



The White Hart ~ Daily Menu

Starters and Nibbles

- Carrot and ginger soup**, warm sourdough roll (v, gfa) 512 kcal 7.25
- Crispy salmon, ginger, lemongrass cake**, lime, mango chilli salad (gf) 330 kcal 9.95
- Braised lamb breast**, feta, pomegranate, pea purée, lamb jus (gf) 363 kcal 8.95
- Baked camembert**, roasted grapes, walnuts, pink peppercorn crostini (v, gfa) 615 kcal 10.45
- Pea and mint pannacotta**, coconut cheese, sauce vierge (vg) 297 kcal 7.75
- King prawn, crispy squid and crushed avocado, salad**, saffron, garlic and lemon aioli 558 kcal 8.95
- Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 8.45
- Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 7.95 Pea and mint arancini, pesto (vg, gf) 459 kcal 6.95
- Crispy chilli beef, cashew nuts (gf) 571 kcal 7.95 Crispy chicken wings, gochujang ketchup (gf) 565 kcal 7.95
- Crispy squid, sweet chilli mango 422 kcal 6.95 Tempura hake, Asian dipping sauce (gf) 224 kcal 7.45
- Tarragon polenta, mushroom ketchup (vg, gf) 475 kcal 6.45 Halloumi fries, tomato relish (v, gf) 538 kcal 7.45

Light Bites

- Cheddar, balsamic onion and leek quiche**, crème fraîche new potato salad (v, gf) 903 kcal 11.95
- Salmon and smoked haddock fishcake**, poached egg, white wine, tomato, caper sauce (gf) 545 kcal 14.95
- Blackened sweet potato salad**, wild rice, avocado, sweetcorn, lime and kidney bean salsa (vg, gf) 780 kcal 12.95

Mains

- Pan fried salmon fillet**, warm tartare sauce, potatoes, mussels (gf) 712 kcal 21.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 16.95
- Fish pie**, smoked haddock, salmon, cod, king prawns, French style peas (gf) 843 kcal 18.95
- Pan fried chicken**, Gorgonzola gnocchi, wild mushrooms, smoked bacon, white wine sauce 908 kcal 19.95
- Summer vegetable risotto**, coconut feta, broad beans, radish, asparagus, lemon (vg, gf) 464 kcal 16.95
- 7oz fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1205 kcal 32.95
- Sweet potato, aubergine and spinach Malaysian curry**, coconut rice, pak choi (vg, gf) 731 kcal 17.95
- Moroccan crispy lamb salad**, cous cous, marinated apricot, lemon, mint yoghurt 953 kcal 18.95
- Honey roasted ham**, (served cold) fried eggs and chips (gf) 1211 kcal 16.95
- Chicken, Wild Mushroom pie**, buttered mash, green vegetables, red wine gravy (gf) 1308 kcal 17.95
- Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 17.45
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 16.95

Sides

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| Truffle parmesan fries (gf) 453 kcal 5.75 | Chunky chips (vg, gf) 535 kcal 4.50 | Buttered vegetables (v, gf) 200 kcal 4.95 |
| Mixed salad (vg, gf) 99 kcal 4.75 | Garlic bread, cheese (v) 621 kcal 5.00 | Truffle macaroni cheese (v) 674 kcal 5.75 |

Adults need around 2000 kcal a day.

An optional 12.5% service charge will be added to your bill - 100% of which goes to the team who served you today | The White Hart - www.whitehart-cadnam.co.uk - 02380 812 277

Adults need around 2000 kcal a day. We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.