



LUNCH MENU

AVAILABLE FROM 12 NOON

Welcome to The Inn on the Furlong



Furlong Favourites

SA **Ringwood Ale Pie** **£10.95**
Tender braised Steak & Mushrooms soaked in Ringwood's Famous Real Ale. Topped with Puff Pastry served with New Potatoes & Vegetables of the day **(Gluten Free option with no Pastry)**

GF **Trio of Sausages & Colcannon Mash** **£9.95**
Traditional recipe Sausages including Cumberland, Sage & Onion, Pork & Leek. Served with a Colcannon Mash, Peas and Rich Red Wine Gravy **(Vegetarian and Gluten Free options available)**

SA **Beer Battered Fish & Chips** **£11.50**
Large Cod Fillet in a Crispy Ringwood Beer Batter served with Chips, Peas or Mushy Peas, Lemon and Tartare Sauce

SA **Wholetail Breaded Scampi** **£10.50**
Scampi served with choice of Chips or New Potatoes, Peas, Lemon Wedge and Tartare Sauce

SA **Home Cooked Ham, Double Egg & Chips** **£9.95**
Honey Roast Ham with Chips and Peas or Beans **(Gluten Free option swap Chips for New Potatoes)**

GF **8oz Gammon Steak** **£10.50**
Chargrilled Gammon Streak with Fried Egg, Pineapple or Melted Cheese served with Grilled Tomato, Peas and choice of New Potatoes or Chips **(Gluten Free option with New Potatoes)**

GF **Pork Belly** **£12.95**
OUR SIGNATURE DISH – CRISPY PORK BELLY in a Homemade Apple & Brandy Sauce, Served with Creamy Mashed Potato & Vegetables of the Day

Curry of the Day **£9.50**
Homemade and served with Fragrant Basmati or Pilau Rice
Add Naan Bread **£3.00**

Vegetable Curry **£9.50**
A selection of Roasted Vegetables with today's choice of Curry served with Fragrant Basmati or Pilau Rice. Please ask a member of the team for today's choice
Add Naan Bread **£3.00**

Grilled Fillet of Salmon **£10.95**
Fresh Salmon Fillet Pan Seared then lightly grilled served on a bed of Creamed Potatoes & Peas and your choice of Hollandaise or Parsley Sauce **(Gluten Free option with New Potatoes)**

GF **Liver and Onions** **£10.95**
Liver, Onions and Bacon served in a Rich Onion Gravy with Colcannon Mash and Vegetables of the day

Homemade Macaroni Cheese **£8.95**
Served with Side Salad
Why not add Diced Smoked Bacon for £1.00 or Garlic Ciabatta for £1.50

SA **Homemade Lasagne** **£10.95**
Traditional Classic Homemade Lasagne served with salad.
Why not add Garlic Ciabatta for only £1.50

GF Burger Station

All our Burgers are Served on a lightly Toasted Bun, Chips and Garnish
Upgrade to Sweet Potato Chips for £2.50
(GF option available with no Bun)

Furlong Burger **£9.95**
Half Pound Beef Burger with Tomato Chutney and Garnish
Add Bacon OR Cheese £1.00
Add Bacon & Cheese £1.50

Black & Blue Burger **£10.95**
Half Pound Beef Burger, Black Pudding and Melted Blue Cheese

Chargrilled Chicken Burger **£9.95**
Chicken Breast on a Bed of Leaves, Tomato, Onion and Served with BBQ Sauce

Veggie Burger **£9.95**
Quarter Pounder Veggie Burger with Salad Garnish and Tomato Chutney

SA **FOR THOSE WITH A SMALL APPETITE** **£6.50** **GF** **GLUTEN FREE OPTION** **VEGETARIAN OPTION** **VEGAN OPTION**

Please make your choice & place your order at the bar, our team will do the rest. Most importantly enjoy your meal with us here at The Furlong.

FOOD ALLERGY

Should you require information regarding food Allergies - please ask your server for advice. Information is available for all of our Menu choices.



Short on Time? On a Lunch Break? Why not Pre-Order - call us on 01425 475139



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Light Lunches

-  **Baked Jacket Potatoes** *One filling* **£6.25**
Extra filling **75p**
-  **Cheese, Baked Beans, Tuna Mayo, Coleslaw or Mediterranean Roasted Vegetables & Pesto** **£6.50**
-  **Prawns in Marie Rose Sauce** **£6.75**
- Breaded Plaice** **£6.95**
Plaice in Golden Breadcrumbs served with Chips and Peas
- Sausage Egg & Chips** **£6.50**
2 Sausages, Fried Egg & Chips served with Peas or Beans
-  **Homemade Soup** **£5.25**
Served with Bread & Butter
(Gluten Free option available)
(please ask Server for todays choice)
-  **Devilled Whitebait** **£5.75**
Served with Side Garnish and Bread & Butter
- Pate of The Day** **£5.90**
Served with Toast, Garnish & Red Onion Marmalade
-  **Tortilla Wraps** **£5.95**
Duck in Hoisin Sauce with Cucumber & Spring Onion
Chicken Goujon with Mayo or Chilli Dip
Roasted Mediterranean Vegetables with Pesto
Add a side of Chips £1.00
-  **Paninis** **£6.50**
Roasted Mediterranean Vegetables and Pesto
Blue Cheese Melt with Strong Stilton, Smoked Bacon and Red Onion Marmalade
Goats Cheese & Red Onion Chutney
Cheese, Tomato & Pesto
Ham & Cheese Melt
All Served with a Side Salad Garnish
Add a side of Chips £1.00

Sandwiches

£5.85

A choice of Chunky White, Multiseed or Gluten Free Bread with a Side Salad Garnish

- Home Cooked Ham**
- Cheese**
- BLT Bacon Lettuce & Tomato**
- Fish Finger Sandwich**
- Tuna & Mayonnaise**

Add a side of Chips £1.00

Baguettes *with a Side Salad Garnish* **£6.50**

- Bacon and Brie**
- Chicken Breast & Bacon**
- Prawn Marie Rose**
- Sausage and Fried Onion**

Add a side of Chips £1.00

Omelette **£6.75**

 *With a choice of 3 fillings and Salad Garnish*

Choose from: Cheddar Cheese, Mushrooms, Ham, Red Onions & Mixed peppers

Add a side of Chips £1.00

Salad Bowl

Super Salad **£9.95**

Mixed Leaves, Avocado, Pumpkin, Mixed Beans, Seeds, Quinoa, Fresh Herb & Lemon Dressing

Chefs Salad Bowl **£10.95**

Your choice of:
Smoked Salmon and Prawn
Grilled Chicken
Grilled Salmon

 **GLUTEN FREE OPTION**  **VEGETARIAN OPTION**  **VEGAN OPTION**

Replace Potato chips with Sweet Potato Chips for £2.50

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|------------------------------|--------------|-----------------------------|--------------|
| Bowl of Chips | £3.25 | Cheesy Chips | £3.75 |
| <i>Small portion</i> | <i>£2.25</i> | <i>Small portion</i> | <i>£3.25</i> |
| Sweet Potato Chips | £4.00 | Portion of Mushrooms | £3.50 |
| Onion Rings | £3.25 | Cheesy Garlic Bread | £3.50 |
| Garlic Ciabatta Bread | £3.00 | | |

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