



THE WOODMAN'S ARMS - ISLE OF WIGHT

MENU



(V - VEGETARIAN / VE - VEGAN / GF - GLUTEN FREE (CELIAC) / CN - CONTAINS NUTS) - Please let a staff member know when ordering dishes with these initials next to them - we can offer a variation of the dish to make it fit to your requirement, please let staff know about other allergens.
PLEASE NOTE, AT BUSY TIMES THERE MAY INCUR A WAIT ON FOOD. WE WILL NOT ACCEPT ANY RUDE BEHAVIOUR TOWARDS OUR STAFF - PLEASE BE KIND -
ALL WEIGHTS AND MEASURES STATED ARE RAW VALUES, BEFORE THE COOKING PROCESS.

CIABATTA'S

(JACKET POTATOES & CIABATTAS ARE AVAILABLE LUNCH TIME-PERIOD - MONDAY - SATURDAY 12:00PM TILL 2:30PM)

MATURE CHEDDAR & PICKLE (V)

£12.50

PRAWN MARY ROSE AND BABY GEM

£14

CHICKEN BOUJON & SALSA MAYO

£14

TUNA & CHEESE MELT

£14

BACON, LETTUCE & TOMATO

£14

FALAFEL, FETA & ROMESCO SAUCE (V, CN)

£13.50

ALL CIABATTAS ARE SERVED WITH FRIES AND HOMEMADE COLESLAW - (GLUTEN FREE ROLLS AVAILABLE)

JACKET POTATOES

(ALL JACKET POTATOES ARE GLUTEN FREE AND ARE SERVED WITH 2X BUTTER PORTIONS AND SALAD GARNISH)

CHEESE JACKET (V)

£12

CHEESE & BEANS JACKET (V)

£13.50

BAKED BEANS JACKET (V)

£12

KING PRAWN MARY ROSE JACKET

£14

CHEESE & BACON JACKET

£14

TUNA MAYONNAISE JACKET

£13.50

EXTRAS - CHEDDAR CHEESE £1.50 - CRISPY BACON £2 - EXTRA BUTTER £0.50 - COLESLAW £3 - CHILLI CON CARNE £4.50

(OUR JACKET POTATOES ARE COOKED FRESH, READY FOR 12:00 - LIMITED SUPPLY WILL BE AVAILABLE WHILE WE TRIAL THIS PRODUCT AND GAIN FEED BACK FOR OUR NEW MENU)

LIGHT BITES & STARTERS

(TO ENSURE TIMELY SERVICE IN OUR GARDEN AREA, DISHES ARE SENT OUT AS THEY ARE READY. THIS MEANS MAIN COURSES MAY ARRIVE BEFORE STARTERS ARE FINISHED - PLEASE LET A STAFF MEMBER KNOW IF YOU WOULD LIKE CHILDRENS MEALS OUT WITH THE STARTERS)

GARLIC & FETA MIXED OLIVES (V)

MARINATED IN OIL SERVED WITH FLAT BREAD (TO SHARE, WITH MAINS TO FOLLOW AS SOON AS THEY ARE COOKED)

£6

HOMEMADE SOUP OF THE DAY (V, GF)

SERVED WITH HALF A CIABATTA ROLL AND BUTTER

£8



NACHOS (V, GF)

NACHOS TOPPED WITH SALSA, SOUR CREAM, AND CHEESE.

(£9 - ADD BACON FOR £1.50) - (SHARE OPTION £14 - ADD BACON FOR £2.50)



FALAFEL, FETA & HONEY (V, CN)

3 HOMEMADE FALAFELS, CRUMBLLED FETA, ROMESCO SAUCE, PICKLED RED ONIONS, TOPPED WITH HONEY & ROCKET GARNISH SERVED WITH FLAT BREAD.

£11

PORK BELLY BITES

IN A BBQ & CAJUN GLAZE TOPPED WITH SESAME SEEDS, AND CHIVES SERVED WITH 3 ONIONS RINGS & COLESLAW

£12

SALT & PEPPER CHICKEN STRIPS

5X SALT AND PEPPER CHICKEN STRIPS SERVED WITH SALSA MAYO DIP

£12



MAINS



Macaroni cheese (V)

Macaroni cooked in a cheddar & applewood bechamel cheese sauce served with garlic ciabatta, side salad and our homemade dressing.

MAIN £17.50 (ADD BACON - £2.50) / DELI £13 (ADD BACON FOR £1.50)

THE WOODMAN'S HOMEMADE COTTAGE PIE (V, VE, GF)

TRADITIONAL BEEF MINCE, TOPPED WITH MASHED POTATOES AND MELTED CHEDDAR CHEESE, SERVED WITH SEASONAL VEGETABLES OF THE DAY AND HOMEMADE GRAVY.

MAIN £18.50 / DELI £13.50

VEGAN MAIN ONLY, NOT AVAILABLE IN DELI SIZE

Lasagne

HOMEMADE BEEF MINCE LASAGNE LAYERED WITH PASTA SHEETS AND CHEESY BECHAMEL SAUCE SERVED WITH SIDE SALAD AND A CHOICE OF CHIPS, FRIES OR GARLIC CIABATTA.

MAIN £18.50 / DELI £13.50

10 piece SCAMPI

10 PIECES OF WHOLETAIL SCAMPI SERVED WITH CHIPS, PEAS, SIDE SALAD, HOMEMADE TARTARE SAUCE AND FRESH LEMON WEDGE.

MAIN £18.95 / DELI £13.50



(GF) 8oz SIRLOIN STEAK

COOKED TO YOUR LIKING, SERVED WITH SKINNY FRIES, GRILLED TENDERSTEM BROCCOLI GARLIC FIELD MUSHROOM, ONIONS RINGS AND A CHOICE OF PEPPERCORN OR STILTON SAUCE (GF IS WITHOUT ONIONS RINGS)

£30 FOR SIRLOIN STEAK / £20 FOR 200-230g CHICKEN BREAST



(GF) CHILLI CON CARNE

BEEF MINCE COOKED IN A LIGHTLY SPICED RICH TOMATO SAUCE SERVED WITH WHITE BOILED RICE, TORTILLA CHIPS AND SOUR CREAM

MAIN £18 / DELI £13.50 (ADD CHEESE FOR £1.50)

(V) BEEF RAGU TAGLIATELLE

SHREDDED BEEF AND MUSHROOM COOKED IN A CREAMY RAGU SAUCE MIXED WITH TAGLIATELLE TOPPED WITH PARMESAN, SERVED WITH GARLIC CIABATTA.

£20 FOR BEEF / £18 FOR TOMATO & MEDITERRANEAN VEG RAGU TAGLIATELLE

(GF) FENNEL & GARLIC ROASTED PORK BELLY

PORK BELLY COOKED WITH FENNEL & GARLIC SERVED ON TOP OF CELERIAC PUREE WITH LYONNAISE POTATOES, GRILLED TENDERSTEM AND ROASTED CARROTS FINISHED WITH A MADEIRA CREAM SAUCE

£22

(GF - CN) PAN-FRIED SEABASS

ON A BED OF ROMESCO SAUCE, SAUTEED GNOCCHI AND ROASTED MEDITERRANEAN VEGETABLES TOPPED WITH A GARLIC, BASIL, OLIVE & CAPER TAPENADE.

£24

DELI VERSION OF OUR MAINS ARE ONLY AVAILABLE MONDAY - SATURDAY 12.00 - 14.30

BURGERS

THE WOODMAN'S BURGER (GF)

60Z HOMEMADE BEEF PATTY TOPPED WITH PICKLED RED ONION SMOKED BACON, AND APPLEWOOD CHEESE ON A BURGER BUN WITH RELISH AND LETTUCE, SERVED WITH CHIPS AND COLESLAW.

£18.50

(DOUBLE UP THE BURGER, BACON, AND CHEESE FOR £6.50)

THE WOODMANS CHICKEN BREAST BURGER (GF)

CHICKEN BREAST, SMOKED BACON AND APPLEWOOD CHEESE SERVED IN A BURGER BUN WITH SALSA MAYONNAISE AND BABY BEM, SERVED WITH CHIPS AND COLESLAW

£18.50

(ADD HASH BROWN FOR £1.50)

THE MOVING MOUNTAIN BURGER (V, VE)

THE MOVING MOUNTAIN COMPANY PLANT-BASED BURGER SERVED WITH A BURGER RELISH, BABY BEM, SLICED TOMATO IN A VEGAN BURGER BUN, SERVED WITH CHIPS AND SIDE SALAD

£18.50

SALADS

KING PRAWN MARY ROSE

(SERVED WITH HOUSE DRESSING)

CHICKEN & SMOKED BACON

SERVED WITH CAESAR DRESSING

FALAFEL, OLIVE & FETA (V)

(SERVED WITH HOUSE DRESSING)

ALL SALADS ARE MAINS £18 / DELI £13

ALL SALADS ARE WITH MIXED BABY LEAF, GRATED CARROT, CUCUMBER, CHERRY TOMATOES, AND RED ONION WITH HOMEMADE GARLIC & HERB CROUTONS - (GLUTEN FREE ROLL AVAILABLE INSTEAD OF CROUTONS - £1 SURCHARGE)

EXTRAS

CHEDDAR	-	£1.50	SALAD EXTRAS	-	£0.50
CRISPY BACON	-	£1.50	SAUCES/GRAVY	-	£3.00
BUTTER PORTIONS X 2	-	£0.50	GRAVY ADD ON	-	£1.50
HOMEMADE DRESSING	-	£1.00	<small>(EXTRA PORTION TO GO WITH MAINS THAT ALREADY HAVE GRAVY WITH THEM)</small>		

SWAPS / ADD ONS

CHIPS INSTEAD OF RICE	-	£1.50	SALAD INSTEAD OF PEAS	-	£1.50
CHEESE ON CHIPS	-	£1.00	VEG INSTEAD OF PEAS	-	£3.00
SALAD INSTEAD OF COLESLAW	-	£2.00	ROLL WITH SOUP ^(WITH BUTTER)	-	£1.50

WE HAVE PRICED THE MENU TO INCORPORATE EVERYTHING WITHIN THE DISH, IF YOU WISH TO SWAP SOMETHING THAT ISN'T LISTED, THEN PLEASE ASK A STAFF MEMBER AND WE'LL TRY OUR BEST, - THERE MAYBE AN EXTRA CHARGE INVOLVED

SIDES

CHIPS	-	£5.00	SKINNY FRIES	-	£5.00
CHEESY CHIPS	-	£6.50	CHEESY FRIES	-	£6.50
GARLIC BREAD	-	£4.50	NEW POTS / MASH	-	£4.50
CHEESE GARLIC BREAD	-	£6.00	COLESLAW	-	£3.00
ONIONS RINGS (x10)	-	£4.50	VEG OF THE DAY	-	£5.00
CIABATTA ROLL	-	£4.50	FIELD MUSHROOMS	-	£4.00
SIDE SALAD	-	£4.00	RICE/PLAIN PASTA	-	£4.00
BAKED BEANS / PEAS	-	£2.00	CUCUMBER CUBES	-	£1.50
CHICKEN (200 - 230g)	-	£8.50	8oz SIRLOIN STEAK	-	£18.00
TENDERSTEM BROCCOLI	-	£4.00	ROASTED CARROTS	-	£2.50

