

SIDES

Gourmet 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

On any of our dishes, Gourmet Chips can be replaced with Sweet Potato Fries for a surcharge of £1.00

**PLEASE ASK TO SEE
OUR VEGAN MENU**

SANDWICHES

Served from 12pm to 3pm

Fresh Crab and Mayonnaise	£8.95
Smoked Salmon and Cucumber	£7.95
Egg Mayo and Smoked Bacon	£6.50
Prawn Marie Rose	£7.50
Brie and Cranberry	£6.50
Chicken Breast, Rocket and Mayo ..	£7.50
Cheddar Cheese and Tomato	£6.50
Ham, Tomato and Mustard	£7.00

All sandwiches are served with homemade mediterranean coleslaw, crisps and rocket

DESSERTS

Chef's Cheesecake	£5.50
With whipped cream and raspberry sauce	
Classic Tiramisu	£5.50
With whipped cream	
Summer Pudding	£5.50
With whipped cream and berry sauce	
Chocolate Brownie Sundae	£5.50
Chocolate brownie pieces, vanilla ice cream, whipped cream and chocolate sauce	
Salted Caramel & Chocolate Torte ..	£5.50
With whipped cream and chocolate sauce	
Vanilla Panna Cotta	£5.50
With mixed berry compote	
A Selection of Locally Made Ice Creams	£5.50
Vanilla Bean / Strawberry / Chocolate / Mint Choc Chip / Rum and Raisin	
Cheeseboard	small £8.95
..... large £15.95	
Isle of Wight Blue and Soft cheeses, Gallybagger and Isle of Wight Caerphilly. Served with fruit chutney, grapes, celery and crackers	

All prices are inclusive of VAT



www.facebook.com/eatbythesea



The Waterfront, Totland Beach,
Totland Bay, Isle of Wight PO39 0BQ

Tel: 01983 75 69 69

www.eatbythesea.com



LUNCH MENU

Tel: 01983 75 69 69

www.eatbythesea.com

STARTERS

- ✓ **Bread and Olives** £5.95
Marinated Mediterranean olives with balsamic vinegar, olive and walnut oil & freshly baked local bread
- ✓ **Breadsticks and Dips** £3.95
Crisp breadsticks with aioli, baba ganoush and beetroot hummus
- ✓ **Marinated Mediterranean Olives** ... £3.95
Includes walnuts
- ✓ **Gazpacho** £4.95
Chilled spicy tomato soup with cucumber salsa
- Cantaloupe Melon** £6.95
Served with serano ham, feta salad with rocket and lemon dressing
- Crispy Fried Paprika Calamari** £7.95
With classic aioli
- Spicy Crab Cakes** £6.95
With rocket and lime mayonnaise
- Tuscan Chicken Liver Paté** £6.75
With fruit chutney, leaves and toast
- ✓ **Tomato, Red Pepper & Pesto Bruschetta** £6.25
With rocket and balsamic reduction
- Roasted Whole Tiger Prawns** £6.95
With tomato and garlic compote, rocket and a balsamic dressing
- Local Crab and Guacamole Salad** ... £7.95
With pink grapefruit, pea shoots, red chilli and stem ginger dressing

MAIN COURSES

- Chicken Skewers** £13.50
Marinated in yoghurt, garlic, chilli and honey, served with a gem salad, ceasar dressing with anchovies, and parmesan
- Penne Ariola** £11.95
Pan fried chicken breast with garlic, chilli, onion, tomato, basil and rocket
- Slow Cooked Lamb Kleftiko** £17.25
Traditional greek dish with braised lamb, garlic, rosemary, tomato and red wine. Served with seasonal potatoes and vegetables
- Mediterranean Fish Stew** £16.95
Chunks of fresh fish and seafood with new potatoes, tomato, fennel and a white wine broth
- Butternut Squash Risotto** £12.95
With mushrooms, garlic, sage, crème fraiche and rocket
- ✓ **Tagliatelle ai Funghi** £12.95
Sautéed mushrooms with garlic, parsley, cream and parmesan
- ✓ **Spaghetti Carbonara** £12.95
Sautéed mushrooms with smoked bacon, garlic, parmesan, cream and egg yolk
- Traditional Fish and Chips** £11.95
Freshly battered cod fillet and gourmet chips with mushy peas and tartare sauce
- Whole Tail Scampi** £12.95
Crispy fried scampi with gourmet chips, peas and tartare sauce
- Spaghetti Bolognese** £10.95
Traditional spaghetti bolognese made to chefs own recipe
- The Waterfront Burger** £10.75
Chargrilled beef burger in a sesame seed bun with tomato, gherkin, relish & gourmet chips
- With Cheese** £11.75
- With Cheese & Bacon** £12.75

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
- Spaghetti, Tomato Sauce & Cheese** £5.50

CHILDREN'S DESSERTS

- Chocolate Brownie Sundae** £3.25
Chocolate Brownie Pieces, Vanilla Ice Cream, Whipped Cream and Chocolate Sauce
- Not so Fried Ice Cream** £3.25
Vanilla Ice Cream rolled in Biscuit and Toasted Coconut, Served with Warm Caramel Sauce
- Chocolate & Banana Mess** £3.25
Fresh Banana, Crushed Meringue, Chocolate Buttons, Whipped Cream and Chocolate Sauce
- A Selection of Ice Creams** £3.25
- Vanilla Panna Cotta** £3.25
with Mixed Berry Compote

**DON'T FORGET TO ASK
ABOUT OUR DAILY SPECIALS**