



### Allergen Information Guide (Winter 2023)

WHILE YOU WAIT	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Chef's Homemade Bread Board</b> Harissa Sauce, Balsamic Olive Oil & Aioli	✓		✓			✓	✓	✓						✓	
<b>Marinated Olives &amp; Feta</b> (vegan option available)	✓	available						✓							
<b>Poole Bay Oysters</b> Mignonette Sauce, Lemon & Duo of Tabasco												✓			
<b>Chef's Hummus with Warm Pita Bread</b>			✓						✓						

STARTERS	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Seasonal Soup of the Day</b> (Please ask chef)	✓														
<b>Crispy Calamari served with Aioli</b>			✓			✓	✓	✓				✓			
<b>Baked Dorset Brie</b> Cranberry Compote, Walnuts & Homemade Soft Tomato Bread Sticks	✓		✓	✓				✓							
<b>Chickpea &amp; Potato Sakshouka</b> with Homemade Tomato Sauce, Chickpea & Potato Patty, Vegan Cheese	✓	✓	✓												
<b>Pan Seared Scallops</b> with Basil & Almond Pesto & Crispy Bacon Crumb				✓				✓				✓			
<b>Duck Liver &amp; Wild Mushroom Pate</b> Mixed Baby Leaves, Baby Gherkins, Melba Toast, Homemade Fruit Chutney			✓				✓	✓						✓	
<b>Ventana Classic Salmon Fishcake</b> Creamy Cress Sauce & Sautéed Spinach			✓				✓	✓		✓	✓				

MAINS	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Mixed Seafood Tagliatelle</b> in White Wine Sauce, Grilled Cherry Vine Tomatoes & Charred Lemon			✓		✓		✓	✓		✓		✓	V		
<b>Vegan Cheddar &amp; Mozzarella Arancini</b> with Arrabiata Sauce & Crushed Almonds	✓	✓	✓	✓											
<b>Pearl Barley &amp; Roasted Butternut Squash Risotto</b> Sautéed Kale topped with Toasted Pumpkin Seeds & Parmesan Shavings (vegan option available)	✓	available	✓		✓	✓	✓	✓					✓		
<b>Ventana Classic Duo of Salmon Fish Cake</b> with Choice of Chips/Fries, Creamy Watercress Sauce & Grilled Asparagus			✓		✓		✓	✓		✓	✓	✓			
<b>Braised Dorset Lamb Shank</b> Served with Creamy Mash Potato & Chef's Pan Gravy, Charred Onion & Broccoli Stem					✓			✓							
<b>Steamed English Mussels</b> Lightly Curried Coconut Sauce, Coriander, Onion, Chilli, Garlic & Ginger. Served with Garlic Toast & Charred Lemon			✓			✓		✓				✓			
<b>Ventana Fish &amp; Chips</b> Battered Haddock Fillet, Rustic Chunky Chips, Garden Pea Puree, Homemade Tartare Sauce & Charred Lemon			✓			✓	✓					✓			
<b>Duo of Pan Seared Salmon Fillet &amp; Tiger Prawns</b> Creamy Mash Potato, Creamy Saffron Sauce, Seasonal vegetables & Charred Lemon					✓			✓		✓	✓	✓			
<b>Twice Cooked Belly of Pork</b> Fondant Potato, Seasonal Vegetables, Caramelised Apple, Mustard & Peppercorn Sauce					✓	✓		✓							
<b>Grilled Marinated Seabass</b> Herb Crushed Potatoes & Seasonal Vegetables with Homemade Salsa & Charred Lemon								✓		✓					
<b>Traditional Fish Curry</b> Hake & Cod with Seasonal Vegetables, Basmati Rice & Mini Poppadoms						✓		✓		✓					



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GRILL	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Ventana Prime Grilled Steaks</b> Sautéed Asparagus, Cherry Vine Tomatoes, Choice of sauce and chips					✓			✓							
SALADS	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Greek Salad</b> Feta, Capsicum, Cucumber, Onion, Olives, Tomatoes, Seasonal Leaves	✓							✓							
<b>Classic Caesar Salad with Chicken</b> Cos Lettuce, Marinated Anchovies, Croutons, Grana Padano Shavings, Caesar Dressing			✓			✓	✓	✓		✓					
<b>Classic Caesar Salad with Prawns</b> Cos Lettuce, Marinated Anchovies, Croutons, Grana Padano Shavings, Caesar Dressing			✓			✓	✓	✓		✓					
PIES	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Steak &amp; Guinness Pie</b> Braised Feather Blade Steak, Thyme, Chestnut Mushrooms. Shortcrust Pastry in a Rich Chef's Gravy & New Potatoes			✓		✓		✓	✓							
<b>New Forest Wild Mushroom Open Pie</b> Glazed Butter Puff Pastry, Parsley Velouté, Parmesan Crisp			✓				✓	✓							
<b>Ventana Classic Fish Pie</b> Smoked Haddock, Hake & Salmon, Shallot White Wine, Velouté, Creamy Potato Puree, Somerset Cheddar & Homemade Soda Bread			✓		✓		✓	✓		✓		✓			
DESSERTS	Vegetarian (V)	Vegan (VG)	Gluten	Nuts	Celery	Mustard	Eggs	Dairy	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin
<b>Coconut Panna Cotta</b> Coconut Shavings, Rhubarb Compote & Ginger Crumble			✓					✓							
<b>Chef's Brioche Bread Pudding</b> Winter Spiced Fruit & Warm Luxury Custard			✓				✓	✓						✓	
<b>Baked Chocolate Cheesecake</b> With an Irish Infused Cream			✓				✓	✓					✓		
<b>Banoffee Mille Feuille</b> Thousand Sheets, Banoffee & Caramelised Pecans			✓	✓			✓	✓							
<b>Ice Creams</b> Vanilla, Chocolate & Mint, Strawberry, Salted Caramel, Rum & Raisin, Amaretto Cherry	✓		✓	✓			✓	✓	✓						
<b>Sorbets</b> Lemon & Basil, Mango, Forest Fruit		✓													
<b>Dorset Cheese Plate</b> Isle of Wight Blue, Rosary Goat's Ash, Smoked Dorset Applewood Cheese, Balsamic Onions, Homemade Fig & Plum Chutney, Artisan Cheese Biscuits	✓		✓	✓	✓			✓						✓	

We do everything possible to avoid cross contamination, but cannot guarantee that products are completely free of allergens.  
If you have any dietary requirements or need specific allergen advice, please let us know.



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SNACKS	Vegetarian (V)	Vegan (VG)	Gluten 	Nuts 	Celery 	Mustard 	Eggs 	Dairy 	Sesame 	Fish 	Crustaceans 	Molluscs 	Soya 	Sulphites 	Lupin 
<b>Tempura Prawns</b> Aioli			✓				✓				✓				
<b>Crispy Salt &amp; Pepper Squid Rings</b> Petit Salad, Red Chilli, Spring Onion & Cucumber Salad, Aioli			✓				✓	✓				✓			
<b>Rustic Chunky Chips</b>	✓												✓		
<b>Skinny Chips</b>	✓												✓		
<b>Sweet Potato Fries</b>	✓												✓		
<b>Halloumi Fries</b>	✓							✓					✓		

SANDWICHES	Vegetarian (V)	Vegan (VG)	Gluten 	Nuts 	Celery 	Mustard 	Eggs 	Dairy 	Sesame 	Fish 	Crustaceans 	Molluscs 	Soya 	Sulphites 	Lupin 
<b>All served on Granary or White Homemade Bread with Sea Salted Crisps &amp; Ventana Slaw unless stated otherwise</b>		available	Gluten free available					Dairy free available							
<b>Steak Sandwich</b> Caramelised Onion, Fresh Rocket, Mayo with hint of Mustard, in Ciabatta Roll			✓			✓	✓	✓						✓	
<b>Chicken &amp; Chorizo</b> Seasoned Chicken, Chorizo, Rocket, Aioli Mayo, in Ciabatta Roll			✓			✓	✓	✓					✓		
<b>Hummus &amp; Pita</b> Grilled Vegetables, Homemade Hummus, in a Pita Sandwich			✓						✓						
<b>Honey Glazed Ham &amp; Grain Mustard</b>			✓			✓		✓							
<b>Mature Dorset Cheddar &amp; Pickle</b>			✓					✓						✓	
<b>Egg Mayo</b> Free Range Egg and Mayo with Hint of English Mustard, Fresh Cress			✓			✓	✓	✓							
<b>Tuna Mayo</b> Tuna, Squeezed Lemon, Chopped Spring Onion with Mayo			✓			✓	✓	✓		✓					
<b>Prawn &amp; Brandied Marie Rose</b> Tuna, Squeezed Lemon, Chopped Spring Onion with Mayo			✓			✓	✓	✓		✓	✓				
<b>Classic Coronation Chicken</b> Freedom Farm Chicken, Curried Mayo Coronation			✓			✓	✓	✓							
<b>Smoked Salmon</b> Smoked Salmon & Cream Cheese			✓					✓		✓					

GOURMET BURGERS	Vegetarian (V)	Vegan (VG)	Gluten 	Nuts 	Celery 	Mustard 	Eggs 	Dairy 	Sesame 	Fish 	Crustaceans 	Molluscs 	Soya 	Sulphites 	Lupin 
<b>Handmade Premium Chopped Steak</b> Leaves, Tomatoes, Tomato Relish			✓				✓	✓							
<b>Freedom Farm Chicken</b> Marinated Freedom Farm Chicken, Spicy Mayo			✓				✓	✓							

NIGHT OWL MENU	Vegetarian (V)	Vegan (VG)	Gluten 	Nuts 	Celery 	Mustard 	Eggs 	Dairy 	Sesame 	Fish 	Crustaceans 	Molluscs 	Soya 	Sulphites 	Lupin 
<b>Chicken Tikka Masala</b> Basmati Wild Rice, Poppadom															
<b>Wild Mushroom &amp; Spinach Cannelloni</b> Rich Cheese Sauce	✓		✓				✓	✓							