



CLUB MENU

12:00 – 15:00 & 18:00 – 21:00



WHILST YOU CHOOSE

BREAD GF on request 	5.00
Focaccia, balsamic vinegar, olive oil & butter	
POOLE BAY OYSTER GF	4.00 each
Shallot vinegar & tabasco sauce	
OLIVES GF 	4.50
Vinci pitted olives	

STARTERS

SOUP OF THE DAY  GF on request	9.00
Bread & butter	
SCALLOPS	15.00
Cauliflower purée, crispy smoked bacon, walnut seed granola, cauliflower crisp	
CHEESE SOUFFLÉ  ADD pickled onion and bacon £3.50	10.00
Double baked coastal cheddar soufflé, rocket & shallot salad	
PRAWN COCKTAIL GF on request	12.50
Atlantic prawns, Crevettes & Marie Rose sauce	
CHICKEN LIVER PARFAIT GF on request	10.50
Toasted brioche, spiced tomato chutney, blood orange gel	
CRUNCHY FRIED PANKO PRAWNS	13.50
Radish salad, wasabi mayo, cucumber	
SALMON FISHCAKE	9.00/18.00
Ratatouille, lemon wedge	
AVOCADO & BEETROOT SALAD GF 	7.50/14.50
Beetroot, avocado, toasted pecan, goat's cheese, mixed leaves, balsamic dressing	

OFF THE LAND

TRIO OF LAMB GF	34.00
Pulled shepherds pie, lollipops, crispy pressing, pea purée <i>(Please note that we serve our lamb pink. If you would prefer it well done, please ask)</i>	
8oz FILLET STEAK	37.00
Hand cut chips, grilled flat cap mushroom, peppercorn sauce, rocket & shallot salad	
PAN FRIED CHICKEN BREAST	26.00
Mash, roasted root vegetables, café au lait sauce	
100 DAY AGED BRISKET BEEF BURGER GF on request	18.50
Truffled cheddar cheese, burger sauce, pickled onions, tomato, lettuce, fries ADD BACON FOR 2.00	
SMOKED HALLOUMI & AVOCADO BURGER 	14.50
Cheese, baby gem lettuce, burger sauce, fries	
BEEF FEATHER BLADE BOURGUIGNON GF	25.00
Horseradish mash, roasted carrots, braised shallots	

FROM THE WATERS

SHELLFISH RAVIOLI	28.00
Pea jelly, parsley split shellfish jus	
LEMON SOLE PAUPIETTE	30.00
Crab stuffed fillet of lemon sole, paysanne vegetables, orange & béarnaise glaze	
FISH & CHIPS GF	18.50
Beer battered haddock, hand cut chips, crushed peas, tartare sauce	
MOULES MARINIÈRE GF on request	14.00 / 25.50
Steamed rope grown Cornish mussels in white wine, garlic, shallots, cream sauce, fries	
CATCH OF THE DAY GF	MARKET PRICE
Simply cooked, mixed greens, yuzu butter sauce, new potatoes	
LOBSTER GF	HALF 27/ WHOLE 54
Thermidor or garlic butter, served with fries & salad	

SIDES

HAND CUT CHIPS GF	4.50
FRENCH FRIES GF	4.50
NEW POTATOES GF	4.50
MIXED GREENS GF	4.50
TOMATO & SHALLOT SALAD GF	4.50
MIXED SALAD GF	4.50

EBB & FLOW ATLANTIC ROW

Our very own Sally has decided to embark on the challenge of a lifetime in December 2024, and row 3000 miles across the Atlantic from La Gomera in the Canaries to Antigua in 'The World's Toughest Row'

The Captains Club are delighted to be the official Sponsors of Sally's Oars, if you would like to donate to the team's chosen charities (Ellen MacArthur Cancer Trust, St. James's Place, Blesma - the limbless veterans), please scan the QR code and help get them to the all-important start line!!



LIGHT LUNCH


CAPTAINS CLUB CIABATTA GF on request	13.50
Chicken breast, crispy Parma ham, tomato, egg mayo, gem lettuce, crisps	
AVOCADO & SMOKED SALMON BAGEL GF on request	16.50
Smashed avocado, oak smoked salmon, crème fraiche, rocket, crisps	
VEGETABLE BURRITO  ADD CHICKEN 4.50	10.50
Spiced fried beans, herby rice, harissa & chickpea hummus, avocado, baby gem lettuce, crisps	
FLAT CAP MUSHROOM CIABATTA GF &  on request	10.50
Mushrooms, brie, gem lettuce, crisps	
CAESAR SALAD ADD CHICKEN FOR 4.50 GF on request 	9.50/14.50
Gem lettuce, crispy pancetta, ciabatta croute, anchovies, egg, cherry tomatoes, Caesar dressing	
WHITE CABBAGE & CARROT SALAD 	8.50/13.50
Sesame, peanut miso dressing, pickled ginger	
LEMON & CHIVE RISOTTO GF  on request	18.50
Toasted almonds, crispy Parmesan	
SWEET POTATO GNOCCHI GF 	18.50
Roasted baby carrot, rocket salad, chestnut pesto	

DESSERTS

PAVLOVA GF	8.50
Poached pear, Chantilly cream, lime syrup	
CHOCOLATE & HAZELNUT FONDANT GF 	9.50
Clotted cream and raspberries (please allow 15 minutes cooking time)	
APPLE TART TATIN  on request	9.50
Ginger ice cream, toasted almonds (please allow 15 minutes cooking time)	
DESSERT OF THE DAY	8.80
Ask our member of staff	
VANILLA CRÈME BRULEE  GF on request	8.80
Homemade shortbread	
CLUB ICE CREAM  & SORBET  GF	7.50
3 scoops from our selection of Purbeck ice cream: vanilla, chocolate, strawberry, salted caramel, coconut sorbets; mango, blood orange, blackcurrant, lemon, coconut	

FOUR ENGLISH CHEESES 12.50

A Selection of local cheeses, please ask your server for today's choice

*Served with bread, crackers,
Homemade chutney & grapes
(GF on request) *

SUNDAY ROAST BEEF GF on request 26

Roast sirloin of English beef, Yorkshire pudding, roast potatoes, seasonal vegetables, red wine sauce, cauliflower cheese

SUNDAY NUT ROAST 24

Nut roast, Yorkshire pudding, roast potatoes, seasonal vegetables, red wine sauce

 - Vegan
 - Vegetarian

Please notify us of special dietary requirements and we will provide menu choices using fresh ingredients as required.
Food Allergies & Intolerance – should you have concerns about a food allergy or intolerance please speak to our staff before you order your food or drink.
A discretionary service charge of 10% will be added to the total bill.