



The Ship Inn Wool  
Healthy Living Options  
(Available until 31<sup>st</sup> January 2018)

Starters

Smoked trout salad with horseradish quark.....£5.95

Roasted flat mushroom topped with bacon and poached egg on rocket.....£5.50

Tomato and basil soup with brown bread.....£4.50

Chicken skewers with spinach and red peppers with tomato salsa.....£5.75

Loaded Wedges – Oven baked jacket wedges topped with bacon and red onion lightly topped with cheddar cheese.....£5.50

Mains

Chicken and bacon salad topped with balsamic dressing.....£10.95

Dorset ham, poached eggs and new potatoes.....£9.25

Rosemary and red onion bangers with slim line mash and red wine gravy.....£9.95

Roasted vegetable and tomato pasta with rocket and red onion salad.....£8.95

Poached salmon supreme on crushed new potatoes with tomato and mixed pepper sauce.....£11.95

Grill

All served with grilled tomato, roasted flat mushrooms, peas and new potatoes

8oz Rump steak.....£12.95

6oz fillet steak.....£19.95

8oz Gammon Steak.....£11.95

Grilled Chicken Breast.....£11.95