

RNLI COLLEGE

STARTER OR LIGHT BITES

Fresh soup of the day **vg,gf,df 4.75**
With a crusty bread roll **cg,v,df**

Beetroot Falafel **vg,gf,df 6.25**
With dressed salad and sweet Chilli sauce

Deep fried prawns **cg,df,csf 6.95**
With dressed salad and sweet Chilli sauce

Chicken wings **gf,df 6.95**
6 pieces with dressed salad and BBQ sauce

Roasted BBQ Jackfruit salad **gf,df,vg 6.25**
With chick peas and guacamole

Goat's cheese **cd,gf,v 6.95**
Torched, set on roasted beetroot and sun-dried
salad with Balsamic glaze

Smashed avocado **cg,df,vg 6.95**
Set on English muffin with dressed salad topped with
your choice of

Poached egg and flaked dried onions or
Baked mini tomatoes with basil and lemon oil

OPENING HOURS

Come and enjoy our signature breakfast with a view
from 7am until 10am

Our last bookings are taken at 9:45pm

Stormy Stan's children's menu is available
throughout the day.
Two course meal with a drink **7.00**

FROM THE SEA

Fillet of Sea Bass **cf,gf,df 14.50**
With new potatoes, cherry tomato and savoy
cabbage with fresh lime

Baked salmon **cf,gf,df 12.95**
Served on a bed of spinach and crushed potatoes

Beer battered fillet of fish **cg,df,gf 12.50**
With minted mushy peas, chips and Tartar sauce

Mussels **csf,cd,cg 14.50**
Cooked with white wine, garlic, cream and herbs
served with a bread roll

STREET FOOD CLASSICS

Lamb kofta **cg,df 12.95**
2 Koftas in a wrap with crispy salad, hummus,
guacamole and sweet chilli sauce, with chips

Chicken burger **cd,cg 12.95**
Southern chicken breast topped with cheese,
served in a bun with chips and onion rings

Southern fried chicken wrap **ce,cd,cg 7.25**
With salad, Mozzarella, sweet chilli dressing and
garlic mayonnaise

Aubergine steak **vg,cg,cd 8.25**
Marinated, served with Hummus, guacamole,
sun-dried tomato, artichoke and Naan bread

PIZZA & PASTA

Hand-rolled with tomato sauce, olives and
Oregano

Margherita **v,cd,cg 7.25**
Tomato, basil and Mozzarella

Vegan **vg,cg,df 7.25**
Mushrooms, artichoke, tomato, basil and vegan
cheese

Salami **cg,cd 8.25**
With Chorizo, bacon and Mozzarella

Chicken **cd,cg 8.25**
With mango, bacon and Mozzarella

Pasta of the day **gf,df,vg 7.50**
Roasted vegetables, olives, and rustic tomato
sauce

FROM THE GRILL

Pork steak **cg,cd 12.95**
Topped with bacon and sliced cheese, served with
BBQ sauce, fried onion rings and chips

Falafel burger **vg,cg 12.95**
Grilled flat mushroom, beetroot falafel, sliced tomato,
gherkin, red onion, in a toasted bun, served with chips
and onion rings

Classic burger **cg,cd 12.95**
Beef patty topped with bacon, cheese, in a toasted
bun, served with onion rings and chips

Grilled Sirloin steak **cg,cd 16.50**
Cooked to your taste, served with chips, onion rings
and a dressed salad, with pepper sauce or Bearnaise
sauce

Breakfast burger **cg 12.95**
Pork and leek sausage, rashers of bacon, black
pudding in a toasted bun served with onion rings
and chips
add a burger patty for **2.00**

CHEF'S SPECIAL

Roasted aubergine salad **gf,df,vg 10.75**
Marinated, with hummus, sun-dried tomato and 5
bean salad, topped with mixed seeds

Warm salad **ce,v,gf 10.75**
New potatoes, spring onions, mushrooms, tomatoes,
topped with a poached egg

Mozzarella salad **cn,v,cd,gf 8.25**
Fresh Mozzarella, tomato and fresh basil sprinkled
with Pistachios and Walnuts, finished with a Balsamic
glaze

ALLERGY ADVICE

If you are allergic or intolerant to any food, please let us know upon placing your order. Whilst we endeavour to avoid any cross contamination when processing a specific allergen free order, our kitchen does not have a specific allergen free zone. Deep fried wheat and gluten dishes will use the same fryers in the kitchen as dishes not containing these ingredients – there may be a risk of cross contamination which could affect extremely sensitive sufferers. For more information about any of our dishes please ask a member of our team.

gf Gluten Free	df Dairy Free	v Vegetarian	cd Contains Dairy	cg Contains Gluten
cs Contains Soya	cm Contains Mustard	cf Contains Fish	cc Contains Celery	csf Contains Seafood
cn Contains Nuts		vg Vegan	ce Contains Eggs	

SIDES AND NIBBLES

All at **3.75**

Trio of baked crispy bread rolls **cg,df,vg**

Portion of chips **cg,df,vg**

Sweet potato chips **gf,df,v**

Dressed house salad **df,gf,vg**

Portion of onion rings **cg,df,vg**

Portion of fresh vegetables **gf,df,vg**

Bowl of mixed marinated olives **vg,df,gf**

Garlic bread
Served on its own or topped with chesse **cd,cg,v**

SOMETHING SWEET

All at **6.00**

Warm waffle
Topped with maple syrup and ice cream **cg,cd,v**

Chocolate brownie
With chocolate sauce and ice cream **cg,cd,v**

Lemon tart
with a spiced fruit compote **cg,cd,v**

Treacle tart served with custard **cg,cd**

Fresh fruit salad **vg**

Selection of Purbeck ice creams **cd,gf,v**

Selection of Purbeck sorbets **gf,df,vg**