

LUNCH MENU



STARTERS

Handmade Soft Yolk Scotch Egg <i>Apple cider chutney</i>	9
Confit Tomato & Olive Tapenade Crostini	7
Whole Mozzarella & Isle of Wight Heritage Tomatoes (V) <i>Rocket, red onions, balsamic glaze</i>	11
Breaded Brie Bites - (V) <i>Honey, cranberry, pistachio</i>	7
Hummus & Flatbread - (VG)	7

MAINS

Hot Chicken Caesar Salad <i>Baby gem, pan-fried chicken breast, croutons, anchovies, pecorino shavings, Caesar dressing</i>	15
Traditional Ploughman's <i>Ham, cheddar, baguette, apple, pickled egg, pickled onion, gherkin, coleslaw, tossed salad, balsamic glaze</i>	15
Flowerpots Ale-Battered Hake & Chips <i>Triple-cooked chips, mushy peas, house tartare sauce, chip shop curry sauce</i>	19
Scampi <i>Triple-cooked chips, mushy peas, house tartare sauce</i>	19
Honey & Mustard Roasted Ham, Egg & Chips (GF) <i>Fried eggs, triple-cooked chips, Three Cups slaw</i>	16
Chana Masala (VG) <i>Chickpeas, potato, spinach, peas, flatbread, mango chutney</i>	16
Lamb Kofte <i>Flatbread, lemon garlic yoghurt, hummus, salad</i>	18
Moules à la Normande <i>Shetland Islands mussels, creamy cider sauce, pancetta lardons, chunky olive bloomer, fries</i>	21
Pan-Roasted Test River Trout (GF) <i>Pancetta lardons, leeks, peas, Hampshire watercress, crushed new potatoes, browned butter dressing</i>	24
Braised Hampshire Venison Lasagne <i>Dressed salad, garlic bread</i>	19

THREE CUPS BURGERS

Aberdeen Angus Beef Burger <i>Monterey Jack, our burger sauce, tomato, baby gem, red onion, dill pickles, floured bun, fries, Three Cups slaw,</i>	19
Crispy Peri-Peri Chicken Burger <i>Our burger sauce, tomato, baby gem, red onion, dill pickles, fries, Three Cups slaw,</i>	19
Fillet of Fish Burger <i>Flowerpots Ale-battered hake, tomato, baby gem, red onion, dill pickles, House tartar sauce, floured bun, fries, Three Cups Slaw,</i>	19
Add bacon	1.50
Add onion rings	2.50
to any of the Burgers	

VEGAN SELECTION

Trio of Sausages <i>Cumberland, fennel, pimentón, mashed potato, onion gravy, seasonal greens, Hampshire watercress</i>	19
Symplicity Burger <i>Brioche-style roll, tomato relish, tomato, baby gem, red onion, dill pickle, dressed salad, fries</i>	19

SANDWICHES & POTATOES

Schiacciata Romana Flatbread, Parisian Baguette or Jacket Potato <i>Honey Mustard Roasted Ham, Apple Cider Chutney</i> <i>Cheddar, Apple Cider Chutney</i> <i>Bacon, Brie, Cranberry</i> <i>Coronation Chicken</i> <i>Bacon, Lettuce, Tomato</i> <i>Chilli Con Carne (Jacket), Crème Fraiche</i>	11.50
Chilli & Cheese Potato Skins <i>Crème Fraiche, Chives</i>	9
All Served with Salad Garnish, Three Cups Slaw	

GF= Gluten Free

V= Vegetarian

VG= Vegan



SCAN FOR ALLERGIES

Please inform us of any food allergies or dietary requirements before you order. We make and use a wide range of products that contain allergens. We will always try to adapt our dishes where possible but cannot guarantee the complete non-presence of these allergens in any of our dishes. Game dishes may contain shot.