

VENTANA ALLERGEN INFO GUIDE
SPRING/SUMMER MENUS 2026
*We do everything possible to avoid cross contamination, but cannot guarantee that products are completely free of allergens.
If you have any dietary requirements or need specific allergen advice, please let us know.*

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[illegible]

CONFIT HERITAGE CARROT SALAD (V) Rocket, Spiced Chickpeas, Ash Goats Cheese, Carrot Crisp, Honey & Olive Oil (VG) Option Available						✓		✓							
Mains	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
PAN ROASTED GRESSINGHAM DUCK BREAST Wilted Baby Gem, Fregola, Roasted Baby Carrots, Blackberry & Chocolate Jus			✓		✓										
PAN ROASTED CHICKEN SUPREME Wilted Spinach, Saffron Risotto, Basil & Almond Pesto				✓				✓							
PEPPERED PORK TENDERLOIN Garden Pea Purée, Confit Carrots, Crispy Pork Crackling, Black Pudding Soil, Caramelised Apple Jus			✓			✓								✓	
MIXED SEAFOOD TAGLIATELLE Tiger Prawns, Mussels & Clams, Baby Spinach, Cherry Tomatoes, Gremolata Sauce, Parmesan			✓				✓	✓			✓	✓		✓	
VENTANA CLASSIC DUO OF SALMON FISH CAKE With Choice of Chips/Fries, Creamy Watercress Sauce, Rocket Leaves			✓		✓	✓	✓	✓		✓					
SPINACH AND PARMESAN CRUSTED SEABASS FILLET Pan Fried Potato Gnocchi, Wilted Greens, White Wine & Lobster Sauce			✓					✓		✓	✓	✓			
VENTANA FISH & CHIPS Battered Haddock Fillet, Rustic Chunky Chips, Garden Pea Purée, Homemade Tartar Sauce, Charred Lemon			✓			✓	✓			✓					

NEW FOREST MUSHROOM RISOTTO Sauteed Wild Mushrooms, Baby Spinach, Crème Fraiche, Truffle Oil, Parmesan Shavings (VG) Option available	✓							✓							
DECONSTRUCTED VEGETABLE LASANGNA Roasted Mediterranean Vegetables, Provençal Tomato & Olive Sauce, Fresh Lasagne Sheet, Torched Camembert (VG) Option Available	✓		✓				✓	✓							
Grill	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
VENTANA PRIME GRILLED STEAKS Sautéed Asparagus, Cherry Vine Tomatoes, Choice of Sauce & Chips 8oz SIRLOIN 8oz RIBEYE 8oz FILLET Sauces to accompany, choose from: Pink Peppercorn, Isle of Wight Blue or Thyme & Redcurrant Jus					✓			✓							
Salads	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
CLASSIC CAESAR SALAD Chicken or Prawns			✓				✓	✓							
AMERICAN COBB SALAD Cos Lettuce, Grilled Chicken, Crispy Bacon, Cherry Tomatoes, Avocado, Boiled Egg, Blue Cheese, Vinaigrette						✓	✓	✓							

[illegible]

VENTANA CHEESE PLATE Isle of Wight Blue, Hampshire Ash, Smoked Applewood Cheese, from the finest artisan cheesemaker in the British Isles. Served with Homemade Fruit Chutney, Artisan Cheese Biscuits	✓		✓		✓			✓						✓	
Snacks	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
SALT & PEPPER SQUID Aioli			✓				✓	✓				✓			
CHEF'S SOUP OF THE DAY Warm Artisan bread Warm Bread Selection of dips	✓		✓		✓			✓					✓		
Marinated Provence Belazu Olives & GREEK FETA	✓		✓				✓	✓					✓		
POOLE BAY OYSTERS Mignonette Sauce, Lemon & Duo of Tabasco												✓			
Salt & Pepper Squid Aioli						✓	✓					✓			
TEMPURA PRAWNS						✓	✓				✓				
RUSTIC CHUNKY CHIPS		✓													
SKINNY CHIPS		✓													
SWEET POTATO FRIES		✓													
Burgers <i>All burgers served in a Brioche Bun with Rustic Chips & Ventana Slaw</i>	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
CHICKEN CAJUN BURGER Spicy Mayo, Leaves, Chips			✓			✓	✓	✓							
VENTANA FISH & CHIPS Battered Haddock Fillet, Rustic Chunky Chips, Garden Pea Purée, Homemade Tartar Sauce, Charred Lemon			✓			✓	✓			✓					

CHOPPED STEAK BURGER Tomato Relish, Leaves, Chips			✓			✓	✓						✓		
	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
Sandwiches															
STEAK SANDWICH Caramelised Onion, Rocket, Mayo with a hint of Mustard, Ciabatta			✓					✓		✓			✓		
SMOKED SALMON & CREAM CHEESE			✓				✓	✓					✓		
BBQ Pulled Pork Bricolhe Bun, Slaw, Pickles			✓				✓	✓					✓		
CLASSIC CORONATION CHICKEN			✓				✓	✓					✓		
TUNA MAYO	✓		✓				✓	✓					✓		
EGG MAYO	✓		✓					✓					✓		
CHEESE & PICKLE	✓		✓					✓							
	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
Night Owl															
CHICKEN TIKKA MASALA Basmati Wild Rice, Poppadom	✓		✓	✓				✓							
CREAMY PESTO PENNE Baby Spinach, Cherry Tomato, Parmesan	✓		✓	✓			✓	✓							