



# THE WOODVALE

## Starters & Light Bites

<b>Chef's Soup of the Day</b> served with crusty bread	<b>£5.25</b>	<b>Nachos</b> - Crispy corn tortilla chips covered with a blend of melted cheese & sprinkling of hot jalapeno pepper, guacamole, sour cream & a spicy salsa	<b>v gf £7.00</b>
<b>Miso Tiger Prawns</b> oriental spiced broth with chilli, ginger, garlic, spring onions and rice noodles	<b>gf £7.95</b>	<b>add Chilli con Carne, extra</b>	<b>£2.00</b>
<b>Beef Tomato, Buffalo Mozzarella &amp; Basil Salad</b>	<b>gf £6.95</b>	<b>Roasted Red Pepper Houmous</b> with toasted pitta bread & mixed olives	<b>Vegan v £5.50</b>
<b>Salt &amp; Black Pepper Squid</b> served with a sweet chilli dipping sauce	<b>£6.95</b>	<b>Small Moules Mariniere</b> with crusty bread	<b>* gf £7.25</b>
<b>Toasted Bruschetta</b> with roasted baby tomatoes, rosemary & garlic with a balsamic dressing	<b>Vegan v £6.25</b>	<b>Barra Galega Breads</b> – A large traditional rustic bread from the Northwest of Spain	
		<b>with garlic butter</b>	<b>v £4.50</b>
		<b>with garlic butter &amp; cheese</b>	<b>v £4.75</b>
		<b>with garlic butter, chilli con carne &amp; cheese</b>	<b>£5.50</b>

## Woodvale Favourites

<b>Chilli con Carne</b> served on a bed of long grain rice with Nachos & sour cream	<b>gf</b>	<b>Regular</b>	<b>£11.50</b>
		<b>Small</b>	<b>£8.25</b>
<b>Real Ale Beer Battered Cod</b> Fresh caught Cod dipped in our own Real Ale Beer Batter served with triple cooked chunky chips, home-made tartare sauce & a choice of garden or mushy peas		<b>Regular</b>	<b>£12.95</b>
		<b>Small</b>	<b>£9.25</b>
<b>Wholetail Atlantic Scampi</b> with triple cooked chunky chips, home-made tartare sauce & a choice of garden or mushy peas		<b>Regular</b>	<b>£12.95</b>
		<b>Small</b>	<b>£9.25</b>
<b>Oriental Spiced Miso with Tofu &amp; Cabbage</b> oriental spiced broth with chilli, ginger, garlic, spring onions and rice noodles	<b>v</b>	<b>gf</b>	<b>Regular £11.50</b>
			<b>Small £8.25</b>
<b>Home-made Lasagne Al Forno</b> oven baked Lasagne served with salad & Barra Galega garlic bread		<b>Regular</b>	<b>£11.50</b>
		<b>Small</b>	<b>£8.25</b>
<b>In House Cooked Honey Roast Ham, Free Range Eggs &amp; Triple Cooked Chunky Chips</b>	<b>gf</b>		<b>£11.50</b>
<b>Chef's Home-made Pie of the Day</b> (please see specials board) served with a choice of new potatoes or triple cooked chunky chips & garden or mushy peas			<b>£13.50</b>
<b>Griddled Butterflied Breast of Chicken</b> with parmesan, thyme, lemon, prociutto & a balsamic glaze, served with fine beans & buttered new potatoes	<b>gf</b>		<b>£13.95</b>
<b>Pan Fried Seabass Fillets</b> on a bed of spiced crab risotto & salsa verde	<b>gf</b>		<b>£17.50</b>
<b>Home-made Sweet Potato, Chickpea &amp; Spinach Curry</b> served with rice, poppadum & mango chutney	<b>v</b>	<b>Vegan gf</b>	<b>£11.50</b>
<b>Seafood Spaghetti Marinara</b> fresh fish & shellfish in a tomato, garlic & basil sauce served with Bara Galega garlic bread		<b>Regular</b>	<b>£14.95</b>
		<b>Small</b>	<b>£9.50</b>
<b>Grilled Isle of Wight Lamb Cutlets</b> on a bed of grilled vegetables served with garlic & rosemary roasted cherry tomatoes, fine beans & buttered new potatoes	<b>gf</b>		<b>£14.95</b>
<b>1kg Moules Mariniere &amp; crusty bread</b>	<b>gf *</b>		<b>£14.50</b>
<b>12oz Gammon Steak</b> (approx. uncooked weight) served on a sizzling platter with fried onions, mushrooms, tomato & triple cooked chunky chips with either fried egg or pineapple	<b>gf</b>		<b>£14.50</b>

**Vegan** **v** **Vegetarian** **gf** **Gluten Free** **gf** **No gluten containing ingredients** \* **Gluten Free Roll Available**

Before placing your order, please advise a member of staff if you have a food allergy or ask to see the comprehensive list of allergen information available. All items are subject to availability and our prices are inclusive of VAT.

Should you wish to run an account, please lodge your credit card at the bar.

Please Order at the Bar

## Isle of Wight Burgers

**8oz Isle of Wight Beef Burger** with fried onions, lettuce, tomato & gherkin **£12.25**

served in a floured bap with triple cooked chunky chips, salad garnish & relish

Choose from these toppings to create your own

**All 75p per topping or two for £1**

**Double Cheese, Grilled Bacon, Chilli con Carne, Pineapple, Fried Egg, Blue Cheese, Mushrooms, Sliced Jalapeno Peppers**

**Cajun Chicken Breast** with lettuce & tomato salsa **£12.25**

served in a floured bap with triple cooked chunky chips, salad garnish & coleslaw

**Griddled Halloumi & Roasted Red Pepper Houmous** **v \* £11..50**

with lettuce & sliced beef tomato served in a brioche bap with triple cooked chunky chips & salad garnish

**Pulled Pork** in a Smokey BBQ sauce **£12.25**

served in a brioche bap with triple cooked chunky chips, salad garnish & coleslaw

**The Beast – Can You Take It On!** **£14.95**

Two 8oz Isle of Wight Burgers topped with onions, double cheese, bacon, mushrooms & fried egg & served in a floured bap with triple cooked chunky chips, salad garnish & relish

## Sunday Roasts

All of our roasts are served with hand prepared roasted potatoes, home-made Yorkshire Pudding, seasonal veg & gravy.

Gluten Free gravy is available on request

<b>Isle of Wight Roast Sirloin of Beef</b> with home-made Horseradish Sauce	<b>Kids £8.00</b>	<b>Regular £11.75</b>	<b>Large £14.50</b>
<b>Isle of Wight Roast Leg of Lamb</b>	<b>Kids £8.00</b>	<b>Regular £11.75</b>	<b>Large £14.50</b>
<b>Roast Pork Loin</b> with crackling & stuffing	<b>Kids £8.00</b>	<b>Regular £11.75</b>	<b>Large £14.50</b>
<b>Nut Roast</b>	<b>v Kids £8.00</b>	<b>Regular £11.75</b>	<b>Large £14.50</b>

## Sunday Sides

**Cauliflower Cheese** **£3.50**

**Honey Roasted Parsnips** **£3.50**

## Jacket Potatoes

<b>English Cheddar</b>	<b>gf v</b>	<b>£8.00</b>
<b>Tuna Mayonnaise</b>	<b>gf</b>	<b>£8.00</b>
<b>Chilli con Carne</b>	<b>gf</b>	<b>£8.00</b>
<b>Prawn Marie Rose</b>	<b>gf</b>	<b>£9.00</b>

## Side Orders

<b>Onion Rings</b>	<b>v</b>	<b>£3.75</b>
<b>Triple Cooked Chunky Chips</b>	<b>gf v</b>	<b>£3.75</b>
<b>with cheese</b>	<b>gf v</b>	<b>£4.75</b>
<b>Sweet Potato Fries</b>	<b>gf v</b>	<b>£4.00</b>
<b>Side Salad</b>	<b>gf v</b>	<b>£3.75</b>
<b>Thick Cut White or Granary Bread &amp; Butter</b>	<b>v</b>	<b>£1.95</b>

## Desserts

**All £6.25**

Most served with choice of cream, ice cream or custard

**Home-made Lemon & Blueberry Cheesecake**

**Belgian Waffle** topped with banoffee ice cream & served with a Mars bar sauce

**Hot Treacle Sponge Pudding** **gf**

**Warm Chocolate Fudge Cake** **gf**

**Almond, Peanut & Caramel Tart** **gf**

or, served on its own

**Poached Pear** with a light syrup & vanilla ice cream **gf**

**Home-Made Triple Chocolate Chip & Rum Soaked Raisin**

**Chocolate Brownie** with Crème Fraiche

**Chef's Summer Fruit Crème Brûlée** **gf**

**Isle of Wight Cheeseboard –** **£10.95**

Bridlesford Farm Mature Cheddar, I.O.W Blue & I.O.W Soft Cheeses served with a selection of biscuits, a traditional chutney, grapes & celery

## Sandwiches & Barra Galegas

served with triple cooked chunky chips & salad garnish  
sweet potato fries available for 25p extra

	<b>Sandwich</b>	<b>Barra Galega</b>
<b>Bridlesford Farm Mature Cheddar &amp; Red Onion Chutney</b>	<b>*£6.75</b>	<b>£7.75</b>
<b>Honey Glazed Ham with Pear &amp; White Wine Chutney</b>	<b>*£6.75</b>	<b>£7.75</b>
<b>Roasted Red Pepper Houmous</b> with lettuce & sliced beef tomato <b>Vegan</b>	<b>*£6.75</b>	<b>£7.75</b>
<b>Grilled Bacon, IOW Soft &amp; Chilli Jam</b> with Lettuce & Tomato	<b>*£7.75</b>	<b>£8.75</b>
<b>Tuna Mayonnaise</b>	<b>*£7.75</b>	<b>£8.75</b>
<b>Prawn Marie Rose</b>	<b>*£7.75</b>	<b>£8.75</b>
<b>Warm Pulled Pork &amp; Apple Sauce</b>	<b>*£7.75</b>	<b>£8.75</b>
<b>6oz Rib-Eye Steak with IOW Blue Cheese &amp; Watercress</b>	<b>* n/a</b>	<b>£11.50</b>

## Freshly Made Salads **gf**

Our Freshly made salads comprise of dressed mixed leaves with Quinoa, Avocado, mixed rices, sweet potato, tomato & Pumpkin seeds and come with a choice of:

**Griddled Goats & Haloumi Cheeses** **V £10.95**

**Griddled Lemon & Garlic Chicken** **£11.95**

**Grilled Tofu** **Vegan £10.95**

**Rib-Eye Steak** (cooked to your liking) **£14.50**

**Fresh Dressed Crab & King Prawn** **£14.95**

## Isle of Wight Ice Creams

**2 scoops £4.50 or 3 scoops £5.50**

<b>Vanilla</b> <b>Vegan</b>	<b>Wild Berry</b> <b>Vegan</b>	<b>Salted Caramel</b> <b>Vegan</b>
<b>Chocolate Fudge Brownie</b>	<b>Strawberry</b>	
<b>White Chocolate &amp; Raspberry</b>	<b>Banoffee</b>	