

# JAMES AND WHITE

BAR AND KITCHEN

## NON GLUTEN INGREDIENT MENU

### STARTERS & SMALL PLATES

BBQ CHICKEN WINGS ..... 7.00 Dorset Blue Vinny dip & celery	BURRATA ..... 8.50 Roasted beets, rocket, balsamic glaze V	ZUCCHINI FRITTERS ..... 6.70 Chilli jam
THICK CUT SMOKED SALMON ..... 8.00 Horseradish creme fraiche, gluten free toasts	TODAY'S HOMEMADE SOUP ..... 6.70 Gluten free bread	FALAFEL ..... 6.70 Homemade, tsatsiki
	STICKY BBQ RIBS ..... 7.70 Chilli dressed Asian slaw	

### HOT STONE COOKING AT YOUR TABLE

All served on a sizzling hot volcanic rock for you to cook on yourself at the table! Or...  
Don't want to do the cooking; no problem just ask your server and we will serve the finished dish!

#### STEAKS

Farm Assured UK reared steaks aged for minimum 30 days by our New Forest family butcher. Served with pea top salad, roasted vine tomatoes, grilled flat mushroom, shoestring fries\* and your choice of sauce: peppercorn, garlic butter or Dorset Blue Vinny cheese.

8OZ SIRLOIN ..... 21.50	8OZ RUMP ..... 16.00	10OZ RIB EYE ..... 23.00	PORK TENDERLOIN ..... 15.00
SURF AND TURF ..... 3.00 Add 3 tempura prawns	TUNA STEAK ..... 18.00 Poke bowl of sushi rice, fresh avocado, lime, cucumber, pickled carrot, spring onion, radishes, fresh chilli, ponzu dressing and a chilli mayonnaise.	BUTCHER'S BOARD Fillet steaks, Butcher's favourite cuts and sharing steaks are displayed on the board when available.	

#### SKEWERS

With a Morrocon stew of mixed peppers, chickpeas, sweet potato, lentils, nuts and spices, humus and tzatsiki, iceberg lettuce, fresh tomato and warm gluten free bread

LAMB RUMP ..... 18.00	HALOUMI V ..... 15.00	MONKFISH ..... 19.00
-----------------------	-----------------------	----------------------

### MAINS

FULL RACK OF BABY BACK RIBS ..... 19.00  
Slow cooked with BBQ Sauce and served with chipotle mayonnaise, shoestring fries\* and coleslaw.

CHICKEN FILLET ..... 15.00  
Char-grilled chicken breast with BBQ Sauce, chipotle mayonnaise, shoestring fries\* and coleslaw.

HOUSE SWEET POTATO FALAFEL ..... 14.50  
With a Morrocon stew of mixed peppers, chickpeas, sweet potato, lentils, nuts and spices. With humus and tzatsiki, iceberg lettuce, fresh tomato and warm gluten free breads

CHICKEN, BACON & AVOCADO ..... 15.00  
CAESAR SALAD  
Chargrilled chicken breast, best back bacon, avocado, free range hard boiled egg, anchovies, baby gem lettuce and caesar dressing.

SUNDAY ROAST  
Please see board for details.  
Not available in high season

PAN FRIED SALMON FILLET ..... 17.50  
Avocado and beef tomato salad and shoestring fries\*.

### BURGERS

Homemade burgers from farm-assured UK beef, cooked medium and served in a toasted gluten free bun with iceberg lettuce, beef tomato, red onion, gherkin, house burger sauce, coleslaw and shoestring fries\*

CLASSIC ..... 13.00  
Enjoy it "as is" or build it up from the toppings menu

BLACK COW CHEESE & BACON ..... 14.50  
Best back bacon & Dorset's premium Black Cow Cheddar

DORSET BLUE ..... 14.50  
Dorset Blue Vinny cheese & house red onion marmalade

CHICKEN ..... 14.50  
Char-grilled chicken fillet, avocado, chipotle mayonnaise and burger relish

FALAFEL BURGER ..... 13.50  
Homemade sweet potato falafel with rocket and tsatsiki or humus

DOUBLE UP! ..... 4.50  
Double the Burger!  
Add an extra patty.

BLACK COW CHEDDAR ..... 2.50  
RED ONION MARMALADE ..... 1.50

AVOCADO ..... 2.00  
FLAT MUSHROOM ..... 1.50

DORSET BLUE VINNY ..... 1.50  
BEST BACK BACON ..... 1.50  
GO NAKED! NO BUN, EXTRA SALAD, NO CHARGE

### SIDES

SHOESTRING FRIES* ..... 3.00	SWEET POTATO FRIES* ..... 4.00	CHUNKY CHIPS* ..... 4.00	ASIAN SLAW ..... 3.50
WILTED SPINACH ..... 3.50	CORN ON THE COB ..... 3.50	MIXED SALAD ..... 4.00	COLESLAW ..... 3.00

### ICES

#### ICE CREAM & SORBET

Vanilla, Salted Caramel, Honeycomb, Chocolate, Strawberry ice creams or Mango Sorbet

1 SCOOP .. 2.50 2 SCOOP .. 3.50 3 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. We do not operate a gluten free kitchen. Gluten free refers to dishes only having non gluten containing ingredients.  
If you have any queries regarding allergies or intolerances please ask 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.

(V) = VEGETARIAN

= VEGAN OPTION

GLUTEN FREE MENU AVAILABLE

HOUSE FAVOURITE

# JAMES AND WHITE

BAR AND KITCHEN

## NON GLUTEN INGREDIENT MENU

### BRUNCH

<b>FULL DORSET</b> ..... 9.00 Outdoor-reared pork sausage, best back bacon rashers, two poached free range eggs, baked beans, hash brown, flat mushroom, vine tomatoes and gluten free toast	<b>FULL VEGGIE</b> ..... 9.00 Two poached free range eggs, pan fried haloumi cheese, wilted spinach, hash brown, baked beans flat mushroom, vine tomatoes and gluten free toast
<b>SALMON, AVOCADO &amp; EGGS</b> ..... 9.00 Thick cut Wye Valley smoked salmon, ripe avocado, poached free range eggs, country style potatoes, pea shoots & g/f toast	<b>VEGAN BREAKFAST</b>  ..... 9.00 Zucchini fritters, heck's vegan bollywood sausage, wilted spinach, hash brown, baked beans, flat mushroom, vine tomatoes. <small>We are unable to offer vegan, gluten free toast</small>

### WEEKDAY LUNCH PLATES

AVAILABLE MONDAY TO FRIDAY 12PM TO 4PM

<b>8OZ RUMP STEAK</b> ..... 13.00 Served on a sizzling hot volcanic rock for you to cook on yourself at the table! Or... Don't want to do the cooking; no problem just ask your server and we will serve the finished dish. With vine tomatoes, shoestring fries and peppercorn sauce.	<b>HAM, EGG AND CHIPS</b> ..... 9.00 Roasted thick cut ham, fried free range eggs and chunky chips.
---	--

### SANDWICHES

MIDDAY TIL 4PM. NOT AVAILABLE SUNDAYS

Served open on lightly toasted gluten free bread with a mixed leaf salad

<b>SMOKED SALMON</b> ..... 8.00 Thick cut smoked salmon, fresh avocado, cream cheese and lemon	<b>BLACK COW CHEDDAR</b> ..... 7.00 Black Cow Cheddar, beef tomato, rocket and chutney
<b>BACON AND EGGS</b> ..... 6.50 Fried free range eggs and best back bacon	<b>HOMEMADE SOUP</b> ..... 6.70 Today's special with gluten free bread
<b>HAND SLICED HAM</b> ..... 7.00 With roasted beets, salad and horseradish creme fraiche	<b>ADD HALF SANDWICH</b> ..... 3.00

### BAD HAND COFFEE



<b>ESPRESSO</b> ..... 2.30
<b>MACHIATO</b> ..... 2.50
<b>AMERICANO</b> ..... 2.50
<b>LATTE / CAPPUCCINO / FLAT WHITE</b> ..... 2.80
<b>MOCHA</b> ..... 3.00

### TEA

<b>ENGLISH BREAKFAST TEA</b> ..... 2.30
<b>DORSET TEA HERBAL INFUSIONS</b> ..... 2.50 Cool Chamomile, Earl Grey, Foraged Fruits, Pure Green, Lemon & Ginger
<b>ROOBOIS TEA</b> ..... 2.50
<b>HOT CHOCOLATE</b> Add Marshmallows 30p Add Cream 30p ..... 3.00

### SOFT

<b>COKE / DIET COKE ICON</b> ..... 3.20
<b>APPLETISER</b> ..... 3.20
<b>ORANGINA</b> ..... 3.20
<b>MINERAL WATER</b> ..... 2.50 / 5.00
<b>LUSCOMBE LEMONADE</b> ..... 3.20
<b>LUSCOMBE GINGER BEER</b> ..... 3.20
<b>LUSCOMBE ELDERFLOWER PRESSE</b> ..... 3.20

### JUICES

<b>FROBISHERS APPLE JUICE</b> ..... 2.90
<b>FROBISHERS ORANGE JUICE</b> ..... 2.90
<b>FROBISHERS CRANBERRY JUICE</b> ..... 2.90
<b>FROBISHERS ORANGE &amp; PASSIONFRUIT FUSION</b> ..... 3.20
<b>FROBISHERS APPLE &amp; MANGO FUSION</b> ..... 3.20
<b>BIG TOM TOMATO JUICE</b> ..... 3.00
<b>SMOOTHIES</b> ..... 4.20



\*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. We do not operate a gluten free kitchen. Gluten free refers to dishes only having non gluten containing ingredients.  
If you have any queries regarding allergies or intolerances please ask 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.

(V) = VEGETARIAN

 = VEGAN OPTION ASK US HOW TO MAKE THE DISH VEGAN

HOUSE FAVOURITE

GLUTEN FREE MENU AVAILABLE ASK YOUR SERVER