



MENU

Welcome to The Mediterranean Kitchen at The Waterfront.

We aim to give you a great dining experience in amazing surroundings. We can't guarantee the sunsets but we can guarantee that when we get one they're some of the best you'll find.

Where possible we buy local produce, although can not always guarantee it. All our food is prepared fresh to order, please allow a small wait for some dishes especially in the busy periods.

Most of our dishes can be prepared gluten free and we have an allergy chart for our dishes, if you would like to see it please ask your waiter. Please be aware that some of our fish dishes may contain small bones. All our prices are including V.A.T. and we do not add a service charge.

We hope you enjoy your experience.

WHY NOT TRY..

- V**
G **Marinated Mediterranean Olives** £5.95
With balsamic vinegar, olive oil
and locally baked bread
- V**
G **Marinated Mediterranean Olives** £3.95
- V**
G **Italian Breadsticks** £2.95

STARTERS

- V**
G **Seasonal Soup** £4.95
With locally baked bread and butter
- G** **Chef's Own Chicken Liver Pate** £6.50
With apple and shallot chutney and toast
- V**
G **Marinated Mozzarella and Tomato Salad** . £5.95
With rocket, balsamic and basil oil
- G** **Crispy Fried Paprika Calamari** £7.95
With classic aioli
- Mediterranean Sweet Potato Crab Cakes**.. £7.95
With rocket and lime mayonnaise
- G** **Gamberi Alla Busara** £8.50
Prawns cooked in a rich tomato sauce, with
garlic and parsley
- V**
G **Chargrilled Vegetable Bruschetta**..... £5.50
With rocket and pesto
- V**
G **Goats' Cheese Stuffed Mushroom**..... £6.50
With mixed leaves and red onion dressing

CRISPY FRIED FISH

- Traditional Fish and Chips**..... £11.95
Fresh battered cod fillet and hand-cut chips
with mushy peas and tartare sauce
- Whole Tail Scampi**..... £12.95
Crispy fried scampi with hand-cut chips,
peas and tartare sauce
- Duo of Whitebait and Calamari**..... £13.95
Crispy fried whitebait and paprika calamari
with mixed leaves and aioli

SIDES

- Hand Cut Chips** £2.95
- Fries** £2.75
- Sweet Potato Fries** £3.95
- Garlic Bread** £2.95
- Garlic Bread and Cheese** £3.95
- Mixed Salad** £2.95
- Seasonal Vegetables** £2.95
- Bread & Butter** £1.95

V - Vegetarian

G - These dishes can be prepared with
gluten free ingredients by request

DON'T FORGET TO ASK ABOUT OUR DAILY SPECIALS

MEDITERRANEAN

- Penne Ariola** £11.50
Pan fried chicken breast with garlic, chilli, onion, basil and rocket
- Ⓢ **Slow Cooked Lamb Kleftiko** £16.95
Traditional greek dish with lamb shoulder, garlic, rosemary, tomato and red wine. Served with seasonal vegetables and potatoes
- Spaghetti Marinara** £14.95
Mixed seafood and spaghetti bound in a rich white wine, garlic, chilli and tomato sauce
- Ⓢ **Mediterranean Fish Stew** £16.95
Chunks of fresh fish and seafood with new potatoes, tomato, fennel and a white wine and saffron broth
- Ⓢ **Orzo Pasta** £12.95
With feta cheese, green olives and artichokes
- Ⓢ **Butternut Squash Risotto** £11.95
With mushrooms, garlic, sage, creme fraiche and rocket
- Ⓢ **Tagliatelle al Funghi** £12.95
Sautéed mushrooms with garlic, parsley, cream and parmesan
- Ⓢ **Seafood Risotto** £14.95
Fresh fish and seafood with garlic, dill and crème fraiche
- Ⓢ **Eastern Mediterranean Salmon** £13.95
Pan fried salmon fillet topped with aromatic eastern mediterranean herbs with jewelled couscous and sun dried tomato dressing
- Tagliatelle Carbonara** £12.95
Sautéed mushrooms with smoked bacon, garlic, parmesan, cream and egg yolk

FROM THE GRILL

- Ⓢ **10oz Rump Steak** £16.95
With sautéed cherry tomatoes, mushrooms, hand-cut chips and peppercorn sauce
- Ⓢ **Chargrilled Chicken Breast** £12.95
With a mushroom, pancetta and cream sauce, rocket, parmesan and hand-cut chips
- The Waterfront Burger** £10.95
Our own recipe 8oz beef burger in a toasted brioche bun with tomato, gherkin, relish and hand-cut chips
- With Cheese** £11.50
- With Cheese & Bacon** £12.50

DESSERTS

- Chef's Cheesecake** £5.50
- Classic Tiramisu** £5.50
- Triple Chocolate Torte** £5.50
- Vanilla Panna Cotta** £5.50
With mixed berry compote
- A selection of Ice Creams** £4.95
Vanilla Bean, Strawberry, Chocolate, Mint Choc Chip or Rum & Raisin
- Cheeseboard** (small) £6.95
..... to share £9.95
Isle of Wight Blue Cheese, Cheddar Cheese, Isle of Wight Soft Cheese, Stilton, Fruit Chutney, Grapes & Crackers

SANDWICHES

Served from 12.00am to 3.00pm

Sausage and Onion	£6.95
Egg Mayo and Bacon	£6.95
Smoked Salmon and Cucumber	£7.50
Prawn Marie Rose.....	£7.50
Chicken, Rocket and Mayo	£6.95
Cheddar Cheese and Tomato	£5.95
Brie & Cranberry	£6.50

On white or brown locally baked bread

All our sandwiches are served with traditional, homemade coleslaw and salad garnish

Hand Cut Chips	£2.95
Cheesy Chips	£3.95

 We can offer a gluten free option with white bread and this carries a £1 supplement

FOR CHILDREN

Margheritta Pizza & Fries.....	£5.50
Beef Burger, Fries & Beans.....	£5.50
Battered Cod Chunks, Fries & Peas ...	£5.50
Penne Pasta, Chicken & Tomato Sauce	£5.50
Chicken Bites, Fries & Beans.....	£5.50
Penne Pasta, Tomato Sauce & Cheese .	£5.50

DESSERTS

Chocolate Brownie Sundae.....	£3.25
Syrup Sponge Pudding	£3.25
A Selection of Ice Cream.....	£3.25

We can also offer most of our menu choices in smaller portions at a reduced price.



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We have free Wi-Fi ~ **51E3D3A0AB**
(case sensitive password)



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www.eatbythesea.com