Winter Warmer menu for full details