



ADMIRAL'S BAR

AVAILABLE 12 PM TILL 2 PM AND 6.30 PM TILL 8.30 PM

LUNCH AND DINNER

NIBBLES	OLIVES 115 KCAL HIGH IN IRON	2.00	NACHOS Tortilla chips, melted cheese, guacamole, tomato salsa, sour cream and jalapeño	9.50
	NUTS 307 KCAL HIGH IN PROTEIN 13G **CHECK THE BAG BEFORE ENJOYING	2.00	SEARED CHICKEN LIVER Crispy bacon, rocket leaves, croutons and tahini dressing 167 KCAL HIGH IN PROTEIN 24G, RICH IN VITAMIN A, C CONTAINS 65% OF DAILY IRON INTAKE **SESAME AND GLUTEN	8.50
	CRISPS 208 KCAL HIGH IN CARBOHYDRATES **CHECK THE BAG BEFORE ENJOYING	2.00	ARANCINI DI RISO Mozzarella stuffed fried arborio rice balls, green salad and house dressing 236 KCAL HIGH IN CARBOHYDRATE 36G ALSO CONTAINS 8G OF PROTEIN **GLUTEN, DAIRY, MUSTARD AND EGG	8.50
STARTERS	SOUP OF THE DAY Croutons and complimenting garnish (VG) NUTRITION VALUE NOT APPLICABLE **PLEASE ASK A MEMBER OF STAFF	7.50	BREADED WHITEBAIT Green salad, garlic and chive mayonnaise 135 KCAL HIGH IN PROTEIN 23G, RICH IN VITAMINS AND MINERALS INCLUDING CALCIUM, ANTIOXIDANT SELENIUM AND OMEGA-3 FATTY ACIDS **EGG, FISH, GLUTEN AND SULPHITES/SULPHUR DIOXIDE	8.50
	CRISPY CHICKEN SCHNITZEL Japanese-style panko crumb chicken breast, parsley mash, lemon and pickles 497 KCAL HIGH IN PROTEIN 31G, CARBOHYDRATES 48G RICH IN VITAMIN B6 & B12 AND MINERALS SELENIUM & ZINC **GLUTEN, DAIRY, AND EGG	17.00	WINTER VEGETABLE & MIXED BEANS CHILLI Steamed rice, crostini and sour cream (VG) 403 KCAL HIGH IN CARBOHYDRATES APPROX 71G ALSO GOOD SOURCE OF PROTEIN 8G RICH IN CALCIUM, DIETARY FIBER AND VITAMIN C **GLUTEN, DAIRY, CELERY, AND MUSTARD	14.00
MAINS	PALMERS ALE COD Palmer's brewery beer battered cod, homemade tartar sauce, thick cut chips, house salad 588 KCAL HIGH IN PROTEIN 43G AND CARBOHYDRATES 63G RICH IN VITAMIN B12, NIACIN, PHOSPHORUS, SELENIUM, OMEGA-3 FATTY ACIDS, CHOLINE, IODINE **GLUTEN, FISH, DAIRY, CELERY, SOY, EGGS AND MUSTARD	17.00	EYPE'S MOUTH CURRY Our own recipe chicken curry, basmati rice, papadam and mango chutney 427 KCAL HIGH IN PROTEIN 31G AND CARBOHYDRATES 63G RICH IN POTASSIUM, VITAMIN C & A **GLUTEN, SOY, DAIRY, CELERY AND MUSTARD	17.00
	MOULE FRITES Fresh garlic parsley white wine Mussels, fries and homemade Aioli 603 KCAL CARBOHYDRATES 44G, DIETARY FIBER 3G, PROTEIN 16G RICH IN VITAMIN A, VITAMIN B6, POTASSIUM AND OMEGA-3 FATTY ACIDS **MOLLUSCS, FISH, CELERY, GLUTEN, EGG, MUSTARD AND SULPHITES/SULPHUR DIOXIDE	16.00	WEST COUNTRY SIRLOIN 80Z Chargrilled, thick cut chips, grilled tomato and sautéed mushrooms, peppercorn sauce 2.50 998 KCAL HIGH IN PROTEIN 62G, CARBOHYDRATES 63G, RICH IN VITAMIN C, VITAMIN B6, CALCIUM, IRON, MAGNESIUM **GLUTEN, DAIRY, CELERY AND MUSTARD	24.00
	WARM CHOCOLATE BROWNIE Chocolate sauce and vanilla ice cream (VG) 422 KCAL, HIGH IN SUGAR **GLUTEN, DAIRY, NUTS, PEANUTS	7.50	DORSET ICE CREAMS 1 scoop £3.00, 2 scoops £5.50, 3 scoops £7.50 (VG) 179 KCAL & 3.5G PROTEIN PER SCOOP, HIGH IN SUGAR **GLUTEN, DAIRY, LUPIN, NUTS, PEANUTS	7.50
DESSERTS	BRAMLEY APPLE AND FOREST BERRY CRUMBLE Warm custard (VG) 327 KCAL, HIGH IN SUGAR & VITAMIN C **GLUTEN, DAIRY, NUTS, PEANUTS	7.50	TOFFEE CHEESECAKE Caramel sauce and home made honeycomb 401 KCAL, PROTEIN 7.5G, HIGH IN SUGAR **** GLUTEN, DAIRY, LUPIN, NUTS, PEANUTS	7.50
	CHRISTMAS PUDDING Brandy custard (VG) 406 KCAL, HIGH IN SUGAR **GLUTEN, DAIRY, NUTS, PEANUTS AND SULPHITES/SULPHUR DIOXIDE	7.50	CHEESE AND BISCUITS Grapes, celery, ale chutney (VG) 279 KCAL, HIGH IN PROTEIN 13G, LOW IN SUGAR **GLUTEN, DAIRY, CELERY, MUSTARD AND SULPHITES/SULPHUR DIOXIDE	9.50



Admiral's Restaurant

DINNER MENU

DAILY 6:30-8:30PM

£35.00

SAMPLE MENU-

OUR RESTAURANT MENU CHANGES DAILY

Starters

FRESHLY MADE CREAMY MUSHROOM SOUP, WITH CRUNCHY CROUTONS (V)

SEARED CHICKEN LIVERS, LIME GARLIC, ONIONS & CHOPPED PARSLEY
SERVED WITH LIME DRESSING

RED WINE POACHED PEAR ON ROCKET, WALNUTS, BALSAMIC SYRUP & BLUE
VINNY SALAD (V)

Main course

WEST COUNTRY SIRLOIN 8OZ CHARGRILLED, THICK CUT CHIPS, GRILLED
TOMATO, AND SAUTEED MUSHROOMS (SUPPLEMENT £3.50)

BARNESLEY LAMB CHOP MARINATED IN A GREEN PESTO, LYONNAISE
POTATOES, VINE ROASTED CHERRY TOMATOES, BALSAMIC JUS

GRILLED SALMON FILLET, HOLLANDAISE SAUCE SERVED WITH CREAMY
MASHED POTATO, ASPARAGUS AND LEMON

CHESTNUT MUSHROOM RISOTTO. WITH TOASTED NUTS AND PARMESAN (VE)

Dessert

TOFFEE CHEESECAKE, CARAMEL SAUCE AND HOME MADE HONEYCOMB

CHEESE AND BISCUITS PLATTER, GRAPES AND CELERY

PURBECK DORSET ICE CREAMS

COFFEE AND MINTS (SUPPLEMENT £2.75)

ALL PRODUCE IS PREPARED IN AN AREA WHERE ALLERGENS ARE PRESENT.
FOR THOSE WITH ALLERGIES, INTOLERANCES, AND SPECIAL DIETARY
REQUIREMENTS WHO MAY WISH TO KNOW ABOUT THE INGREDIENTS USED,
PLEASE ASK A MEMBER OF THE MANAGEMENT TEAM.