

Whilst you ponder

Green Man Olives £5

House Baked Artisan Bread with Butter £6

Scampi with Homemade Tartare Sauce £8

Isle of Wight Garlic infused Bread £6

Isle of Wight Garlic infused Cheesy Bread £7

To Start

Nick's own Green Man Smoked Salmon served simply with Lemon (DF - GF on request). £14

Native Cold Lobster and Fresh Mango Salad bound in Lemon Mayo & topped with a Mediterranean Prawn £16. (GF/DF)

Heritage Tomato Tartare, Pickled Shallot, Baby Bell Pepper, Goats Cheese, Orange, Pine Nuts, Basil, Coriander & Bread Crisp £9 (DF & GF on req)

Retro Green Man Avocado and Norwegian Prawn Cocktail with a Marie Rose Mayo (DF/GF) £11

Spicy marinated Chicken coated in crunchy coating. Served with Thai Sriracha Hot Sauce, Japanese Mayo, Pickled Ginger, Crispy Onions, Coriander and Sesame Seeds £10 (DF)

Crispy Tempura of Deep-Fried Squid, Spring Onion & Radish, Fresh Mint & Curry and Lemon Mayo £10 (DF)

Crispy Peking Duck, Smoked Pineapple Salad, Pine Nuts, Pickled Shallots, Coriander & Hoi Sin £11 (DF)

Local Asparagus, Serrano Ham, Parmesan and Honey Mustard Dressing £9.50 (DF & GF on req)

Where a Gluten Free Roll is substituted with our Crusty Artisan Bread, a £2 supplement of per roll will apply.

Sides

Green Man Beer Battered Onion Rings £6.

Dauphinoise Potatoes £6

Bowl of Hand Cut Chips/Skinny Fries £5

Cheesy Chips £6

Local Asparagus £5

Garden Peas £3

Pavarotti New Potatoes £4

Side Salad £5.

Green Man Signature Dishes

Green Man Fish and Chips - Fresh Day Boat Fish of The Day coated in a Crisp Golden Batter. Served with Chunky Chips, Garden Peas. £19
(DF/GF on request)

Green Man Curry – Our famous curry marinated in Lime, Coconut, Coriander and Chilli. Served with Basmati Rice, Poppadam and Mango Chutney -

Chicken £20, Tiger Prawn £24 Vegi Cheese £18
(For Vegans, please omit cheese) (GF/DF on request)

Green Man Coastal Grazing Board – medley of Norwegian Prawns Marie Rose, Med Prawns, Smoked Salmon, Scampi Bites and Filo Prawns served with Salad Leaves & House Mayo £27 (GF on Req / DF)

MAINS

French Trimmed Pork Cutlet, Roasted Onion, Pancetta, Grain Mustard Cream Sauce, with Sauté Potatoes & French Beans £26

Pan Roasted Fillet of Seabass, Local Asparagus, Heritage Tomato, Lemon and Olive Oil with Pavarotti New Potatoes £28 (GF & DF)

Rack of Lamb, Heritage Courgettes, Peas, Toasted Garlic, Mint, Dauphinoise Potato, Redcurrant & Red Wine Jus £32 (GF & DF on req)

Green Man Summer Lobster Speciality.

Finest Native Lobster grilled with Garlic, Soft Herbs, Lemon & a touch of Chilli. Served with Salad Garni, Frites or Basmati Rice.

Half a Lobster £26, Whole Lobster £48 (GF – DF on request)

Fritto Misto - medley of Cod, Salmon, Seabass, Squid, Med Prawns and Tiger Prawns with Salad Garni & Lemon Mayo £26.(DF on req)

Breast of Chicken, Shallots, Dijon, Pavarotti Potatoes & Garden Peas in a rich White Wine and Tarragon Cream Sauce £24. (GF)

Handcrafted Porcini Mushroom Tortellini, Chestnut Mushrooms, Black Truffle, Cream & a dust of Parmesan £21

Hand Rolled Gnocchi, Rich Tomato, Red Onion & Basil Fondue. Finished with Basil Oil £18 (VGN, DF, GF, V)

Please see our board for daily specials

Our Famous Seafood Platters can be pre-ordered with 72 hours' notice – just speak to Beth for details

We work in a kitchen with the following ingredients and so cannot guarantee that food will be completely free of nuts, gluten, fish, eggs, dairy, celery, and sesame. We do have a list of all our allergens.

Please do let us know of any allergies/dietary requirements at time of ordering, as we can amend some dishes to suit where possible.

For those guests who don't indulge in one of our lovely starters, there may be a wait of 25 minutes for your freshly prepared main course.

Please note a discretionary 10% optional service will be added to your bill

