

TO START

Marinated Olives 5

Tzatziki w Flat Bread 6

Hummus w Flat Bread 6

Pan-fried King prawns, Butternut pureè, burnt lemon, samphire (gf) 8.5

Arancini, Cured salmon, cream cheese, herbs, mozzarella, celeriac, Passata 8

Baked Chicken Wings, lemon, oregano, BBQ Sauce (gf) 8.5

Calamari, buttermilk breaded & wasabi mayonnaise 9

Mussels, Garlic, white wine, creamy sauce 9

Goats Cheese, red onion tart on bed of rocket (v) 7.5

Greek Salad, tomato, cucumber, olives, red onions, olive oil, herbs, feta cheese (v) 8

Grilled Halloumi, Roasted Mediterranean Vegetables, Balsamic (gf) (v) 7.5

For The Table

(sharing boards serves 4)

Pan-fried king prawns / Arancini / BBQ Cajun Chicken Wings 22

Camembert / Marinated Olives / Red Onion Marmalade/ Oil Dips / Bread (v) 22

PASTA

Spaghetti Frutti di Mare, king prawns, Shrimps, Mussels, calamari, Garlic & Lemon White wine (gf)
24

King prawn & South coast Crab Linguine, saffron cream, Dill, tomato (gf) 18.5

Penne Arrabbiata, chilli, garlic, tomato, onion, peppers (v) (gf) 15

Spaghetti, New Forest Wild Mushrooms, Spinach, garlic cream (v) (gf) 16

Oven-Baked Lamb Moussaka, Seasonal Vegetables, Lamb gravy 19

FISH

The TEB Seafood Plater (To Share) King Prawns, Shrimps, Calamari, Mussels, Cherry Tomatoes,
White Wine & Fresh Lemon Juice, Fresh Bread 65

Pan-fried Sea bass fillet, butter bean, Tomato Salsa, baby leeks, Citrus basil oil (gf) 20

Salmon, mashed potatoes, vegetables, creamy mushroom sauce (gf) 19.50

Blackened Cod, roasted Mediterranean vegetables, avocado pureè (gf) 20

Ale battered fillet of Hake, chips, mushy peas, tar tar sauce 18

From The Grill

Supreme of Corn Fed Chicken, Boulangère potato, buttered spinach, baby carrots, garlic chive reduction (gf) 18.5

Lamb Chops, Mediterranean Chickpea salad, mashed potato, garlic & Mint sauce 24

Lamb Shank, Mashed Potato, seasonal vegetables, gravy (gf) 20.50

22-day dry aged 8oz Sirloin Steak, Chunky Chips, grilled mushroom, grilled tomato, dressed watercress (gf) 25

10oz Fillet Steak, Grilled Mushroom, Chunky Chips, Grilled tomato, dressed watercress 31

28-dry aged 16oz T-Bone Steak, Grilled Asparagus, Chunky Chips, Grilled Mushrooms, dressed watercress, garlic butter(gf) 45

30oz Tomahawk Steak (to share) Chunky Chips, Grilled Asparagus, Grilled Mushrooms, Grilled Tomato, dressed watercress, garlic butter (gf) 65

The TEB Beef Burger, 8oz Brisket patty, Brioche bun, English cheddar, onions, tomato, cucumber, onion ring, TEB burger sauce, baby gem, Chunky Chips, Rainbow Slaw 18

The TEB Chicken Burger, Breaded Chicken Breast Fillet, Brioche bun, English cheddar, onions, tomato, cucumber, onion ring, TEB burger sauce, baby gem, Chunky Chips, Rainbow Slaw 18

The TEB Green Burger, lentil & vegetable patties, Brioche bun, English Cheddar, onions, tomato, cucumber, TEB burger sauce, baby gem, Chunky Chips, Rainbow slaw (vea) (v) 18

SIDES

Chips 4.5

Cheesy chips 5.5

Grilled Asparagus 5.5

Rice 5.5

Mashed Potato 5.5

Side Salad 5.5

Seasonal vegetables 5.5

Battered Onion Rings 6.5

Peppercorn Sauce 1.50

Mushroom Sauce 1.50

Chimichurri sauce 1.50

Allergy description: V-Vegetarian | VG-Vegan | GF-Gluten Free | N-Nuts

Food Allergies & Intolerances: Before ordering your food & drinks, please speak to a member of staff if you have any allergies or would like to know more about the ingredients.

We cannot guarantee that all our dishes are 100% free from nuts or their derivatives.

A discretionary service of 12.5% will be added to your bill

TO FINISH WITH DESSERT

Cappuccino Panna Cotta, 7

condensed milk, biscuit (gf)

Belgium Chocolate Ganache,7

black cherry, Sugared Cashew Nut Dust (gf)

Trilece, 7

milk soaked sponge, caramel

Cheesecake, 7

Ice cream

Cheese Board, 15

Today's selection of Ice creams 6.5

1 scoop 3 / 2 scoop 5 / 3 scoop



T.E.B
LOUNGE