



THE WOODVALE

Starters & Light Bites

Chef's Soup of the Day served with crusty bread	£5.25	Nachos - Crispy corn tortilla chips covered with a blend of melted cheese & sprinkling of hot jalapeno pepper, guacamole, sour cream & a spicy salsa	v gf £7.00
Tiger Prawns sautéed in smoked paprika, chilli, garlic & olive oil served with crusty bread	gf * £7.25	add Chilli con Carne , extra	£1.75
Salt & Black Pepper Squid served with a sweet chilli dipping sauce	£6.95	Roasted Red Pepper Houmous with toasted pitta bread & mixed olives	Vegan v £5.25
Toasted Bruschetta with roasted baby tomatoes, rosemary & garlic with a balsamic dressing	Vegan v £6.25	Small Moules Mariniere with crusty bread	* gf £7.25
		Barra Galega Breads – A large traditional rustic bread from the Northwest of Spain	
		with garlic butter	£4.00
		with garlic butter & cheese	£4.75
		with garlic butter, chilli con carne & cheese	£5.50

Woodvale Favourites

Chilli con Carne served on a bed of long grain rice with Nachos & sour cream	gf	Regular	£11.25
		Small	£7.95
Real Ale Beer Battered Catch of the Day (please see specials board) Fresh catch of the day 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		Regular	£12.25
		Small	£8.95
Wholetail Atlantic Scampi with triple cooked chunky chips, home-made tartare sauce & a choice of garden or mushy peas		Regular	£12.25
		Small	£8.95
Macaroni Cheese served with garlic bread & salad garnish	v	Regular	£11.95
		Small	£7.95
		Add Smoked Bacon	£1.00
Home-made Lasagne Al Forno oven baked Lasagne served with salad & garlic bread		Regular	£11.25
		Small	£7.95
In House Cooked Honey Roast Ham, Free Range Eggs & Triple Cooked Chunky Chips	gf		£11.25
Chef's Home-made Pie of the Day (please see specials board) served with a choice of new potatoes, mash or triple cooked chunky chips & garden or mushy peas			£12.95
Our Own Recipe Lamb, Ginger & Apricot Sausages served on a bed of creamed potatoes with onion gravy & garden peas	gf		£11.25
Pan Fried Seabass Fillets with Thai spiced coconut laksa noodles & a fiery Sambal Blachan			£17.25
Home-made Sweet Potato, Chickpea & Spinach Curry served with rice, poppadum & mango chutney	v	Vegan gf	£11.25
Home-made Fish Pie topped with creamy mash potato & served with fine green beans		Regular	£12.95
		Small	£8.95
Slow Roasted Pork Belly with a Toffee Apple Jus served on a bed of creamed potatoes accompanied by fine green beans	gf		£13.95
1kg Moules Mariniere & crusty bread	gf *		£14.50
12oz Gammon Steak (approx. uncooked weight) served on a sizzling platter with fried onions, mushrooms, tomato & triple cooked chunky chips with either fried egg or pineapple	gf		£14.50

 **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.

Isle of Wight Burgers

8oz Isle of Wight Beef Burger with fried onions, lettuce, tomato & gherkin **£11.95**
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 **£11.95**
served in a floured bap with triple cooked chunky chips, salad garnish & coleslaw

Griddled Halloumi & Roasted Red Pepper Houmous **v * £11.25**
with lettuce & sliced beef tomato served in a brioche bap with triple cooked
chunky chips & salad garnish

Pulled Pork in a Smokey BBQ sauce **£11.95**
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

Isle of Wight Roast Sirloin of Beef with home-made Horseradish Sauce	Kids £8.00	Regular £11.50	Large £14.25
Isle of Wight Roast Leg of Lamb	Kids £8.00	Regular £11.50	Large £14.25
Roast Pork Loin with crackling & stuffing	Kids £8.00	Regular £11.50	Large £14.25
Nut Roast v 	Kids £8.00	Regular £11.50	Large £14.25

Sunday Sides

Cauliflower Cheese **£3.50** Honey Roasted Parsnips **£3.50**

Jacket Potatoes

English Cheddar	gf v	£7.50
Tuna Mayonnaise	gf	£7.50
Chilli con Carne	gf	£7.50
Prawn Marie Rose	gf	£8.50
Pulled Pork		£8.50

Sandwiches & Baguettes

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

	Sandwich	Baguette
Mature Cheddar & Home-Made Red Onion Chutney	*£6.50	£7.50
Honey Glazed Ham with Pear & White Wine Chutney	*£6.50	£7.50
Roasted Red Pepper Houmous with lettuce & sliced beef tomato v 	*£6.50	£7.50
Grilled Bacon, Brie & Chilli Jam with Lettuce & Tomato	*£7.50	£8.50
Tuna Mayonnaise	*£7.50	£8.50
Prawn Marie Rose	*£7.50	£8.50
Warm Pulled Pork & Apple Sauce	*£7.50	£8.50
Hot Steak Baguette with fried onions*	n/a	£10.50

Side Orders

Onion Rings	v	£3.50
Triple Cooked Chunky Chips	gf v	£3.50
with cheese	gf v	£4.50
Sweet Potato Fries	gf v	£3.75
Side Salad	gf v	£3.50
Thick Cut White or Granary Bread & Butter	v	£1.95

Desserts

All £6.25

Most served with choice of cream, ice cream or custard

Home-made Mint Chocolate Cheesecake

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

Chocolate Profiteroles, Chocolate Sauce & Cream

Hot Treacle Sponge Pudding gf

Warm Chocolate Fudge Cake gf

Almond, Peanut & Caramel Tart gf

or, served on its own

Chef's Lemon & Lime Crème Brûlée gf

Cheeseboard – a trio of Cheddar, Stilton & Brie **£8.95**

served with a selection of biscuits & a traditional home-made chutney

Isle of Wight Ice Creams

2 scoops £4.50 or 3 scoops £5.50

Vanilla Banoffee Strawberry

Chocolate Fudge Brownie Toffee Crunch

White Chocolate & Raspberry

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