



# SEASONS

THE GLASSHOUSE

Seasons Lunch  
and Dinner Menu  
Monday - Saturday

## FOR THE TABLE

**Fried Whitebait**  
Pickled Samphire,  
Seaweed Mayonnaise  
10.95

**Bread Board 6**  
Chicken and Bacon Butter,  
Sundried Tomato and Herb Butter  
**GF** Available on request

**Hummus VG**  
Crispbreads, Roasted  
Chickpeas  
9.95

**Marinated Olives VG, GF**  
6.50

## STARTERS

**House Smoked Duck Carpaccio GF** 13.95  
Grapefruit and Fennel Salad

**Chicken and Waffle GF** 12.95  
Chicken Liver Parfait and Red Onion Marmalade,  
Truffle Oil, Served on a Toasted Waffle

**Crab and Crayfish Muffin** 12.95  
Fennel and Rocket Salad, Lobster Mayonnaise

**Smoked Beetroot Tartare VG** 11.95  
Avocado and Horseradish Crème Fraiche

**Isle of Wight Heritage Tomato and  
Mozzarella Salad V, GF, NUTS** 11.95  
Fresh Basil and Tomato Balsamic Vinegar

## MAINS

### Panko Breaded Chicken Burger

Cheddar Cheese, Crispy Bacon,  
Seasons Burger Sauce, Pickles,  
Sesame Seeded Bun, French Fries  
20.95

### Dry Aged Rib Cap Burger

Cheddar Cheese, Crispy Bacon, Seasons  
Burger Sauce, Pickles, Sesame Seeded Bun,  
French Fries **GF** Available On Request  
20.95

### Bhaji Burger VG, GF

Mango Chutney, Coconut Yoghurt Raita,  
Carrot Slaw, Vegan Brioche Bun, Curry  
Mayonnaise, Chaat Masala Seasoned Fries  
19.95

**Pan Fried Salmon Fillet GF** 26.95  
Rustic Garden Pea Potato Cake, Samphire,  
Herb Butter Sauce

**Seafood Pasta** 27.95  
Garlic and Chilli Butter Tiger Prawns, Mussels, Clams,  
Squid, Basil, Preserved Lemon

**Lobster, Prawn and Crayfish Mac & Cheese** 29.95  
Parmesan and Herb Crumb, Served with your  
Choice of Fries or Buttered Greens

**Harissa Cauliflower Steak VG** 21.95  
Beetroot Hummus, Tabouleh Salad and Chimichurri

**Chicken Schnitzel** 23.95  
Wild Garlic butter, Fried Egg, French Fries

**Gorgonzola Gnocchi V, NUTS** 22.95  
Roasted Butternut Squash, Pickled Walnuts,  
Tenderstem Broccoli

**Superfood Salad GF, VG** 21.95  
Avocado, Azuki Beans, Black Rice, Chimichurri  
Dressing

*Add Grilled Chicken 6 | Grilled Salmon 6 | Smoked Salmon 6*  
**Moroccan Style Slow cooked Lamb Shoulder** 27.50  
Couscous with Dried Apricots, Mint Yoghurt,  
Cucumber Salad

Please note this dish can take up to 40 minutes to cook

**Seasons Caesar Salad** 16.95

Gem Lettuce, Smoked Bacon, Rustic Croutons,  
Shaved Parmesan, Caesar Dressing

*Add Grilled Chicken 6 | Grilled Salmon 6 | Smoked Salmon 6*

**8oz Fillet GF, DF**  
45.00

**12oz Sirloin GF, DF**  
43.95

**Short Bone Pork Tomahawk GF, DF**  
30.00

**3 Bone Lamb Rack GF, DF**  
40.00

*All served with Chunky Chips or French Fries, Salad Garnish and a Choice of Sauce GF*

Chimichurri | Wild Garlic Butter | Peppercorn **GF** | Blue Cheese Butter **GF** | Smoked Chilli and Garlic Butter **GF**  
Sauces 3.50 Each

## SIDES 6

Hand Cut Chips **VG, GF**

French Fries **VG, GF**

Add Truffle Oil & Parmesan **GF** for 50p

Buttered Seasonal Greens **GF**

Rocket Salad **GF, DF**

Small Seasons Caesar Salad

**VG** Vegan

**GF** Gluten Free  
Ingredients

**DF** Dairy Free  
Ingredients

**V** Vegetarian

**NUTS** Contains Nuts

Please inform a member of the team of any allergies or intolerances before placing an order. Note that not all the ingredients are listed on the menu and we cannot guarantee the total absence of allergens. A list of all 14 notifiable allergens are available on request.

A discretionary service charge of 12% will be added to your bill.



# SEASONS

THE GLASSHOUSE

Seasons  
Desserts

## DESSERTS AND CHEESE

<b>Dark Chocolate and Pistachio Tart</b> <b>NUTS</b>	9.95	<b>Eton Mess Nicker Bocker Glory</b> <b>GF</b>	7.95
Pistachio Ice Cream		Raspberry Ripple Ice Cream, Raspberry Sorbet, Meringue, Dry Raspberries, Raspberry Coulie	
<b>Rum Roasted pineapple</b> <b>VG, GF</b>	9.95	<b>Cheese Plate</b>	11.50
Coconut Ice Cream, Passion Fruit and Mango Sauce		Stilton   Godminster   Brie Crackers, Homemade Condiments	
<b>Lemon Posset</b> <b>GF</b>	9.95	<b>3 Scoops of Ice Cream or Sorbet</b>	9.95
Lemon and Raspberry Posset, Raspberry Shortcake Biscuits		Ask a server for our Ice Cream Menu <b>VG, GF</b> available on request	

## LIQUEUR DESSERTS

<b>Peanut Butter Old Fashioned</b> <b>NUTS</b>	12	<b>Floater Coffees   Boozy Hot Chocolates</b>	12
Sheep Dog Peanut Butter Whiskey Liqueur, Angostura Bitters, Dark Chocolate		Baileys   Disaronno   Metaxa Brandy   Cointreau   Jameson   Mount Gay Rum	
<b>Espresso Martini</b>	12		
Espresso, Vodka, Kahlua			

## TEAS

<b>Tea from the Manor, Loose Leaf</b>	3.75
English Breakfast   Earl Grey   Green Tea   Assam Peppermint Tea   Decaf Tea   Darjeeling   Jasmine   Lemon & Ginger   Liquorice   Rooibos   Rum Arabica   Red Berries   Bird of Paradise   Fresh Mint Tea	

## COFFEE

<i>Decaf available</i>	
Double Espresso	3.50
Cortado	3.50
Macchiato	3.65
Americano	3.80
Flat White	3.95
Latte	3.95
Cappuccino	3.95

*Fancy a nibble to sweeten up your coffee? Enjoy a baked Pastry or Scone, Served between 9am and 4pm Sunday - Wednesday, and 9am and 6pm Thursday - Saturday.*

## PASTRIES

<b>Cinnamon Swirl</b> 3.95	<b>Chocolate Twist</b> 3.95	<b>Croissant</b> 3.95
<b>Vanilla and Hazelnut Crown</b> <b>VG, NUTS</b> 3.95		

## CREAM TEA

Plain Scone, Currant Scone, Clotted Cream, Strawberry Jam, Pot of Tea	10.95
<b>GF, DF</b> available on request, please ask a server for prices.	

**VG** Vegan      **GF** Gluten Free ingredients      **DF** Dairy Free ingredients      **V** Vegetarian      **NUTS** Contains Nuts

Please inform a member of the team of any allergies or intolerances before placing an order. Note that not all the ingredients are listed on the menu and we cannot guarantee the total absence of allergens. A list of all 14 notifiable allergens are available on request. A discretionary service charge of 12% will be added to your bill.