



Drinking Bites

Available noon - close

Salt & pepper calamari
House sweet chilli.

Crispy hot wings
Miso spicy sauce.

Shell on prawns, garlic mayo
Uprising bakery bread.

Tokyo ribs
Sticky honey ginger glaze.

Tempura vegetables
Sesame & soy dipping sauce.

Nachos
Corn tortilla's, avocado, Longman's mature cheddar, fresh tomato salsa, sour cream, jalapeños.

Pumpkin, avocado & Fetish feta street taco
Salsa macha pesto.

Swim Truffle fries 5 gf
Skinny fries 3.5 gf
Sweet potato fries 4.5 gf
Trio of sauces Swim sauce, miso spicy mayo, house Satay sauce 1.5

Burgers

Served on sesame seeded brioche buns with skinny fries. Gluten free buns available

Cheese burger 9
British beef patty, American cheese, pickle, Swim sauce.

double it? 3
smoked bacon 1.5

Chicken burger 11
Grilled chicken breast, Longman's smoked cheddar, lettuce, white onion, salsa macha mayo.

double it? 3
smoked bacon 1.5

Fish burger 11
Tempura local fish, quick pickled red onion & cucumber, shredded cabbage, gochujang mayo.

double it? 3

Falafel burger 10 v
Falafel, hummus, English gruyère cheese, lettuce, quick pickled red onion, Swim sauce.

double it? 2

Feeling frilly? Upgrade

Switch to truffle fries 1.5
Extra Swim Sauce 1



Main

noon - 4pm | 5pm - Close

Meat

10oz char-grilled sirloin, herb butter, skinny fries. 22 gf

Panko breaded chicken schnitzel, House Satay sauce, skinny fries. 12

Mac n cheese, smoked streaky bacon, English gruyère, truffle oil. 11.5

Chicken curry, coconut cream, spinach, wholegrain basmati. 13 gf

Pork belly rashers, pak choi, tendersteam broccoli, Asian broth, roasted chilli salsa. 13

Fish

Beer battered local fish, thick cut chips, crushed peas, tartare sauce. 12.5 gf
aval

Fish curry, coconut, spinach, wholegrain basmati rice. 13 gf

Salt & pepper calamari, Asian salad, house sweet chilli. 15 gf

Saffron fish and fennel stew, English gruyère, sourdough croutons. 15 gf
aval

Local fish of the day.
See specials board

Vegetable

Masala pumpkin, cauliflower, chickpea & coconut curry, spinach, wholegrain basmati rice. 12 gf+
vg

Mac n cheese, English gruyère, truffle oil. 10 v

Cumin roasted cauliflower steak, curly kale, toasted seeds. 11 gf+
vg

Relish your Wednesday

Burger and a drink for £10* & 2 for 1 cocktails every Wednesday 17.00 till close

*ask staff for details. Half pint or 125ml house wine. Or a soft drink



Turn me over for more



Whole bowls

Sunbeam 9.5 vg
 Red & white quinoa, falafel, baby spinach, hummus, roasted peppers, slow roasted tomatoes, quick pickled cucumber & red onion, toasted seeds, citrus dressing.

Vitality 9.5 v
 Brown rice, roasted pumpkin, seasonal leaves, soft boiled egg, avocado, kimchi, pickled carrot, radish, sesame & soy dressing.

Throw in some extras

Local crab plain or with lime, dill & mayo 2.5
 Grilled chicken 2.5
 Smoked salmon 2.5

Frittata

Available noon - 4pm
 Freshly cooked frittata, seasonal mixed leaves & skinny fries. 8.5 v
Ask a member of staff for today's special.

Kids!

Burger & fries. Add cheese 50p. 8
 Chicken burger & fries. 8
 Battered local fish, chips, peas & tartare sauce. 8
 Mac n' cheese. Add bacon £1. 7 v
 Crudités of carrot, cucumber, tomato & hummus 2 vg
 Purbeck ice cream one scoop 1.5
 Vanilla, strawberry, chocolate, honeycomb

Sides

Skinny fries 3.5 gf
 Sweet potato fries 4.5 gf
 Truffle fries 5 gf
 Green salad 4 gf
 Tomato, rocket, oregano salad 5 gf
 Seasonal greens 4 gf

Get in touch

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Swim Sessions

We love music, so much in fact that we occasionally push our tables out of the way and play host to some truly amazing live acts.

Stay in the loop via your favourite social technology or our website.

Sandwiches

Available noon - 4pm
Today's freshly baked bread, rocket & spinach salad, skinny fries.
 Local crab, plain or with lime, dill & mayo. 8.5
 Smoked Severn & Wye salmon, quick pickled red onion & cucumber, chive cottage cheese. 8.5
 Hummus, avocado, carrot, beet, snowpea sprouts & pickled cucumber. 8.5 vg

Toasted

Available noon - 4pm
Today's freshly baked bread, rocket & spinach salad, skinny fries.
 Grilled chicken, Avocado, smoked streaky bacon, Longman's oak smoked cheddar, mayo. 8.5
 Japanese pork belly rashers, kimchi, English gruyère, miso spicy mayo. 8.5
 English gruyère, Fetish feta & Longman's oak smoked cheddar, slow roasted tomato, sweet white onion, mayo. 8.5 v
 Falafel, hummus, Fetish feta, roasted peppers, garlic mayo. Vegan cheese available. 8.5 vg

Sunday Slowdown

Brunch, fresh coffee, bloody Mary's, Sunday papers, vinyl free-for-all.

Relax, re-fuel and find some inner peace ahead of the coming week.



Pretty hungry

- Brioche French toast, house syrup, bacon or fruit 7.5
- Steak n’ eggs, rosti, fried eggs. 11
- House beans, fried egg, toast. 7.5 v
- Smashed avocado, lime, coriander, chilli, poached eggs, toast. 8.5 v

Farm breakfast

- Sausage, smoked streaky bacon, slow roasted tomato, rosti potato, house beans, roasted mushroom, fried egg, toast. 10.5

Field breakfast

- Roasted mushroom, slow roasted tomato, smashed avocado, rosti potato, house beans, fried egg, toast. 10.5 v

Vegan breakfast

- Roasted mushroom, slow roasted tomato, smashed avocado, rosti potato, house beans, tofu scramble, toast. 10.5 vg

Eggs most ways

- Fried, poached or scrambled on toast made from today’s bread. (vegan option available) 5.5 vg

Famished?

Freestyle and add these to anything you want:

Sausage	2
Smoked streaky bacon	2
Roasted mushroom	2
Rosti	2
Smoked salmon	2.5
Slow roasted tomato	2
Avocado	2

Could eat

- Sausage sandwich 4.5
- Smoked streaky bacon sandwich 4.5
- Roasted mushroom and tomato sandwich 4.5 v

Could eat more?

- Add a fried egg 1 v
- Add tofu scramble 1 v

A bit peckish

- Overnight oats chia seeds, vanilla, seasonal fruit & honey. 6.5 v
- Toast made from today’s freshly baked bread with butter & honey or jam. 3 v
- Pastries & baked goods freshly baked every morning. *Ask a member of staff for today’s selection.*

Breakfast

8.00 – 11.30



Feeling Naughty?

Bread & butter pudding
vanilla ice cream. 5.5

Brownie 5.5 gf
chocolate sauce, chocolate ice cream.

Sticky date pudding 5.5
butterscotch sauce, honeycombe hash ice
cream.

Ice Cream

3 scoops of Purbeck Ice Cream 5.5
Mixing flavours is encouraged

Vanilla

Strawberry

Serious Chocolate

Honeycombe Hash

Desserts

Served always