



REFLECTIONS

Discover our feel-good, dressed-down approach to elegant dining.
A reflection of the times and in synergy with our long-held beliefs, our ingredients are sustainably sourced,
seasonal and wherever possible local.

SNACKS

Nocellara Olives £4 | Bread to Share £6 (G, M)

STARTERS

Soup of the Day £ 10.50

Warm Artisan Bread (V, CE, *G)

Sommerset Brie Mousse £ 14

Heritage Tomatoes, Red Pesto, Pistachio Praline, Basil Emulsion (V, E, M, S, SO, SU, *T)

Seabass Ceviche £ 14

Orange, Chilli, Lemon Balm, Greek Olive Oil (CE, F, MU)

Crab and Prawn Tian £ 16

Crab Salad, Mango, Avocado, Tempura King Prawn, Red Pepper Reduction, Samphire Oil (*C, E, **F, SU)

Coronation Chicken Terrine £ 14

Cucumber, Lovage, Golden Raisin, Sourdough Thin (CE, E, MU, P, SO, SU)

FROM THE GRILL

Each of our grill dishes are served with a side & sauce of your choice.

Grilled 40-Day Aged Sirloin (8oz/ 227g)

Aged Balsamic Tomatoes, and Grilled Roscoff
and Rocket Salad, Garlic Roasted Mushroom
£45 (SU)

Grilled 40-Day Aged Fillet (7oz/ 198g)

Aged Balsamic Tomatoes, and Grilled Roscoff
and Rocket Salad, Garlic Roasted Mushroom
£50 (SU)

Grilled 40-Day Aged Ribeye (8oz / 227g)

Aged Balsamic Tomatoes, and Grilled Roscoff and Rocket Salad, Garlic
Roasted Mushroom
£55 (SU)

SAUCES all £ 3.50

Rosemary Jus (SU) | Chimichurri (SU) | Peppercorn (E, M, SU)



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MAINS

Corn Fed Chicken Breast with Chorizo Mousseline £32

Sweetcorn Purée, Hasselback Potato, Baby Leek, Cherry Tomato, Supreme Sauce (E, M, SU)

Tiger Prawn and Plaice Ballotine £ 35

Saffron Confit Fennel, Salt Baked Potatoes, Lemon Thyme Fish Velouté (C, E, F, M, SU)

Duo of Lamb £ 38

Lamb Rump, Smokey Rib, Meadowsweet Mash, Spring Garden Vegetables, Rosemary Jus (M, SO, SU)

Pea and Broad Bean Risotto £26

Asparagus, Toasted Almond, Rosary Goat Cheese, Wild Garlic Pesto (V, CE, M, SU, *T)

Butternut Squash, Oyster Mushroom and Aubergine Ballotine £26

Warm Amaranth Tabbouleh, Roasted Pepper Velouté (VE, CE, SU)

South Coast Day Boat Fish £30

(Please ask a member of staff)

ON THE SIDE

- Maple Glazed Chantenay Carrots (V) £6.50

- Hispi Cabbage, Lovage and Crispy Shallots (V, E, SO) £6.50

- Roquette, Apricot, Almond Salad, Aged Balsamic and Hampshire Rapeseed Oil Dressing (V, CE, G, *T) £6.50

- Charred Tenderstem, Creamy Sriracha, Sesame (V, S, SU) £6.50

- Reflections Fries (V) £5

If you are affected by a food allergy or intolerance, please note the following content abbreviations for your reference.

V - Vegetarian VE - Vegan CE - Celery G - Gluten C - Crustaceans E - Eggs F - Fish L - Lupin M - Milk MO - Molluscs
MU - Mustard P - Peanuts S - Sesame Seeds SO - Soya SU - Sulphites T - Tree Nuts

* - Removable

** - May Contain