



NON GLUTEN INGREDIENT MENU

BREAKFAST & BRUNCH

AVAILABLE TIL 4PM. NOT AVAILABLE SUNDAYS AFTER 11.45AM

- FULL DORSET 9.00** : **FULL VEGGIE 9.00**
- Best back bacon, two poached free range eggs, baked beans, hash browns, flat mushroom, cherry vine tomatoes and g/f toast
- Two poached free range eggs, pan fried haloumi, wilted spinach, hash browns, flat mushroom, vine tomatoes and g/f toast
- SALMON, AVOCADO AND EGGS 9.00** : **VEGAN BREAKFAST 9.00**
- Thick cut Wye Valley smoked salmon, ripe avocado, poached free range eggs, country style potatoes, red watercress & g/f toast
- Scrambled tofu, heck's vegan bollywood sausage, wilted spinach, hash browns, flat mushroom, vine tomatoes and g/f toast

SANDWICHES

AVAILABLE TIL 4PM. NOT AVAILABLE SUNDAYS

- CHICKEN & BACON 8.50.** : **SOUP & PLOUGHMANS 8.50**
- Fresh, char-grilled breast of chicken, best back bacon, lettuce & tomato with mayonnaise on a g/f roll, with a fresh green salad
- Bowl of homemade soup and your choice of cheese or ham with a g/f roll, chutneys, pickles, apple and fresh green salad.

KEY CLUB EXCLUSIVE

HAM, EGG & CHIPS 8.50
Roasted thick cut butcher's ham, fried free range eggs and chunky chips.

WEEKDAY LUNCH PLATES
AVAILABLE MONDAY TO FRIDAY TIL 6PM*

HOMEMADE FRITATTA (V) 8.50
G/f roll and a dressed fresh green salad
Ham, black wax cheddar & tomato or
Rosary goats cheese, spinach &
red onion marmalade

STEAK AND CHIPS 9.50
Hanger steak cooked to your preference with shoestring fries, roasted vine tomatoes and peppercorn sauce.

*KEYCLUB MEMBERS ONLY. NOT AVAILABLE ON BANK HOLIDAYS.

*FRIES - Our fries contain no gluten however traces can appear due to the production process. New potatoes or mixed salad are available as an alternative.
 NGCI - We do not operate a gluten free kitchen. Gluten free refers to dishes only having non gluten containing ingredients (NGCI).
 If you have any queries regarding allergies or intolerances please speak to your server.



VEGAN INGREDIENT MENU

STARTERS & SMALL PLATES

- SWEET POTATO FALAFEL 7.00**
Hummus and char-grilled khobez flat bread*
- CHINESE SOYA 'DUCK' SALAD 7.00**
Asian salad, cucumber, spring onion and plum sauce dressing
- AVOCADO SALAD 6.50**
Beef tomato, red onion, baby gem lettuce and balsamic glaze

MAINS

- SWEET POTATO FALAFEL 13.50**
Skewer of roasted Mediterranean vegetables, tabouleh cous-cous salad, humus, iceberg lettuce, fresh tomato and warm khobez flat breads*
- TOFU KATSU CURRY 13.50**
Deep fried panko crumbed tofu with katsu curry sauce, Asian slaw and shoestring fries

MOVING MOUNTAINS VEGAN BURGER 13.00
Plant based "meat" burger, beetroot, chilli jam, iceberg lettuce, beef tomato and red onion in a toasted vegan bun with shoestring fries, gherkin and coleslaw

ADD AVOCADO 2.00

DESSERT

- APPLE AND CINNAMON CRUMBLE 7.00**
with vegan vanilla ice cream
- MANGO SORBET**
ONE SCOOP 2.50, TWO SCOOP 3.50, THREE SCOOP 5.00

Our vegan menu adheres to People for the Ethical Treatment of Animals (PETA) guidelines.
 We use only vegan ingredients but we prepare and cook vegan meals in kitchens and on equipment where meat dishes are also prepared.
 Please ask your server if you have any queries and let us know of any allergies or dietary requirements.

Please allow time for your menu choice as all dishes are prepared and cooked to order. All items may contain traces of nuts. please ask your server for further allergy advice.
 A discretionary service charge of 10% will be added to groups of six or more.

REEF ENCOUNTER
BAR AND GRILL

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JAMES AND WHITE
BAR AND KITCHEN

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