



## Sample Menu

*Our menu changes on a regular basis*

Purple sprouting in a walnut dressing and warm Dorset Blue cheese

Denhay ham, poached egg on toasted crumpet with a mustard sauce, pickled walnuts and grapefruit salsa

Mussels cooked in apple jus finished with crème Fraîche

Cranborne rare breed pork terrine with piccalilli and toast

Soused mackerel with forced rhubarb and watercress



Smoked haddock and seafood chowder with pan haggerty and greens

Loin of roasted Cranborne pork, roast potatoes, apple sauce, garlic creamed spinach, beetroot

Wild garlic and spelt risotto with Woolsery goat's cheese

Roast chicken stuffed with sage black pudding, winter greens, wholegrain potato croquettes and spiced bread sauce

Marinated salmon and pork belly with celeriac puree and green leaf vegetables

Grilled fillet of Lymington black bream, mashed potato, white wine sauce, and spring greens



Iced ginger cheesecake with warm butterscotch sauce

Steamed sticky sponge pudding with duo of chocolate and toffee sauces

Trinity burnt cream with forced rhubarb

Spiced poached pear in Dandelion and Burdock with Dorset Blue Vinney

Traditional Rhubarb trifle with custard and sherry

Two course meal £19.95

Three course meal £24.95

(Two course not available on a Saturday evening)

**Treat yourself, have a pudding and cheese! Enjoy our local cheeses as a fourth course £6.95**

Assorted local cheeses with celery, apricots and biscuits

*Our local cheeses instead of pudding are available for a £2.95 supplement*

# Our Suppliers

**We use fresh, seasonal, free-range produce from our local suppliers wherever possible**

**How far from La Fosse**

- |   |                     |
|---|---------------------|
| 1. Game, pork, beef and apples, Cranborne Estate, Dorset                    | (across the street) |
| 2. Watercress, Sun Salads, Cranborne, Dorset                                | (1 mile)            |
| 3. Salads and herbs, St. Giles Salads, Dorset                               | (2 miles)           |
| 4. Honey, Horton Honey, Wimborne, Dorset                                    | (4 miles)           |
| 5. Vegetables, chicken and pork, Future Farms in Martin, Hampshire          | (4 miles)           |
| 6. Bread and Oriental salads, Long Crichel bakery, Dorset                   | (7 miles)           |
| 7. Eggs, Antell Brothers, Holt, Dorset                                      | (8 miles)           |
| 8. Dairy, Woodland Park Dairy, Woodlands, Wimborne, Dorset                  | (9 miles)           |
| 9. Tea and Coffee, Keith Spicers, Wimborne, Dorset                          | (9 miles)           |
| 10. Cheese, Cranborne Chase Cheese, Manor Farm, Ashmore, Dorset             | (10 miles)          |
| 11. Fish, Premier Fish, Downton, Wiltshire                                  | (12 miles)          |
| 12. Dairy, Leopard Dairy, Blandford Forum, Dorset                           | (16 miles)          |
| 13. Cheese, Lyburn Farm, Salisbury, Wiltshire                               | (16 miles)          |
| 14. Veal, Marleycombe Veal Company, Salisbury, Wiltshire                    | (16 miles)          |
| 15. Fish and seafood, Mudeford and Lymington, Hampshire                     | (21 miles)          |
| 16. Olives, Olive Et Al, Sturminster Newton, Dorset                         | (22 miles)          |
| 17. Cheese, Ford Farm, Dorchester, Dorset                                   | (31 miles)          |
| 18. Mushrooms, Dorset Down Mushrooms, Sherborne, Dorset                     | (34 miles)          |
| 19. Oils, The Seed Company, Sherborne, Dorset                               | (34 miles)          |
| 20. Green and Fruit tea, Clipper, Fair-trade tea, Beaminster, Dorset        | (52 miles)          |
| 21. Orange marmalade from Angela, Mark's aunt, Southampton area             | (40 miles)          |
| 22. Lamb, Welsh lamb, but the lady selling and owning it lives in Cranborne |                     |

***Our dishes are cooked in cold pressed rapeseed oil from The Seed Company (Dorset), rich in Omega 3, 6 & 9 and has less than half the saturated fat of olive oil***

