

Evening menu served 6pm until 10.30pm

Appetiser

Mixed olives, sun-dried tomatoes & baby peppers stuffed with garlic & feta (v)	4
Garlic & thyme house baked focaccia bread basket with oils (v)	4
Hummus plate served with prosciutto, grilled focaccia, roasted garlic & sun-dried tomatoes (10 for two)	6.5

Starter

Soup of the day served with chunky house bread	4.5
Dorset Rosary goats cheese & sun-dried tomato tian with pesto dressing & olives (v)	5.5
South coast mackerel pate on focaccia toast with a tomato & onion salad	6.5
Smoked free range duck breast, mango & papaya salsa, drizzled with soya dressing	6.5
Rope grown Scottish mussels (available as a main 14.5) with a chunk of fresh bread & a choice of sauce:	7.5
* white wine, garlic & cream	
* tomato, chilli & coriander	
* coconut, chilli, lemon grass, ginger (Thai style)	



NZ Wild Rock Sauvignon Blanc is the perfect wine partner with a bowl of fresh mussels. Normally 23 a bottle, TRY a 175ml glass for only 4 when ordered with any mussels

Pan seared scallops served with fennel, wild mushrooms & crème fraiche	7.5
Brownsea Island rock oysters served with shallots, tabasco or lemon 1.5 each 8 1/2 dozen 15 dozen	

Mains

Caesar salad of baby gem lettuce with ciabatta croutons, Old Winchester (local parmesan), soft boiled egg, anchovies & free range chicken or crayfish	10
Homemade New Forest beef burger, with three Dorset cheddars, rindless smoked back bacon & tomato salsa, served with chunky chips & salad	10.5
Roasted Mediterranean vegetables, feta cheese & tofu puff pastry pizza served with rocket salad & sun-dried tomato dressing (v)	10.5
Parmesan crusted whole artichoke, oven roasted & stuffed with nuts, mushrooms & sun-dried tomatoes served on cannellini bean puree with capers (v)	10.5
Aspall cyder slow roasted Dorset pork belly served with roasted sweet potatoes & green beans finished with an apple & Calvados sauce	12.5
Fish of the day curry served with coconut rice & coriander & lime yoghurt	13
Free range breast of chicken stuffed with apricots, figs & soft cheese, wrapped in streaky bacon served on a bed of Provencal basil gnocchi	13
Herb crusted cod fillet on nicoise salad topped with a poached egg & crispy chorizo	13
Clam & pancetta linguine tossed with chilli, garlic & parsley	13
Marinated leg of Dorset lamb steak with a pomegranate, mint & roasted almond couscous finished with salsa verde & a sun-dried tomato & red watercress salad	13

...More Mains

Red mullet fillet on crayfish & sun-dried tomato risotto	14
Whole oven roasted lemon sole served with roasted new potatoes, dressed salad & citrus butter	15
10oz New Forest rib eye steak served with chunky chips, vine cherry tomatoes & crisp dressed salad garnish	17
choice of sauce (+ 2)	
* Peppercorn sauce	
* Dorset Blue Vinney & forest mushrooms	

Check our specials board every day for seasonal fish and more...

A bit on the side

Bowl of chunky chips	3
Rocket, sun-dried tomato & parmesan salad	4
Seasonal vegetables	4
Reef side salad	4
Green beans with pancetta & shallots	4.5

Desserts

Selection of sorbets & ice creams	4
Summer pudding & clotted cream	5
Chocolate tart with orange crème fraiche	5.5
Pistachio crème brulee with a shortbread biscuit	5.5
Oven baked blueberry cheesecake with blackcurrant sorbet	6
Selection of local cheese & biscuits with house chutney	7



To encourage children to try new dishes, learn about different food & fall in love with eating out in restaurants we are excited to offer smaller portions of any dish on the menu at half price. These dishes are available for under twelve's only & are part of our commitment to good food for little people

We're passionate about using the best produce we can find. It's a long journey finding the best suppliers & we are far from perfect yet, but we are genuinely putting a huge effort into finding you the best, local, ethical & affordable produce. Our meat all comes from Danestream Farm Shop in the New Forest where the owner & butcher Paul ensures we get the finest produce. Fish is a massive issue for us at the moment. It's a hugely complicated area & we will have more details on what we've been doing & why as soon as we have finalised our supply chain. We welcome your feedback, both good & bad to help us keep improving. You can email me, the owner, via mark@urbanreef.com with anything on your mind & I guarantee every message gets read, & where appropriate acted upon. Thank you so much for choosing Urban Reef xx

If you have allergies to any foods or you're just not sure about something please ask your server for some advice

v = vegetarian