

the PADDLE

IN THE FOREST

PLEASE ASK OUR
TEAM ABOUT
OUR SEASONAL
SPECIALS!!

PLEASE PLACE YOUR ORDER AT THE COUNTER WHEN YOU ARE READY

BRUNCH [8AM – 2PM]

**SMASHED AVOCADO ON SOURDOUGH SERVED WITH BEETROOT HUMMUS,
POACHED LOCAL FREE RANGE EGG, CHILLI & CORIANDER (V) 10.50**

EXTRAS

SMOKED SALMON OR HALLOUMI 3.50 – POACHED FREE RANGE EGG 1.60

**SMASHED MINTED PEAS ON HOMEMADE NUT & SEED LOAF
WITH HALLOUMI, POACHED EGG & ROCKET PESTO (V)(N)(GFA) 11.00**

SWAP EGG & HALLOUMI FOR COCONUT FETA FOR VEGAN OPTION

HOMEMADE AMERICAN STYLE PANCAKES, MAPLE SYRUP, BERRIES & BANANA (V) 10.25

THE PADDLES HOMEMADE GRANOLA, GREEK YOGHURT, HONEY, FRUIT (V)(N) 8.00

SOURDOUGH TOAST WITH BANANA, PEANUT BUTTER, CINNAMON & HONEY (V)(N) 7.25

2 SLICES OF SOURDOUGH TOAST WITH BUTTER AND JAM/MARMALADE/MARMITE/HONEY (V) 4.50

BACON CIABATTA 8.95

SAUSAGE CIABATTA 8.95

ADD A FRIED EGG 1.50

LUNCH [11.30-2PM]

CIABATTA ROLLS/ WRAPS

HONEY ROAST HAM, CHEDDAR, NAKED SLAW, SRIRACHA MAYO 9.75

AVOCADO, CHILLI JAM, HALLOUMI, NAKED SLAW (V) 9.75

SWEET POTATO, PICKLED ONION, COCONUT FETA, SPINACH (VE) 9.75

‘THE PADDLE BLAT ‘

BACON, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO CIABATTA 9.75

‘PADDLE PLOUGHMANS’

FOCCACIA, CHUTNEY, BEETROOT HUMMUS, MATURE CHEDDAR, 11.50

PICKLED ONION, HONEY ROAST HAM, APPLE, SLAW

SOURDOUGH TOASTIES

CHEDDAR, HONEY ROAST HAM, SPICED TOMATO CHUTNEY SOURDOUGH TOASTIE 9.75

GOATS CHEESE, APRICOT & GINGER CHUTNEY & SPINACH SOURDOUGH TOASTIE 8.50 {ADD CHICKEN 1.50}

PLEASE NOTE THAT DURING BUSY TIMES AND IF ADJUSTEMENTS ARE MADE THERE MAY BE A SLIGHTLY LONGER WAIT.
PLEASE ENSURE YOU ADVISE OUR TEAM OF ANY ALLERGIES OR INTOLLERANCES YOU HAVE AS NOT ALL INGREDIENTS ARE STATED ON DISHES.

the PADDLE

IN THE FOREST

BAD HAND COFFEE

| | |
|-----------------------------|------|
| ESPRESSO | 3.20 |
| LONG BLACK/AMERICANO | 3.30 |
| CAPPUCCINO | 3.60 |
| LATTE | 3.60 |
| MACHIATTO | 3.30 |
| PICCOLO | 3.30 |
| FLAT WHITE | 3.50 |
| MOCHA | 4.40 |
| MAROCCHINO | 4.70 |
| Nutella, Espresso, Hot Milk | |
| ICED COFFEE | 4.50 |
| SYRUPS 70P | |

Caramel, Vanilla, Gingerbread, Hazelnut

EXTRA SHOT 80P

ALL OUR COFFEES ARE DOUBLE SHOT AS STANDARD

ALTERNATIVE MILK 50P (20P FOR A DASH)

| | |
|---------------|-----------|
| CHAI LATTE | 3.80 |
| DIRTY CHAI | 4.30 |
| HOT CHOCOLATE | 4.00 (GF) |

(ADD CREAM & MARSHMALLOWS £1)

MATCHA/ TURMERIC LATTE 4.50

TEAS

DORSET TEA 2.40- MUG/2.60 POT

HERBAL TEAS 3.20

Please ask for our selection

Our cows milk is from
Meggy Moos Dairy in
Dorset.

Alternative options are
Oatly Oat Milk, Rude Health
Organic Coconut or
Almond.

We do charge .50p extra
for 'Alternative Mylk'
based drinks or 20p for a
dash

COLD DRINKS

CANS 2.20

FRESH JUICE OF THE DAY 5.50

BERRY BERRY SMOOTHIE 5.50

Berries, Banana, Yoghurt

PEANUT BUTTER SMOOTHIE 5.50

Peanut Butter, Banana, Oat Milk, Honey

MILKSHAKES 5.50 ADD CREAM 60P

All made with Ice Cream

- CHOCOLATE

- BISCOFF

- OREO

- VANILLA

- BANANA

- STRAWBERRY

FRESH ORANGE/APPLE JUICE 3.50

THE PADDLE IN THE FOREST CREAM TEA

(includes either Tea, Americano — upgrades available)

1 HOMEMADE FRUIT SCONE,

CLOTTED CREAM, JAM 6.95

CHEESE SCONE, CHUTNEY & BUTTER 6.95

PLEASE TAKE A LOOK IN OUR CABINET FOR
OUR SELECTION OF HOMEMADE CAKES

PLEASE PLACE YOUR ORDER AT THE COUNTER WHEN YOU ARE READY

TAKEAWAY
MENU

the PADDLE

— IN THE FOREST —

BRUNCH [8AM – 2PM]

SMASHED AVOCADO ON SOURDOUGH SERVED WITH BEETROOT HUMMUS,

POACHED LOCAL FREE RANGE EGG, CHILLI & CORIANDER 10.00 (V)

EXTRAS

SMOKED SALMON OR HALLOUMI 3.50 POACHED FREE RANGE EGG 1.60

THE PADDLES HOMEMADE GRANOLA, GREEK YOGHURT, HONEY, FRUIT 8.00 (V)(N)

SOURDOUGH TOAST WITH BANANA, PEANUT BUTTER, CINNAMON & HONEY 7.25 (V)(N)

BACON CIABATTA 8.95

SAUSAGE CIABATTA 8.95

ADD A FRIED EGG 1.60

LUNCH [11.30–2PM]

CIABATTA ROLLS/ WRAPS

HONEY ROAST HAM, CHEDDAR, NAKED SLAW, SRIRACHA MAYO 9.50

AVOCADO, CHILLI JAM, HALLOUMI, NAKED SLAW 9.50 (V)

SWEET POTATO, PICKLED ONION, COCONUT FETA, SPINACH 9.50 (VE)

‘THE PADDLE BLAT’

BACON, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO CIABATTA 9.75

SOURDOUGH TOASTIES

COASTAL CHEDDAR, HONEY ROAST HAM, CHUTNEY 9.50

GOATS CHEESE, APRICOT & GINGER CHUTNEY, SPINACH 8.50 [ADD CHICKEN 1.50] (V)(N)

PLEASE NOTE THAT DURING BUSY TIMES AND IF ADJUSTEMENTS ARE MADE THERE MAY BE A SLIGHTLY LONGER WAIT.
PLEASE ENSURE YOU ADVISE OUR TEAM OF ANY ALLERGIES OR INTOLLERANCES YOU HAVE AS NOT ALL INGREDIENTS ARE STATED ON DISHES.

**If you would like to order ahead for collection please call
OR ORDER VIA OUR CLICK AND COLLECT WEBSITE**