

# LUNCH

from 12:00

## FRAMPTONS FAVOURITES

SEASONAL SOUP with Bakehouse 24 sourdough - 7 V

PANKO COATED CATCH OF THE DAY with tartar sauce, pea tops and hand cut chips - 12.5

NEW FOREST WILD MUSHROOM RISOTTO with garlic and thyme crostini and Parmesan crisp - 15.5 V/VNO

HONEY ROAST HAM with a poached egg, creamy savoy cabbage and hand cut chips - 8.5

RIVER FOWEY MUSSELS AND FRIES - 13.5

FRAMPTONS FISH CAKE with a poached egg, crispy capers and hollandaise sauce - 8

THREE EGG OMELETTE - 6.5

(Spinach, mushroom, goats cheese, honey roast ham, cheddar, chorizo, tomato salsa, red onion - 1.5) VO/GF

28 DAY AGED RIBEYE STEAK (7oz) with hand cut chips and bearnaise sauce - 19.5

MAPLE AND BOURBON GLAZED FLAT IRON STEAK (7oz) served medium rare with hand cut chips and New Forest wild mushrooms - 18.5 *Highly recommended*

## PLATTERS

SEAFOOD PLATTER Lemon and dill smoked salmon crostini, Lymington crab mousse, smoked mackerel, tartar sauce and fennel crackers - 11.5

GREEN PLATTER Pickled heritage carrots with hummus, seasonal vegetable arancinis and honey glazed goats cheese with walnuts - 10.5 V

WINTER BOARD Hot cider chorizo, 3oz peppered flat iron steak and chutney, Framptons slaw and a warmed sourdough slipper - 12.5 GF

## SALADS

PAN FRIED CHICKEN AND CHORIZO with red onion, harissa chickpeas, roasted tomatoes, toasted chia seeds and spinach - 8.5 GF

WARM GOATS CHEESE AND WALNUTS with honey and balsamic glazed apples and local leaves - 8.5 V/GF add pancetta - 2

SMOKED MACKEREL AND CANDY BEETROOT with a lemon and dill creme fraiche and crispy capers - 9 GF

## PROPER BURGERS

FRAMPTONS BEEF BURGER Crow Farm sirloin beef patty, American cheddar, streaky bacon, cos lettuce, burger sauce, gherkin, tomato and crisp red onion - 13.5

SMOKED CONFIT DUCK BURGER Shredded confit duck with spring onions, toasted sesame seeds and dressed leaves - 15

FALAFEL BURGER A spiced falafel patty with charred halloumi, smashed avocado, tomato, spring onion and cos lettuce - 13 V

## SOURDOUGH *Proper bread from Bakehouse 24*

SEARED STEAK AND CHEESE with apple and red onion chutney, American cheddar and cos lettuce - 8

SMOKED SALMON on a sourdough muffin with smashed avocado, a lemon and dill creme fraiche and chilli flakes - 8.5

ROASTED PEPPER AND HALLOUMI with harissa hummus and crisp red onion - 7.5 V/VNO

FRAMPTONS CLUB *please ask for today's special* - 8

## SIDES

SALT AND PEPPER FRIES - 3

SWEET POTATO FRIES - 3.5

SEASONAL SLAW - 2.5

TRIPLE COOKED CHIPS - 4

SEASONAL GREENS - 4

GREEK SALAD - 4

OLIVES - 3.5

BH24 BREAD AND OILS - 4.5

CHARRED HALLOUMI - 3.5