



# trents

## For the Table & Nibbles

- Stuffed Pepperdew Peppers £3.25  
*Small sweet and hot peppers filled with soft cheese*
- Trents marinated olives with blushed tomato £3.50
- Trents selection of breads (contains nuts) £3.95  
*A mixture of fresh gourmet breads with olive oil and balsamic vinegar*
- Rosario Chorizo with caramelized onion and white wine £4.95  
*Slices of Rosario Chorizo pan fried with onion and flambéed with white wine*
- Trents Cured Meats (contains nuts) £5.25  
*Serrano Ham, Lomo, Salchichon, Chorizo, salted almonds, cornichons*

## Appetisers

- Seasonal Fresh Soup with crusty bread (see blackboard) £5.25
- Chargrilled Halloumi and Falafel £6.95  
*Halloumi Cheese, Falafels and a cherry tomato salsa*
- Blacken Cajun Chicken £7.25  
*Cajun spiced chicken fillets with a mango and ginger chutney*
- Crispy Duck Salad £7.50  
*Crispy Duck in a Sesame and Ginger sauce on a bamboo and pepper salad, honey and hoi sin dressing*
- Smoked salmon and Crab salad £7.50  
*With a chive and crème fraîche dressing*

## Trents Tapas Boards (ideal for sharing)

- Trents Dips Board £5.95  
*Lemon hummus, smoked tomato pesto, olives crudites and dipping bread*
- Trents Vegetarian Board £7.00  
*Roasted peppers, chargrilled artichoke and courgettes, piquillo peppers, manchego cheese*
- Trents Hot Sausage Board £7.50  
*A trio of local sausages with caramelised onion and Piccalilli*
- Garlic and Thyme baked Camembert £8.95  
*with caramelised onion and tomato chutney with Focaccia*
- Trents Cheese Board £9.95  
*Lincolnshire Poacher, Shropshire Blue, Cornish Brie, Quince jelly, apple, biscuits*
- Trents Fish Board £10.95  
*Smoked salmon, smoked trout and onion, mackerel pate, lemon and dill mayo, cucumber crudités, rye bread*

## Light Snacks & Salads

- Trents Club Sandwich £7.95  
*Chicken, bacon, plum tomato, baby gem and mayo served with chips*
- Chilli and Lime Chicken Salad £9.95  
*Chargrilled chicken breast marinated with chilli and lime on a apricot, sultana and pepperdew salad*
- Warm Spinach and Goats Cheese Tart £10.25  
*On a beetroot and chard salad, with aged balsmic glaze*
- Warm Beef and Chorizo Salad £12.25  
*Strips of pan fried beef and chorizo, saffron couscous with dressed watercress and a mint and cucumber yoghurt*
- Crayfish and Mango Salad £12.50  
*Crayfish tails and Mango on a baby spinch salad with a light spiced dressing*

## Main Meals

- Open Scotch Rump Burger £11.95  
*Scottish Rump steak burger with coleslaw and chips (Welsh rarebit and bacon add £1.50)*
- Classic Fish and Chips £12.50  
*Beer battered fish and chips with tartar sauce*
- Polenta and Portabella mushroom £12.95  
*Layers of Polenta and Portabella mushrooms with a shallot and thyme cream sauce*
- Pan fried Calves Liver and Bacon £14.25  
*Pan fried calves liver on sweet potato and red onion mash with a lentil Jus*
- Poached Fillet of Smoked Haddock topped with a poached egg £14.25  
*Natural smoked haddock topped with a soft poached egg on crushed new potatoes with wilted spinach and a light fish cream*
- Grilled fillets of Bass £15.45  
*Fillets of bass on crushed citrus sweet potato with pak choi and a orange and ginger glaze*
- Scotch Premier Sirloin Steak £18.50  
*Garlic mushrooms, grilled tomato and watercress salad with chips and peppercorn sauce*

## Desserts

- Classic Vanilla Brûlée £5.25
- Apple and Plum Crumble £5.50  
*With vanilla custard*
- Warm Vanilla Poached Pear £5.50  
*With lemon sorbet*
- Sticky Toffee Pudding £5.50  
*With toffee sauce and clotted cream*
- Iced Chocolate Parfait £5.50  
*With hazelnut praline*
- New Forest Ice Creams & Sorbets (3 Scoops) £5.25  
*Vanilla, Strawberry, Chocolate, Irish cream, Blueberry Ripple, Honeycomb, Lime sorbet, Mango sorbet*
- Dessert Cheese £6.95  
*Lincolnshire Poacher, Shropshire Blue, Cornish Brie, Quince jelly, apple, biscuits*

## Sides

- £3.15
- Mixed Salad • Minted Peas
- Fine beans & smoked pancetta
- Roasted beetroot • Bowl of chips
- Spinach • Roasted butternut squash with red onions
- Citrus crushed sweet potato

**Please ask for our young persons menu if required**

We are happy to cater for Celiac's, lactose intolerant and any other dietary requirements that you may have. Please let a member of staff know when ordering. The Shed Bar is available for private hire Sunday-Thursdays further details available from the manager.

## Breakfast Served from 7.30am - 11.30am (8.30am-11.30am Sunday)

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| <b>Trents Breakfast</b><br><i>Crispy bacon, sausages, grilled mushrooms, tomatoes, baked beans and hash brown served with a basket of warm toast and butter (choose from scrambled, fried or poached egg)</i> | £7.25 | <b>Scrambled Eggs &amp; Crispy Bacon</b> Served on a toasted muffin  | £4.95      |
| <b>Lighter Option</b><br><i>1 Rasher of bacon, 1 sausage, mushroom, tomato, hash brown, choice of egg, toast</i>  | £4.95 | <b>Grilled Mushrooms &amp; Tomatoes</b> Served on buttered toast   | £4.25      |
| <b>Trents Vegetarian Breakfast</b><br><i>Grilled mushrooms and tomatoes, hash brown, egg and beans</i>  | £4.75 | <b>Deluxe Organic Muesli</b> Served with natural yoghurt or milk   | £4.25      |
| <b>Grilled Kippers topped with soft poached eggs</b>  | £6.25 | <b>Poached Plums and Natural Yoghurt</b>   | £4.25      |
| <b>Eggs on Toast</b> Scrambled, fried or poached on buttered toast  | £4.50 | <b>Crispy Bacon or Sussex Sausage Roll</b> Served until midday   | £3.25      |
| <b>Eggs &amp; Smoked Salmon</b> (scrambled or poached)<br><i>Served on a toasted muffin</i>   | £5.95 | <b>Croissants</b> With jam or honey  | £1.75      |
|   |       | <b>Basket of Mixed Toast</b><br><i>With jam, honey, Marmite and unsalted butter</i>                        | £2.50      |
|   |       | <b>Selection of Teas, Coffees and Hot Chocolate</b> served all day   | from £2.00 |
|   |       | <b>Freshly Squeezed Orange Juice</b><br><i>A range of other fresh breakfast fruit juices are available</i> | £3.25      |

