

# FYR

## LUNCH

"As you can see, we are cooking on an open fire using British hardwoods, making for a genuine wood-fired dining experience. The wood types that we use are specifically chosen to enhance the food and flavour, but as a consequence external factors can play their part in the cooking process, meaning cooking times may vary depending on the weather conditions and of course the density of the wood on the grill at that time."

### NIBBLES AND STARTERS

<b>Garlic stuffed olives</b> 106kcal lemon and parsley	<b>£6</b>	<b>FYR smoked mussels</b> 514kcal white wine, black garlic, toasted focaccia	<b>£12</b>	<b>Crispy fried beef cheek</b> 566kcal bacon jam, pickled mushrooms	<b>£9</b>
<b>Cockle popcorn</b> 417kcal shallot vinegar	<b>£6</b>	<b>FYR hay smoked burrata</b> 382kcal fennel and orange salad, toasted buckwheat, dill oil	<b>£9</b>	<b>Twice baked Hereford hop soufflé</b> 527kcal heritage beetroot salad	<b>£9</b>
<b>FYR smoked salmon pâté</b> 292kcal lemon and rosemary crackers	<b>£6</b>	<b>FYR grilled mackerel</b> 462kcal burnt apple, seaweed	<b>£12</b>	<b>Tempura king prawns</b> 342kcal sweet chilli dip, grilled lime	<b>£11</b>



**Solent seafood platter** 980kcal per person **£65\***  
dressed Cornish brown crab, Atlantic king prawns, pickled cockles, cured fish, oysters and steamed shellfish served on a bed of ice with saffron aioli, Solent marie rose sauce and shallot vinegar *\*Minimum 2 people*

**Add caviar platinum** 202kcal **£50**  
10g tin served with warm blinis and sour cream

**Add poached lobster** **Market Price**  
Full 398kcal / Half 199 kcal

### MAINS

<b>FYR hand pressed beef burger</b> 1199kcal sourdough bun, gem lettuce, beef tomato, Applewood smoked cheddar, tomato relish and skin on fries with streaky bacon 1439kcal	<b>£18.75</b>	<b>FYR club sandwich</b> 668kcal marinated chicken breast, avocado mayonnaise, bacon, lettuce, beef tomato, sea salted fries choice of white or granary loaf	<b>£18</b>	<b>Chicken</b> 608kcal or <b>Salmon FYR Caesar salad</b> 496kcal pancetta, croutons, anchovies, gem lettuce	<b>£21</b>
<b>Slow roasted root vegetables</b> 645kcal grilled halloumi, carrot purée, fried buckwheat	<b>£18</b>	<b>Moving Mountains vegan burger</b> 906kcal sourdough bun, gem lettuce, beef tomato, Applewood smoked cheddar, tomato relish and skin on fries	<b>£18</b>	<b>Dressed crab salad</b> 466kcal Solent marie rose sauce	<b>£26</b>
<b>FYR roast squash</b> 554kcal sautéed wild mushroom and puy lentil ragu	<b>£18</b>	<b>Chicken supreme</b> 775kcal Hampshire watercress, wild mushroom, smoked potatoes	<b>£24</b>	<b>Thwaites beer battered sole fillets</b> 1160kcal triple cooked chips, minted peas, tartar sauce	<b>£19.50</b>
				<b>FYR 28 day dry aged 8oz sirloin steak</b> 1072kcal watercress, smoked tomato and skin on fries	<b>£32</b>

### SIDES £5.50

<b>Skin on fries</b> with rosemary salt 437kcal	<b>Garden salad</b> 85kcal
<b>Seasonal vegetables</b> 290kcal	<b>Hand cut chips</b> 553kcal
<b>Dauphinoise potatoes</b> 234kcal	<b>Onion rings</b> 367kcal

### SAUCES £4.25

<b>Mushroom</b> 172kcal	<b>Blue cheese</b> 330kcal
<b>Peppercorn</b> 184kcal	<b>Béarnaise</b> 258kcal



### DESSERTS

<b>Selection of three petit fours</b> 424kcal average	<b>£6</b>	<b>Sticky toffee pudding</b> 773kcal butterscotch sauce, vanilla ice cream	<b>£8.50</b>	<b>Cheeseboard from our selection of locally sourced cheeses</b> per cheese <b>£6</b> <b>3 cheeses £15</b>
<b>Coffee and hazelnut parfait</b> 501kcal dehydrated chocolate mousse, bitter chocolate sorbet	<b>£9</b>	<b>Mulled fruit Eton mess</b> 342kcal	<b>£8</b>	Served with pear chutney, grapes, toasted fruit loaf and artisan crackers 342kcal
<b>Pressed apple terrine</b> 466kcal crème patisserie, blackberry, sourdough ice cream	<b>£9</b>	<b>Jude's ice creams and sorbets</b> please ask for our flavours 274kcal average per scoop	<b>per scoop £3</b> <b>3 scoops £8.25</b>	Tunworth 157kcal, Isle of Wight blue 286kcal, Sussex charmer cheddar 307kcal

### CHEESE

Allergen Information – we really want you to enjoy your meal with us – if you'd like information about ingredients in any dish, please ask and we'll happily provide it. Prices include VAT. Calorie information: Adults need around 2000kcal per day. A discretionary 10% service charge is added to all bills. 100% of the service charge is shared amongst all of our team throughout the hotel.