

**The Ship Inn Wool**  
**HEALTHY LIVING OPTIONS**  
**Available from 2<sup>nd</sup> January 2019**



**Starters**

Smoked Salmon with watercress and caper salad with brown bread.....£5.95

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

Roasted red pepper and tomato soup with brown bread.....£4.95

Loaded Wedges – Oven baked jacket wedges topped with bacon and red onion lightly topped with cheddar cheese.....£5.95

**Mains**

Chargrilled Chicken and bacon salad topped with balsamic dressing.....£11.95

Bacon and chorizo linguine, tomato and herb sauce topped with rocket and red onion salad....£10.95

Dorset ham, poached eggs and new potatoes with side salad.....£9.95/SA 7.95

Rosemary and red onion bangers with slim line mash and red wine gravy.....£10.25/SA 8.25

Hunters Chicken - Grilled Chicken breast, roasted flat mushroom, bacon & a light sprinkle of cheddar and BBQ sauce, Jacket potato and garden peas..... £11.95

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

Chargrilled Sirloin steak on balsamic roasted tomatoes and red onions, black pepper olive oil vinaigrette..... £15.95

**Grill**

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

8oz Rump steak.....£12.95

8oz Sirloin steak.....£15.95

8oz Gammon Steak.....£11.95

Grilled Chicken Breast.....£11.95