



For FRAMPTON & SONS
RINGWOOD
NEW FOREST
Signed E. K. W. WITH THANKS

Breakfast / Brunch 09:00 - 15:00

Pastries, Cake of the Day, Teacakes

ask your server for todays selection

The One 16

Sausage, bacon, ham hock, egg, mushroom, tomato, spinach, BBQ beans, maple & mustard glaze. served in a sizzling skillet
Add hash browns 2.0

Framptons Full Plate 15

2 sausages, 2 back bacon, tomato, hash browns, mushroom, baked beans & choice of egg

Framptons Light Plate 13

sausage, back bacon, tomato, mushroom, hash brown, baked beans & choice of egg

Framptons Vegan **VE** 13

moving mountains sausage, tomato, mushroom, crushed avocado, hash brown, spinach & baked beans

add egg 1.5

all served with toasted sourdough bread
add egg, sausage, bacon, hash brown 1.5 each

Champions 11

crushed avocado, streaky bacon, sun dried tomato & poached egg on sourdough

Eggs Your Way 8

your choice of eggs on sourdough

Eggs Benedict/Florentine **V** 12/10.5

poached egg, ham hock/spinach, hollandaise, on sourdough

Omelette 8.5

choice of two fillings: ham hock, cheese, spinach, mushrooms, tomatoes

Breakfast Bap 8.5

sausage or bacon, fried egg & hash brown

Pancakes 10

maple syrup, smoked streaky bacon

Please let a member of the team know if you have any allergies or intolerances as not all dishes state the full ingredients. All food is freshly prepared in-house so traces of allergens may be present in all dishes.

Soup of the Day 12:00 - 15:00

served with crusty bread 6.5

house made with local, seasonal produce
ask your server for more details

Ciabatta 12:00-15:00

all served with side salad

Panko Fried Chicken Parm 9.5

mozzarella, pepperoni, tomato marinara

Heritage tomato & mozzarella **V** 8.5

nut-free pesto, rocket

Roast Beef 9.5

blue cheese, rocket

Brie & Bacon 9.5

red onion chutney

Salads 12:00 - 15:00 / 17:30 - 20:30

all served on rocket & spinach with tomato salsa & quinoa

Panko Chicken & Streaky Bacon 16.5

Roasted Squash & Beetroot **VE** 15

Poached Salmon & Tenderstem 17

Broccoli

Sides 12:00 - 15:00 / 17:30 - 20:30

Mixed Leaf Salad 4

Rosemary fries 4.5

Sweet Potato Fries 6.5

Tempura Battered Onion Rings 4.5

House Slaw 3.5

Artisan Bread 6.5

Small plates 3 FOR 20

pork belly 8

panko prawns 8

halloumi fries 8