



ROAST

## SUNDAY

(ve) - vegan  
(v) - vegetarian  
(vea) - vegan available  
(gff) - gluten free  
(gffa) - gluten free available  
(n) - nuts



THE OLD BEAMS

Freehouse Pub & Kitchen

IBSLEY

Take a look at our  
specials menu!

Golden Oldies  
deal, two courses  
for 22! Small  
roast & a dessert.  
Ask your server if  
you qualify!

0325

## STARTERS

Posh Prawn Cocktail (gffa)	10.5
Marinated garlic, lemon & smoked paprika king prawns. Tomatoes, avocado, cos lettuce & toast.	
Salt & Pepper Squid (gff)	9.5
Isle of Wight black garlic aioli with rocket & pea shoot salad.	
Tempura Pork Belly Bites (gff)	9.5
Tempura pork belly bites with pickled sesame vegetables & sweet chilli sauce.	
Soup of the Day (v,vea)	10
Please ask your server. Served with a half grilled cheese garlic ciabatta.	
Vegetable Tempura (ve,gff)	9
Tempura battered vegetables served with a sweet chilli sauce.	
Bread Board (v)	7.5
Served with salted butter, extra virgin olive oil & balsamic. (add olives +4.5)	

## SUNDAY ROASTS

All Sunday roasts served with roast potatoes, carrots, honey & thyme glazed parsnips, broccoli, cauliflower cheese, Yorkshire pudding and our delicious gravy. (Our gravy & cauliflower cheese are gluten free) Just ask for more gravy!

32 Day aged British Beef Sirloin	22
Pork Shoulder (gffa)	20
Locally Reared Leg of Lamb (gffa)	21
5 Seed Nut Roast (n,gff,vea)	17

Duo of Meats  
25

Trio of meats  
27

## SALADS

Classic Old Beams Caesar Salad (v,gffa)	14
Ripped cos & baby gem lettuce, croutons, soft boiled free range eggs, aged parmesan cheese, Caesar dressing & white anchovies.	
Seasonal Salad (ve,gff)	16.5
Roasted squash, red onion, broccoli, pine nuts, cherry tomatoes, house leaves, beetroot vinaigrette, avocado.	

Add Chicken	3.5	Add Bacon	3	Add Halloumi	3
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## SIDES

Extra Potatoes	3	Onion rings	4.5
Extra Yorkshire	2	Skin on Fries (gff)	3.5
Extra Cauliflower Cheese	4	(Add truffle oil & parmesan +1.5)	
Extra Vegetables	4	Garlic Bread	4
Sweet Potato Fries (gff)		(Add cheese +1)	
House Salad (gff)	4		



# DRINKS

## RED

175 ML BTL

### Viertalo,

*Castilla La Mancha, Spain*

Raspberry and black cherry fruits on the nose that also emerge on the palate, complemented by a touch of spice.

7 26

### Valle Antigua Merlot,

*Central Valley Chile*

Fresh ripe fruits aromas of black plum, blackberry, blueberry and maraschino cherry, complemented by hints of vanilla.

7.5 28

### Ventoux Aimé Arnoux, Organic,

*Rhône, France*

The high altitudes of Mont Ventoux, allow the grapes to keep their natural acidity so the resulting wines are wonderfully aromatic and full of freshness.

8 31

### Oltare Piano Primitivo,

*Salento, Italy*

Velvety smooth and wonderfully dense, this is a rich Italian classic. It is silky, soft and decadent with warm toasty notes and a long, satisfying finish.

35

### Marcelo Pelleriti Malbec,

*Mendoza, Argentina*

Rich and intense with plum, dried fruit and spicy oak notes, all balanced by fresh acidity on the long finish.

9.5 38

### Toast & Honey,

*Lodi, California, USA*

Pinot Noir, but not as you know it. This luscious fruity, classic Californian Pinot Noir offers lashing of sweet fruit with beautifully integrated oak.

9.5 40

### Journey's End Bird's Nest Shiraz,

*Stellenbosch, South Africa*

A blend of Shiraz, Mourvedre & Grenache grapes. Notes of black cherries, red berries and mulberries, with a touch of spice. Medium bodied with a velvety tannin structure. A super food-friendly wine.

45

## ROSE

175 ML BTL

### Pescadero Point White Zinfandel Rosé,

*California, USA*

Juicy strawberries, raspberries and watermelon on the palate, giving way to a sweet & moreish finish.

7 26

### Bel Canto Pinot Grigio delle Venezie Rosé,

*Veneto Italy*

Peach. Apricot. Raspberry. Very pale pink but with a fresh, crunchy palate.

7.5 28

### Château d'Estoublon 'Roseblood' Rosé,

*Méditerranée, South of France*

Based in the heart of Provence, Château d'Estoublon have been making revered wines for over 500 years. Discover notes of zesty citrus, apricot, strawberry and peony, plus an elegant minerality.

12.5 45

## COCKTAILS

9.95

Our bar staff are trained on a number of classic cocktails, if you're looking for anything in particular just ask!

## WHITE

175 ML BTL

### Viertalo,

*Castilla La Mancha, Spain*

With a subtle floral scent on the nose this white has flavours of melon, citrus fruits and a touch of fennel.

7 26

### Ombrellino Pinot Grigio Catarratto,

*Sicily, Italy*

Ombrellino have been making wine for over 50 years in Italy. Combining Catarratto and Pinot Grigio, this beautiful blend captures the essence of Sicily.

7.5 28

### Riscos Viognier Reserva,

*Colchagua Costa, Chile*

One of the biggest names in Chilean wine making, this is a full-bodied, silky wine with floral aromas.

31

### Vinho Verde

*Portugal*

Ultimate refreshment in a glass! Fresh, zesty and zippy with a slight spritz. Notes of white flowers, and on the palate tropical and stone fruits.

32

### Picpoul de Pinet Plo de l'Isabelle,

*Languedoc, South of France*

You can practically taste the Mediterranean in the wine. It's incredibly zesty, with intense lemon and grapefruit flavours and refreshing minerality - a perfect choice for seafood dishes.

9 36

### Finger Post Sauvignon Blanc,

*Marlborough, New Zealand*

Marlborough's long sunshine hours craft flavour-packed whites, ideal to bring a spot of Kiwi warmth to your glass. Tropical fruit and gooseberry bounce over a lime-soaked palate.

11.5 38

### Journey's End Trebuchet Chardonnay,

*Stellenbosch, South Africa*

Perfumed citrus zest, pear and tropical fruits in the glass with crisp stone fruit on the palate. A quality wine that reflects the region's unique terroir and winery's modern innovation.

45

## SPARKLING

125 ML BTL

### Midas Premium Prosecco Extra Dry,

*Friuli Venezia Giulia Italy*

The Midas touch, a premium Prosecco for that special occasion.

8 39

### Midas Prosecco Rose,

*Friuli Venezia Giulia Italy*

Fresh, young and floral with finer, livelier bubbles, as well crisp, fruity finish, thanks to that Midas touch.

45

### Champagne Haton Réserve Brut Champagne,

*France*

Since 1610, Haton's expertise lies in crafting traditional Champagnes, with exceptional attention to detail. Expect delicate aromas of white peaches, citrus fruit and orange blossom.

66

All prices are in £ and include VAT at 20%. Wines by the glass are also available in 125ml & 250ml. Wines on this list may contain sulphites, egg or milk products. Please ask a member of staff should you require guidance.