



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 £18.95 / DELI £13.50

VEGAN MAIN ONLY, NOT AVAILABLE IN DELI SIZE

CHILLI CON CARNE (GF)

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

MAIN £18.50 / DELI £13.50 (ADD CHEESE FOR £1.50)

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 £18.95 / 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

(V) KING PRAWN LINGUINE

SEASONED KING PRAWNS BOUND IN A WHITE WINE, GARLIC, LEEK, DILL & TARRAGON SAUCE TOPPED WITH PARMESAN AND SERVED WITH GARLIC BREAD £20 FOR KING PRAWN / £18 FOR TOMATO AND MEDITERRANEAN VEG

(GF) MARRY ME CHICKEN

SEASONED CHICKEN BREAST ON TOP OF LYONNAISE POTATOES, WITH TENDERSTEM BROCCOLI, ROASTED CARROTS AND A MARRY ME SAUCE £21

(GF) FENNEL & GARLIC ROASTED PORK BELLY

PORK BELLY COOKED WITH FENNEL & GARLIC SERVED ON TOP OF CELERIAC PUREE WITH RED CABBAGE, BUTTERY MASHED POTATOE AND ROASTED CARROTS FINISHED WITH A CIDER CREAM SAUCE £22

(GF - CN) PAN-FRIED TUNA STEAK

ON A BED OF ROMESCO SAUCE, SAUTEED GNOCCHI AND ROASTED MEDITERRANEAN VEGETABLES TOPPED WITH A GARLIC, BASIL, OLIVE & CAPER TAPENADE. £23

(GF) 8oz SIRLOIN STEAK

COOKED TO YOUR LIKING, WITH GARLIC & THYME SERVED WITH SKINNY FRIES SAUTEED BUTTERED MUSHROOMS, GRILLED TOMATO, PEAS AND ONION RINGS (ADD PEPPERCORN OR STILTON SAUCE FOR £2) £32 FOR SIRLOIN STEAK / £20 FOR 200-230g CHICKEN BREAST

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



BURGERS

THE WOODMAN'S BURGER (GF)

6OZ 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.

£18.95

(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 GEM, SERVED WITH CHIPS AND COLESLAW

£18.95

(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 GEM, 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	-	£0.50	(EXTRA PORTION TO GO WITH MAINS THAT ALREADY HAVE GRAVY WITH THEM)		

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	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



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)

<u>MATURE CHEDDAR & PICKLE (V)</u>	●	<u>CHICKEN BOUJON, SALSA MAYO & BABY GEM</u>	●	<u>BACON, LETTUCE & TOMATO</u>
<u>£12.50</u>		<u>£14</u>		<u>£14</u>
<u>PRAWN MARY ROSE AND BABY GEM</u>	●	<u>TUNA & CHEESE MELT</u>	●	<u>FALAFEL, FETA & ROMESCO SAUCE (V, CN)</u>
<u>£14</u>		<u>£14</u>		<u>£13.50</u>

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 a BUTTER PORTION and SALAD GARNISH)

<u>CHEESE JACKET (V)</u>	●	<u>BAKED BEANS JACKET (V)</u>	●	<u>CHEESE & BACON JACKET</u>
<u>£12</u>		<u>£12</u>		<u>£14</u>
<u>CHEESE & BEANS JACKET (V)</u>	●	<u>KING PRAWN MARY ROSE JACKET</u>	●	<u>TUNA MAYONNAISE JACKET</u>
<u>£13.50</u>		<u>£14</u>		<u>£13.50</u>

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, SUNDRIED TOMATO & MIXED OLIVES WITH CRUMBLLED FETA (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

£8.50



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 OR BBQ SAUCE DIP

£12