

the PADDLE

IN THE FOREST

BRUNCH [8AM – 2PM]

**SMASHED AVOCADO ON SOURDOUGH SERVED WITH BEETROOT HUMMUS,
POACHED LOCAL FREE RANGE EGG, CHILLI & CORIANDER 8.50 (V)**

EXTRAS

SMOKED SALMON OR HALLOUMI 2.80 POACHED FREE RANGE EGG 1.00

SMASHED MINTED PEAS ON HOMEMADE NUT & SEED LOAF

WITH HALLOUMI, POACHED EGG & ROCKET PESTO 8.95 (V)(N)(GFA)

ADD PROSCUITTO 2.00 – SWAP EGG & HALLOUMI FOR COCONUT FETA FOR VEGAN OPTION

HOMEMADE AMERICAN STYLE PANCAKES, MAPLE SYRUP, BERRIES & BANANA 7.95 (V)

THE PADDLES HOMEMADE GRANOLA, GREEK YOGHURT, HONEY, FRUIT 6.95 (V)(N)

SOURDOUGH TOAST WITH BANANA, PEANUT BUTTER, CINNAMON & HONEY 4.95 (V)(N)

2 SLICES OF SOURDOUGH TOAST WITH BUTTER AND JAM/MARMALADE/MARMITE/HONEY 3.50 (V)

BACON CIABATTA 6.25

SAUSAGE CIABATTA 7.25

ADD A FRIED EGG 1.00

LUNCH [11.30-2PM]

CIABATTA ROLLS/ WRAPS

PROSCUITTO, CHEDDAR, NAKED SLAW, SRIRACHA MAYO 7.25/6.25

AVOCADO, CHILLI JAM, HALLOUMI, NAKED SLAW 7.25/6.25 (V)

SWEET POTATO, PICKLED ONION, COCONUT FETA, SPINACH 7.25/6.25 (VE)

'THE PADDLE BLAT'

BACON, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO CIABATTA 7.95

'PADDLE PLOUGHMANS'

FOCCACIA, CHUTNEY, BEETROOT HUMMUS, MATURE CHEDDAR,

PICKLED ONION, PROSCUITTO, APPLE, SLAW

SOURDOUGH TOASTIES

COASTAL CHEDDAR, PROSCUITTO, CHUTNEY 7.95

GOATS CHEESE, RED ONION MARMALADE, WALNUTS 7.95 (V)(N)

PLEASE NOTE THAT DURING BUSY TIMES AND IF ADJUSTMENTS ARE MADE THERE MAY BE A SLIGHTLY LONGER WAIT.

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IN THE FOREST

BAD HAND COFFEE

ESPRESSO	2.60
LONG BLACK/AMERICANO	2.70
CAPPUCCINO	3.10
LATTE	3.10
MACHIATTO	2.80
PICCOLO	2.80
FLAT WHITE	2.90
MOCHA	3.70
MAROCCHINO	4.30
Nutella, Espresso, Hot Milk	
ICED COFFEE	3.80
SYRUPS 60P	

Caramel, Vanilla, Gingerbread, Hazelnut

EXTRA SHOT 60P

ALL OUR COFFEES ARE DOUBLE SHOT AS STANDARD

ALTERNATIVE MILK 40P (20P FOR A DASH)

CHAI LATTE	3.25
DIRTY CHAI	3.85
HOT CHOCOLATE	3.25 (GF)

(ADD CREAM & MARSHMALLOWS £1)

MATCHA/ TUMERIC LATTE 4.00

TEAS

DORSET TEA 2- MUG/2.25 POT
HERBAL TEAS 2.40

Please ask for our selection

Our cows milk is from Meggy Moos Dairy in Dorset.

Alternative options are Toats Organic Oat Milk from Winchester or Rude Health Organic Coconut or Soy.

We do charge .40p extra for 'Alternative Mylk'

COLD DRINKS

CANS 2.10
FRESH JUICE OF THE DAY 4.50
BERRY BERRY SMOOTHIE 4.50
Berries, Banana, Yoghurt
PEANUT BUTTER SMOOTHIE 4.50
Peanut Butter, Banana, Oat Milk, Honey
MILKSHAKES 4.50 ADD CREAM 50P
All made with Ice Cream
- CHOCOLATE
- BISCOFF
- OREO
- VANILLA
- BANANA
- STRAWBERRY

FRESH ORANGE/APPLE JUICE 3.25

THE PADDLE IN THE FOREST CREAM TEA

1 HOMEMADE FRUIT SCONE, CLOTTED CREAM, JAM	4.95
CHEESE SCONE & CHUTNEY	4.95

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