VENTANA ALLERGEN INFO GUIDE

AUTUMN/WINTERMENUS 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.

ITEMS	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
While You Wait															
CHEF'S HOMEMADE BREAD BOARD Aioli, Balsamic Olive Oil & Hummus	✓		✓				✓	✓	✓				✓	✓	
MARINATED PROVENCE BELAZU OLIVES & GREEK FETA (VG Option Available)	✓							✓							
POOLE BAY OYSTERS Mignonette Sauce, Lemon & Duo of Tabasco												✓			
Starters	**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
CHEF'S SOUP OF THE DAY Served with Garlic Toast	✓		✓		✓			✓					✓		
CRISPY DUCK SALAD Seasonal Leaves, Radish, Green Onion, Cucumber & Chilli, Sesame & Soy Dressing									✓				✓		
Free Range Ham Hock Terrine - Petit Leaves, Soft Quail Egg, Piccalilli Puree, Toasted Tomato Bread			✓			✓	✓								
PAN SEARED SCALLOPS - Charred Sweetcorn, Sundried Tomato & Caper Salsa, Crispy Shallots												✓			
SCOTTISH SALMON FISHCAKE Creamy Cress Sauce, Rocket			✓			✓	✓	✓		✓					
HONEY AND CHILLI BAKED SOMERSET BRIE Tomato & Gooseberry Chutney, Roasted Walnut, Homemade Soda Bread	✓		✓	✓				✓						✓	
Spinach & Garden Pea Arancini - Rocket, Mint & Coriander Aioli, Toasted Mixed Seeds			✓				✓	✓	✓						

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
Free Range Chicken Ballotine - Petit Brie, Wild Mushrooms, Pan Fried Gnocchi, Braised Leek, Crispy Pancetta, Red Wine Jus			✓		✓			✓							
Braised Feather Blade Steak - Parmesan Polenta, Roasted Root Vegetables, Crispy Shallots, Chef's Pan Jus					✓			✓							
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			✓		✓	✓	✓	✓		✓					
Pan Seared Salmon Fillet - -Pomme Puree, Sautéed Brussel Sprouts, Saffron Veloute, Crayfish Tails								✓		✓	✓				
VENTANA FISH & CHIPS Battered Haddock Fillet, Rustic Chunky Chips, Garden Pea Purée, Homemade Tartar Sauce, Charred Lemon			✓			✓	✓			✓					
Chargrilled Aubergine Steak - Harissa Chickpea Stew, Tahini Yogurt Dressing, Parsnip Crisps								✓	✓						

SAGE & BUTTERNUT RISOTTO - Crispy Kale, Feta Crumble, Pumpkin Seed, Aged Black Garlic Butter								✓							
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					✓			✓							
PIES	**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
Shepherds Pie Topped with Creamy Mash, Seasonal Vegetables, Gravy					✓			✓							
Ventana Fish Pie Cheesy Mash, Seasonal Vegetables, Garlic Toast					✓			✓		✓					
Sides	**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
RUSTIC CHUNKY CHIPS		✓													

SKINNY CHIPS		✓													
SWEET POTATO FRIES		✓													
VEG OF THE DAY		✓													
HOUSE SALAD															
Desserts	**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
Salted Caramel Cheesecake Candied Pecan, Spiced Apple Compote	✓		✓	✓				✓							
Iced Frozen Berries Warm White Chocolate Sauce, Roasted Pistachio	✓			✓				✓							
Ventana Chocolate Torte Chocolate Mousse, Almond, Cherry Compote	✓		✓	✓			✓	✓					✓		
Homemade Sticky Toffee Pudding Toffee Sauce, Vanilla Ice Cream	✓		✓				✓	✓							
DORSET ICE CREAM Vanilla / Serious Chocolate / Strawberry / Salted Caramel / Rum & Raisin	✓							✓					✓		
SORBET Blood Orange / Mango / Coconut		✓													
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 *All burgers served in a Brioche Bun with Rustic Chips & Ventana Slaw*	**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 Bricohe 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	✓		✓	✓			✓	✓							