

STARTERS

ROASTED PIMENTO & TOMATO SOUP (VE) 420kcal	5.50
garlic croutons, extra virgin olive oil	
BUFFALO MOZZARELLA & MARINATED TOMATO (V, GF) 491kcal	6.00
balsamic drizzle, extra virgin herb oil, dressed roquette	
STICKY CHILLI CAULIFLOWER WINGS (VE) 211 kcal	5.50
cauliflower florets, corn crumb, sticky chilli sauce, shredded spring onions	
BRUSCHETTA (VE) 371 kcal	5.50
grilled garlic ciabatta, fresh tomato & red onion salsa, shredded basil, dressed rocket	
SALT & PEPPER SQUID BITES 409kcal	7.00
lemon, garlic & parsley mayonnaise	
JALAPENO & LIME CHICKEN WINGS (GF) 793kcal	7.00
lemon, tomato & red onion salsa	
CRISPY BREADED MUSHROOMS (VE) 213kcal	6.00
breaded oyster mushrooms, smoked chilli aioli	

SIDES

SKINNY FRIES (VE, GF) 345kcal	ROCKET & PARMESAN SALAD (V, GF) 104KCAL
THYME ROASTED NEW POTATOES (VE, GF) 290kcal	ALL SIDES 4.00

Some dishes not marked as gluten free or vegan can be adapted to suit a gluten free or vegan diet. Please ask your server for details. (V) denotes suitable for vegetarians, (VE) denotes suitable for vegans and (GF) denotes gluten free. Detailed dish specific information on allergens is available on request from your server. Please advise us if you have any allergies as allergens are present in our kitchens, therefore we cannot guarantee that trace elements will not be found. All prices include VAT, however exclude service which is at your discretion. Prices shown in GBP. Game and poultry dishes may contain shot. Fish dishes may contain bone. Calorie information: Adults need around 2000 calories per day.

PASTA & SALAD

GREEK FETA SALAD (V, GF) 532kcal	13.00
baby gem lettuce, cherry tomatoes, cucumber, green peppers, red onion, olives, feta cheese, lightly dressed with olive oil	
CARBONARA LINGUINE 2332kcal	15.00
lardons of smoky bacon, field mushroom, white wine, rocket, shaved parmesan	
SPAGHETTI AGLIO CAVOLI (VE) 725kcal	14.00
cavolo nero, spring greens, tenderstem broccoli, edamame, creamy white sauce, vegan parmesan	
OLIVE SUPERFOOD SALAD (VE, GF) 692kcal	14.00
seasoned quinoa, sprouting broccoli, edamame beans, cucumber, peas, marinated olives, cherry tomatoes, shredded red cabbage, spring onions, citrus & sweet chilli dressing	
ROASTED PUMPKIN RAVIOLI (V) 663kcal	13.00
rich ragu sauce, rocket, shaved parmesan	

DESSERT

Please ask your server for our vegan dessert of the day.

RASPBERRY CHEESECAKE (V) 322KCAL	6.50	SICILIAN LEMON TART (V) 670kcal	6.50	CHEESE AND BISCUITS 1170kcal	10.00
macerated summer berries		lemon mascarpone		Cornish Yarg, Cropwell Bishop Stilton, Cerney Ash goats cheese, Sussex Brie and Montgomery Cheddar, grapes, fruit chutney	
TRADITIONAL TIRAMISU (V) 595kcal	6.50	GELATO/SORBET (V, GF) 168kcal	3.95	SALTED CARAMEL CHEESECAKE (VE, GF) 650kcal	6.50
coffee soaked sponge, Marsala wine		two scoops of gelato or sorbet, please ask for today's flavours (vegan flavours available)		chocolate sauce, toasted hazelnuts	
CHOCOLATE & CLEMENTINE TORTE (VE, GF) 564kcal	6.50				
fresh berries, raspberry sorbet					

PIZZA

FRESH FROM THE CLAY OVEN

MARGHERITA PIZZA (V) 1357kcal	13.00	MARINATED ARTICHOKE & SPINACH (VE) 1503kcal	16.00
tomato sauce, mozzarella, parmesan, basil		marinated artichokes, wilted spinach, cherry tomatoes, vegan mozzarella	
SICILIAN PIZZA 1221kcal	16.00		
mozzarella, salami, pepperoni			
GREEK PIZZA (V) 1233kcal	16.00		
feta, olives, red onion, peppers			

Gluten free pizza and vegan cheese available please ask your server

FROM THE GRILL

SPANISH CHICKEN 762kcal	17.00
marinated chicken supreme wrapped in parma ham, patatas bravas, garlic fine beans, roasted tomato sauce, dressed rocket	
BATTERED COD LOIN 1283kcal	15.00
chunky chips, sea salt, garden peas, tartar sauce, lemon	
GRILLED FILLET OF SEA BASS (GF) 879kcal	17.00
warm tomato, onion & new potato salad, fine beans	
BAKED AUBERGINE (VE, GF) 775kcal	16.00
ratatouille of vegetables, crumbled feta, ragu sauce and vegan mozzarella, roasted new potatoes, cavolo nero	
8OZ SIRLOIN STEAK 663kcal	26.00
grilled tomato, onion rings, skinny fries and garden peas, peppercorn or blue cheese sauce	
WOODLANDS BURGER 1098kcal	15.00
prime 100% beef burger or smoked chili chicken burger, crispy bacon, cheddar cheese, lettuce, beef tomato, burger relish, toasted brioche bun, skinny fries and coleslaw	
WOODLANDS VEGETARIAN BURGER (V) 796kcal	14.00
jackfruit burger, cheddar cheese, lettuce, beef tomato, burger relish, toasted brioche bun, skinny fries and coleslaw	

Olive

Restaurant