

# Mabel's



- 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 Co
- 11 New Forest Fruit
- 12 Catch
- 13 Calbourne Classics
- 14 The Garlic Farm
- 15 Isle of Wight Tomatoes

Mabel's & Shallowmead Farm Shop are proud to support local suppliers. See our map for some of our favourites!

**TAPAS** - £6.00 each or 3 for £16.00

**SUMMER SPECIAL** - Any 3 Tapas with a 175ml glass of wine (red, white or rosé) £21.00

TEMPURA PRAWNS

SALT & PEPPER CALAMARI

PATATAS BRAVAS

CHICKEN & CHORIZO SKEWERS

OLIVES, FETA, SUN-DRIED TOMATOES

STICKY PORK BELLY

SAUTÉED GARLIC MUSHROOMS

BRUSCHETTA

GRILLED CHEVRE LOG & SMOKED BACON

HUMMUS & PITTA BREAD

SEAFOOD MORNAY

CURED MEATS & MANCHEGO

Please speak with our team regarding dietary requirements and concerns of allergens in our dishes:

Vegetarian Vegan Gluten-Free Gluten-Free Available Spicy

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

## MAINS

**MOULES & FRITES** £16.95  
Fresh Steamed Mussels and Chips with:  
Mariniere Sauce (with Cream) or Thai  
Sauce (Add half a baguette & butter £1.50)

**CHEF'S BATTERED FISH & CHIPS** £14.50  
Fresh Atlantic Battered Fish, Minted  
Mushy Peas, Chips, Homemade Tartar Sauce

**MARKET FISH** £15.95  
Glazed with Chilli & Ginger, served  
on a Green Salad with a Kafir Infused Oil

**CHEF'S HOMEMADE  
FISH FINGER SANDWICH** £12.50  
White Bloomer, Homemade Tartar Sauce

**PRAWN & CHORIZO LINGUINE** £14.50  
Served in a Garlic and Herb Tomato Sauce

**CROQUE MADAM** £12.50  
White Bread filled with a Dijon Mustard  
Sauce, Wiltshire Ham, topped with Gruyère  
Cheese & a Fried Egg. Served with Salad.

**THAI GREEN CURRY** £13.50  
Homemade Thai Green Curry, Water  
Chestnuts, Aubergine, Courgette,  
Pepper, Rice (Add Chicken £3.50)

**STIRFRY CHILLI BEEF SALAD** £14.95  
In a Poppadom Basket with a Mint  
Yoghurt Dressing

**SUMMER SUPER SALAD** £14.95  
Mixed Leaves, Super Seeds, Garden Herbs,  
Beetroot, Orange, Quinoa and an Olive Oil  
dressing with either: Chicken | Halloumi |  
Vegan Halloumi | Smoked Mackerel

**GREEK SALAD** £12.75  
Traditional Greek Salad tossed with  
Oregano Olive Oil, finished with Mixed  
Olives and Feta Cheese

**PLOUGHMAN'S LUNCH** £14.95  
Wiltshire Ham, Somerset Mature Cheddar  
& Chef's Homemade Pork Sausage Roll,  
Served with Fresh Crispy Salad, Pickled Onion,  
Sliced Apple, Branston Pickle, French Baguette

**BRISKET BEEF BURGER** (GF without bun) £14.95  
6oz Burger, Smoked Bacon, Brioche Bun,  
Mature Somerset Cheddar, Relish, Salad,  
Fries (Swap your bun or chips for extra salad)

**PLANT BURGER** (GF without bun) £14.95  
Vegan Cheese, Relish, Salad, Fries, Pretzel  
Bun (Swap your bun or chips for extra salad)

**PIZZAS** - Hand stretched pizzas with Mabel's Italian tomato sauce, served with a mixed leaf salad £10.95

**MARGHERITA**   
Sliced Tomato, Fresh Shallowmead Basil  
and Fresh Grated Mozzarella

**HAM AND MUSHROOM**  
Wiltshire Ham, Isle of Wight garlic Mushrooms  
and Fresh Grated Mozzarella

**PEPPERONI**  
Hand Sliced Italian Pepperoni and Fresh  
Grated Mozzarella

**THE GREEK**   
Mixed Garlic Olives, Fresh Peppers, Onion,  
Crumbled Feta and Fresh grated Mozzarella

## SIDES

CHIPS £3.95 | HALLOUMI FRIES £4.25 | GARLIC BREAD (+ cheese for £1.50) £3.75

DRESSED GARDEN SALAD £5.75 | BREAD BOARD £3.95

ASK TO SEE OUR BRAND NEW DESSERTS MENU