

STARTERS

ROASTED PIMENTO & TOMATO SOUP (VE) **420kcal**
garlic croutons, extra virgin olive oil

BUFFALO MOZZARELLA & MARINATED
TOMATO (V, GF) **491kcal**
balsamic drizzle, extra virgin herb oil, dressed
roquette

STICKY CHILLI CAULIFLOWER WINGS (VE) **211 kcal**
cauliflower florets, corn crumb, sticky chilli
sauce, shredded spring onions

BRUSCHETTA (VE) **371 kcal**
grilled garlic ciabatta, fresh tomato & red onion
salsa, shredded basil, dressed rocket

SALT & PEPPER SQUID BITES **409kcal**
lemon, garlic & parsley mayonnaise

JALAPENO & LIME CHICKEN WINGS (GF) **793kcal**
lemon, tomato & red onion salsa

CRISPY BREADED MUSHROOMS (VE) **213kcal**
breaded oyster mushrooms, smoked chilli aioli

PIZZA

FRESH FROM
THE CLAY OVEN

Gluten free pizza and
vegan cheese available
please ask your server

MARGHERITA PIZZA (V)
1357kcal
tomato sauce, mozzarella,
parmesan, basil

SICILIAN PIZZA **1221kcal**
mozzarella, salami, pepperoni

GREEK PIZZA (V) **1233kcal**
feta, olives, red onion, peppers

MARINATED ARTICHOKE
& SPINACH (VE) **1503kcal**
marinated artichokes, wilted
spinach, cherry tomatoes,
vegan mozzarella

PASTA & SALAD

OLIVE SUPERFOOD SALAD
(VE, GF) **692kcal**
seasoned quinoa, sprouting broccoli,
edamame beans, cucumber, peas,
marinated olives, cherry tomatoes,
shredded red cabbage, spring onions,
citrus & sweet chilli dressing

ROASTED PUMPKIN RAVIOLI
(V) **663kcal**
rich ragu sauce, rocket, shaved
parmesan

GREEK FETA SALAD
(V, GF) **532kcal**
baby gem lettuce, cherry
tomatoes, cucumber, green
peppers, red onion, olives, feta
cheese, lightly dressed with olive oil

CARBONARA LINGUINE
2332kcal
lardons of smoky bacon,
field mushroom, white wine,
rocket, shaved parmesan

SPAGHETTI AGLIO CAVOLI
(VE) **725kcal**
cavolo nero, spring greens,
tenderstem broccoli, edamame,
creamy white sauce, vegan parmesan

FROM THE GRILL

SPANISH CHICKEN **762kcal**
marinated chicken supreme wrapped in parma ham,
patatas bravas, garlic fine beans, roasted tomato sauce,
dressed rocket

BATTERED COD LOIN **1283kcal**
chunky chips, sea salt, garden peas, tartar sauce, lemon

GRILLED FILLET OF SEA BASS (GF) **879kcal**
warm tomato, onion & new potato salad, fine beans

BAKED AUBERGINE (VE, GF) **775kcal**
ratatouille of vegetables, crumbled feta, ragu sauce
and vegan mozzarella, roasted new potatoes, cavolo nero

WOODLANDS BURGER **1098kcal**
prime 100% beef burger or smoked chili chicken
burger, crispy bacon, cheddar cheese, lettuce,
beef tomato, burger relish, toasted brioche bun,
skinny fries and coleslaw

WOODLANDS VEGETARIAN BURGER (V) **796kcal**
jackfruit burger, cheddar cheese, lettuce, beef
tomato, burger relish, toasted brioche bun,
skinny fries and coleslaw

SIDES

SKINNY FRIES (VE, GF) **345kcal**

THYME ROASTED NEW
POTATOES (VE, GF) **290kcal**

ROCKET & PARMESAN SALAD
(V, GF) **104KCAL**

DESSERT

Please ask your server
for our vegan dessert
of the day.

RASPBERRY CHEESECAKE
(V) **322KCAL**
macarated summer berries

TRADITIONAL TIRAMISU
(V) **595kcal**
coffee soaked sponge, Marsala wine

CHOCOLATE & CLEMENTINE
TORTE (VE, GF) **564kcal**
fresh berries, raspberry sorbet

SICILIAN LEMON TART
(V) **670kcal**
lemon mascarpone

GELATO/SORBET
(V, GF) **168kcal**
two scoops of gelato or sorbet,
please ask for today's flavours
(vegan flavours available)

CHEESE AND BISCUITS
1170kcal
Cornish Yarg, Cropwell Bishop
Stilton, Cerney Ash goats cheese,
Sussex Brie and Montgomery
Cheddar, grapes, fruit chutney

SALTED CARAMEL
CHEESECAKE
(VE, GF) **650kcal**
chocolate sauce, toasted
hazelnuts

Some dishes not marked as gluten free or vegan can be adapted to suit a gluten free or vegan diet. Please ask your server for details. (V) denotes suitable for vegetarians, (VE) denotes suitable for vegans and (GF) denotes gluten free.

Detailed dish specific information on allergens is available on request from your server. Please advise us if you have any allergies as allergens are present in our kitchens, therefore we cannot guarantee that trace elements will not be found.

All prices include VAT, however exclude service which is at your discretion. Prices shown in GBP. Game and poultry dishes may contain shot. Fish dishes may contain bone. Calorie information: Adults need around 2000 calories per day.

Olive

Restaurant