



NON GLUTEN INGREDIENT MENU

STARTERS & SMALL PLATES

- THICK CUT SMOKED SALMON** 8.00 Pickled beetroot, cornichons, wasabi mayonnaise & pea tops
- CHICKEN WINGS** 7.00 BBQ Sauce, Dorset Blue Vinny dip, celery, spring onion
- WHIPPED ROSARY GOATS CHEESE** 7.50 Candied walnuts, honey drizzle, g/f toasts and baby gem salad
- HOMEMADE SOUP** 6.50 Today's special served with a g/f roll.

MAINS

EIGHT OUNCE FARM ASSURED UK SIRLOIN STEAK 20.50.
 Red watercress, roasted vine tomatoes, grilled flat mushroom and shoestring fries.
 Choose from our selection of homemade sauces - Peppercorn, Dorset Blue Vinny cheese or garlic butter

PAN SEARED SALMON 16.50

Pan fried fillet of fresh salmon, avocado and beef tomato salad and shoestring fries

CHICKEN, BACON & AVOCADO CAESAR SALAD 14.50

Char-grilled supreme of free range chicken, best back bacon, avocado, free range hard boiled egg, anchovies, baby gem lettuce, toasted g/f ciabatta and caesar dressing.

BBQ

All served with roasted vine tomatoes, coleslaw, mixed leaf salad, old bay seasoned corn on the cob, BBQ sauce, aioli dip & fries.

BABY BACK RIBS 18.50
Full rack of BBQ glazed baby back ribs

BBQ CORN FED CHICKEN 15.00
Supreme of BBQ glazed char-grilled chicken

COMBO 17.00
1/2 Rack of Baby Back Ribs & BBQ Chicken

DINNER FOR TWO

AVAILABLE MONDAY TO THURSDAY 6PM TIL 9PM

STEAK NIGHT 39.00 FOR TWO

Apple and walnut salads with balsamic glaze followed by two
8oz UK reared sirloin steaks with vine tomatoes, peppercorn sauce and UNLIMITED fries plus a bottle of house wine!

*KEYCLUB MEMBERS ONLY. NOT AVAILABLE ON BANK HOLIDAYS.

KEY CLUB EXCLUSIVE

EXCLUSIVE KEY CLUB

SKEWERS

Skewer of roasted Mediterranean vegetables, tabouleh cous-cous salad, humus and tsatsiki, iceberg lettuce, fresh tomato and g/f toasts

MOROCCAN SPICED LAMB 17.50

CHICKEN AND SPICY CHORIZO 15.50

HALOUMI CHEESE 14.50

BURGERS

Eight-ounce burgers handmade on the premises to our own recipe from farm-assured UK beef, cooked medium and served in toasted g/f bun with iceberg lettuce, beef tomato, red onion, gherkin, house burger sauce, coleslaw and shoestring fries

CLASSIC 13.00
Classic eight-ounce burger. Enjoy it "as is" or build it up from the toppings menu

STACK 14.50
Best back bacon and smoked Applewood Cheddar

CHICKEN FILLET 14.50
Fresh chicken fillet, avocado and burger relish

DORSET BLUE 14.50
Melted Dorset Blue Vinny cheese and homemade red onion marmalade

16OZ 4.00
Double the Burger! Add an extra patty to any burger.

SWEET POTATO FALAFEL 13.00
Tsatsiki and rocket

TOPPINGS

APPLEWOOD CHEDDAR 1.50 **AVOCADO** 2.00 **DORSET BLUE VINNY** 1.50 **BEST BACK BACON** 1.50 **RED ONION MARMALADE** 1.50
GO NAKED! No bun, extra salad, no charge

SIDES

SHOESTRING FRIES 3.00 **SWEET POTATO FRIES** 4.00 **CHUNKY CHIPS** 4.00 **PEA AND SPINACH MEDLEY** 3.50
CORN ON THE COB 3.50 **MIXED SALAD** 4.00 **BUTTERED NEW POTATOES** 3.50 **COLESLAW** 3.00 **ASIAN SLAW** 3.50

ICES

VANILLA, CHOCOLATE, STRAWBERRY, SALTED CARAMEL, HONEYCOMB ICE CREAMS. MANGO SORBET
ONE SCOOP 2.50, TWO SCOOP 3.50, THREE SCOOP 5.00

*FRIES - Our fries contain no gluten however traces can appear due to the production process. New potatoes or mixed salad are available as an alternative.
NGCI - We do not operate a gluten free kitchen. Gluten free refers to dishes only having non gluten containing ingredients (NGCI).
If you have any queries regarding allergies or intolerances please speak to your server.

Please allow time for your menu choice as all dishes are prepared and cooked to order. All items may contain traces of nuts. please ask your server for further allergy advice.
A discretionary service charge of 10% will be added to groups of six or more.

VEGAN MENU AVAILABLE

REEF ENCOUNTER

BAR AND GRILL

JAMES AND WHITE - 17 CHURCH STREET - CHRISTCHURCH - BH23 1BW - 01202 485 485 -
INFO@JAMESANDWHITE.COM - WWW.JAMESANDWHITE.COM

JAMES AND WHITE

BAR AND KITCHEN

REEF ENCOUNTER - 42 SEA ROAD - BOURNEMOUTH - BH5 1BQ - 01202 280 656 -
INFO@REEF-ENCOUNTER.COM - WWW.REEF-ENCOUNTER.COM



NON GLUTEN INGREDIENT MENU

BREAKFAST & BRUNCH

AVAILABLE TIL 4PM. NOT AVAILABLE SUNDAYS AFTER 11.45AM

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| <p>FULL DORSET 9.00
Best back bacon, two poached free range eggs, baked beans, hash browns, flat mushroom, cherry vine tomatoes and g/f toast</p> <p>SALMON, AVOCADO AND EGGS 9.00
Thick cut Wye Valley smoked salmon, ripe avocado, poached free range eggs, country style potatoes, red watercress & g/f toast</p> | <p>FULL VEGGIE 9.00
Two poached free range eggs, pan fried haloumi, wilted spinach, hash browns, flat mushroom, vine tomatoes and g/f toast</p> <p>VEGAN BREAKFAST 9.00
Scrambled tofu, heck's vegan bollywood sausage, wilted spinach, hash browns, flat mushroom, vine tomatoes and g/f toast</p> |
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SANDWICHES

AVAILABLE TIL 4PM. NOT AVAILABLE SUNDAYS

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| <p>CHICKEN & BACON 8.50.
Fresh, char-grilled breast of chicken, best back bacon, lettuce & tomato with mayonnaise on a g/f roll, with a fresh green salad</p> | <p>SOUP & PLOUGHMANS 8.50
Bowl of homemade soup and your choice of cheese or ham with a g/f roll, chutneys, pickles, apple and fresh green salad.</p> |
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KEY CLUB EXCLUSIVE

HAM, EGG & CHIPS 8.50
Roasted thick cut butcher's ham, fried free range eggs and chunky chips.

WEEKDAY LUNCH PLATES
AVAILABLE MONDAY TO FRIDAY TIL 6PM*

HOMEMADE FRITATTA (V) 8.50
G/f roll and a dressed fresh green salad
Ham, black wax cheddar & tomato or
Rosary goats cheese, spinach & red onion marmalade

STEAK AND CHIPS 9.50
Hanger steak cooked to your preference with shoestring fries, roasted vine tomatoes and peppercorn sauce.

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VEGAN INGREDIENT MENU

STARTERS & SMALL PLATES

- SWEET POTATO FALAFEL 7.00**
Hummus and char-grilled khobez flat bread*
- CHINESE SOYA 'DUCK' SALAD 7.00**
Asian salad, cucumber, spring onion and plum sauce dressing
- AVOCADO SALAD 6.50**
Beef tomato, red onion, baby gem lettuce and balsamic glaze

MAINS

- SWEET POTATO FALAFEL 13.50**
Skewer of roasted Mediterranean vegetables, tabouleh cous-cous salad, humus, iceberg lettuce, fresh tomato and warm khobez flat breads*
- TOFU KATSU CURRY 13.50**
Deep fried panko crumbed tofu with katsu curry sauce, Asian slaw and shoestring fries

- MOVING MOUNTAINS VEGAN BURGER 13.00**
Plant based "meat" burger, beetroot, chilli jam, iceberg lettuce, beef tomato and red onion in a toasted vegan bun with shoestring fries, gherkin and coleslaw
- ADD AVOCADO 2.00**

DESSERT

- APPLE AND CINNAMON CRUMBLE 7.00**
with vegan vanilla ice cream
- MANGO SORBET**
ONE SCOOP 2.50, TWO SCOOP 3.50, THREE SCOOP 5.00

Our vegan menu adheres to People for the Ethical Treatment of Animals (PETA) guidelines.
 We use only vegan ingredients but we prepare and cook vegan meals in kitchens and on equipment where meat dishes are also prepared.
 Please ask your server if you have any queries and let us know of any allergies or dietary requirements.

Please allow time for your menu choice as all dishes are prepared and cooked to order. All items may contain traces of nuts. please ask your server for further allergy advice.
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