

MAIN

MENU

STARTERS

WILD STILTON MUSHROOMS (V) – £8

Pan-fried wild mushrooms with onion and garlic in a white wine and British Stilton sauce, served on toasted garlic sourdough

HAND-BREADED WHITEBAIT – £8

Crisp, golden whitebait, deep-fried and served with our homemade tangy tartare sauce, a wedge of lemon and a mixed salad garnish

HOMEMADE PARSNIP & APPLE SOUP (VE) – £7

A warming blend of parsnip and apple, topped with crispy parsnip shavings. Served with toasted sourdough

MAINS

FISH AND CHIPS – Lite bite £12 / £16

Haddock fillet, marinated in sea salt and lemon, deep-fried in real ale batter. Served with seasoned homemade chips, tangy homemade tartare sauce, garden peas and a wedge of lemon

HOMEMADE 8^{oz} BEEF BURGER – £16

Topped with bacon and cheddar, set in a bun with lettuce, tomato and our seasoned homemade burger sauce. Served with homemade chips, coleslaw, gherkin and onion rings

HOMEMADE CHICKPEA AND SWEET POTATO CURRY (VE) – £14

Served with basmati rice, mango chutney and pappadums

MIXED GRILL – £25

Ribeye steak, gammon steak, chicken breast, sausage, fried hen's egg, grilled tomato, mushrooms, onion rings, garden peas and our seasoned homemade chips with a rich bacon and peppercorn dipping sauce

HOMEMADE STEAK AND ALE PIE – £15

British beef, onion, carrot and celery braised in ale, wrapped in golden homemade shortcrust pastry. Served with fluffy mashed potato, mixed vegetables and rich beef bone gravy

10^{oz} PAN-SEARED PRIME RIBEYE STEAK – £21

Served with seasoned homemade chips, grilled tomatoes, mushrooms, garden peas, onion rings, with a rich bacon and peppercorn sauce

12^{oz} HAND-CUT GAMMON STEAK (GF) – £17

Served with seasoned homemade chips, garden peas, pineapple and a fried hen's egg

MAIN MENU

CHEF'S SPECIALS

DUCK A LA CERISE (GF) – £18

Pan-seared duck breast, served with creamy dauphinoise potatoes and seasonal mixed vegetables, finished with a rich cherry and red wine sauce

Owen Brown – Head Chef

SMOKEY FISHERMAN'S PIE – £14

A hearty mix of smoked fish and king prawns in a creamy béchamel sauce, topped with homemade mashed potato and golden cheese, baked to perfection. Finished with a poached hen's egg, served with seasonal mixed vegetables and toasted sourdough bread

Anthony Richardson – Chef de Partie

COQ AU VIN (GF) – £16

Chicken breast slowly braised in red wine with mushrooms, onions, carrots, and celery, served on a bed of homemade mashed potatoes

Louise Heath – Sous Chef

SIDES

Seasoned Homemade Hand Cut Chips* (VE) – £6

Sourdough Garlic Bread* (VE) – £4.50

Mixed Vegetables (VE) – £4

House Salad (VE) – £3.50

Coleslaw (V) – £3

Buttered New Potatoes (V) – £3

Mashed Potato (V) – £3

Onion Rings – £4

(*Available with cheese for an additional £1.50)

BAR SNACKS

Scampi Bites – £8

Mozzarella Sticks – £7

Chicken Goujons – £8

Loaded Burger Fries – £9

BBQ Bacon Fries (GF) – £8

Garlic Mushroom Bites (VE) – £6

Dietary & Allergy Information

Please inform a member of staff of any food allergies, intolerances, or dietary requirements before placing your order. We take food safety seriously and will do our best to accommodate your needs.

However, please be aware that all dishes are prepared in a kitchen where allergens are present, and while every effort is made to avoid cross-contamination, we cannot guarantee that any item is completely allergen-free.

All of our dishes are homemade and prepared to order, during busy periods there may be a short wait to which we appreciate your patience during these times.

(GF) – Gluten-Free (V) – Vegetarian (VE) – Vegan

THE SALMON LEAP, TESTWOOD LANE, TOTTON, SO40 3BR

TELEPHONE: 02380 862694

LUNCH MENU

Available Between 12pm - 5pm

MAIN COURSES

HAND-BREADED SCAMPI AND HOMEMADE CHIPS –

Lite bite £12 / £16

Crispy hand-breaded langoustine tails fried until golden, served with seasoned homemade chips, British garden peas, homemade tartar sauce and a wedge of lemon

THREE EGG OMELETTE – £14

Fluffy three - hen egg omelette filled with your choice of ham, onion, mushroom, cheese and tomato. Served with seasoned homemade chips and garden peas

HAM, EGG AND CHIPS (GF) –

Lite bite £12 / £16

Home-baked ham glazed with mustard and honey, served with seasoned homemade chips, garden peas, homemade piccalilli and two fried hen eggs

JACKET POTATOES

All dishes are served with a mixed leaf salad and individual butter portions

CHEESE AND BEANS (GF) – £10

Baked beans in tomato sauce, topped with mature cheddar cheese

TUNA CRUNCH (GF) – £13

Flaked tuna blended with creamy mayonnaise, cucumber, red pepper, sweetcorn and tomato

CHICKEN AND BACON (GF) – £13

Pan-seared chicken breast and diced smoked bacon, gently mixed with creamy mayonnaise

WILD STILTON MUSHROOMS (GF, V) – £10

Pan-fried wild mushrooms with onion and garlic, finished in a creamy white wine and Stilton sauce

HOMEMADE CHICKPEA AND SWEET POTATO CURRY (GF, VE) – £12

A fragrant, homemade curry of chickpeas and sweet potato, topped with mango chutney

BAGUETTES

All served with a mixed leaf salad and seasoned homemade chips

MUSHROOM AND AVOCADO (VE) – £11

Pan-seared mushrooms cooked with garlic, served with creamy crushed avocado, lettuce and tomato

HOME-BAKED HAM AND PICCALILLI – £11

Slices of home-baked ham with a honey and mustard glaze, paired with our homemade piccalilli

TUNA CRUNCH SALAD – £13

Flaked tuna blended with creamy mayonnaise, cucumber, red pepper, sweetcorn and tomato

SAUSAGE AND ONION – £12

Three British Cumberland sausages, topped with caramelised onion and homemade tomato and apple jam

CHICKEN AND BACON SALAD – £13

Pan-seared chicken breast and smoked diced bacon, gently mixed with creamy mayonnaise

SUNDAY MENU

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TRADITIONAL SUNDAY ROAST SMALL £13 / LARGE £16 / TWO MEATS £18

A comforting Sunday classic with your choice of **beef, pork, gammon, chicken or nut roast (V)**. Accompanied by crispy thyme & garlic roast potatoes, creamy cauliflower cheese, carrots, broccoli, mashed swede, red cabbage and green beans. Finished with honey-roasted parsnips, pork & sage stuffing, a rich homemade beef bone gravy and a homemade Yorkshire pudding

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