

ESTD **THE** 1984
WATERFRONT



MENU

LUNCH MENU

From 12pm - 3.30pm



EVENING MENU

From 5pm

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.

We hope you enjoy your experience.

NIBBLES

- V** **Marinated Olives** £4.25
Includes walnuts
- V** **Bread and Olives** £6.25
Marinated Mediterranean olives (includes walnuts), balsamic vinegar, olive oil and locally baked bread
- V** **Breadsticks and Dips** £4.25
Crisp breadsticks with aioli, red pepper hummus and tomato salsa

SHARING PLATTERS

- G** **Fish Deli Board** £19.25
Smoked salmon, cooked king prawns, smoked mackerel paté, anchovies in oil, fresh crab meat, marinated mussels with mixed salad, cocktail sauce, aioli and locally baked bread and butter
- V** **Vegetable Deli Board** £15.25
Marinated olives, chargrilled vegetables, creamy potato salad, roasted vegetable paté, falafels, sliced mozzarella with mixed salad, red pepper hummus, tomato salsa and locally baked bread and butter
- V** **Garlic & Rosemary Baked Camembert** £12.95
Pecan, cranberry and honey compote, garlic bread and locally baked bread
- G** **Isle of Wight Ploughmans** £14.95
IOW Soft and Blue cheese, Gallybagger cheddar, sliced ham, mixed salad, pickle, celery, apple and locally baked bread and butter

SIDES

- V** **Gourmet Chips** £3.50
- V** **Cheesy Chips** £4.50
- V** **French Fries** £3.25
- V** **Sweet Potato Fries** £3.95
- V** **Crispy Onion Rings** £3.50
- V** **Garlic Bread** £2.95
- V** **Cheesy Garlic Bread** £3.95
- V** **Mixed Salad** £2.95
- V** **Seasonal Vegetables** £2.95
- V** **Locally Baked Bread and Butter** £1.95

STARTERS

- V** **Goats Cheese Profiteroles** £6.75
With beetroot puree, pea shoots, honey & pistachio
- G** **Crispy Fried Harissa Calamari** £7.95
With rocket, lemon and aioli
- West Country Crab Cakes** £7.25
With guacamole, rocket and lime mayonnaise
- G** **Moules Mariniere** £8.95
Fresh cornish mussels steamed in white wine, with garlic, parsley and cream. Served with locally baked bread and butter
- G** **Chicken Liver Pate** £6.25
Served with fruit chutney, mixed leaves, toast
- G** **Isle of Wight Soft Cheese Bruschetta** £7.25
Toasted baguette croutes topped with soft cheese, serrano ham, cherry tomato, pea shoots, lemon and balsamic
- G** **Roasted Whole Tiger Prawns** £7.45
With rocket and a chilli, garlic and lime butter
- G** **Fresh Local Crab Salad** £8.25
With prawns, orange, cucumber, cherry tomatoes, pea shoots and squid ink dressing
- V** **Greek Salad** £7.95
Diced feta cheese, olives, cucumber, cherry tomatoes, red onion, green peppers, fresh herbs, rocket and olive oil

FROM THE GRILL

- G** **10oz Rump Steak** £18.95
With sauteed oyster mushrooms, roasted cherry tomatoes, french fries and peppercorn sauce
- G** **Marinated Chargrilled Chicken Breast** £13.25
With roasted Mediterranean vegetables, goats cheese, pesto and fries
- G** **The Waterfront Burger** £10.95
Chargrilled beef burger in a seeded bun with tomato, gherkin, relish and gourmet chips
With Cheese or Bacon £11.95
With Cheese and Bacon £12.95
- G** **The Waterfront Chicken Burger** £13.95
Chargrilled chicken breast in a seeded bun with tomato, lettuce, sweet chilli mayonnaise, onion rings and gourmet chips
- G** **Slow Cooked Pork Ribs** £15.95
Succulent short pork ribs smothered in BBQ sauce, served with salad, fries and coleslaw

MAINS

- Ⓢ Moroccan Lamb Shank £17.95**
 Slow cooked lamb shank, braised with tomato, chickpea, spinach and Moroccan spices. Served with roasted new potatoes
- Ⓢ Bouillabaisse £17.25**
 Classic french fish stew with fresh fish and shellfish, cooked with fennel, saffron, garlic, tomato and parsley
- Ⓢ Spaghetti Pescatore £15.25**
 Mixed seafood and spaghetti bound in a spicy tomato sauce
- Ⓢ Spaghetti Bolognese £11.95**
 Traditional spaghetti bolognese made to our own recipe
- Home Made Beef Lasagne £12.95**
 With garlic bread
- Ⓢ Spaghetti Carbonara £12.95**
 Spaghetti with pancetta, parmesan, cream and egg yolk
- Ⓢ Tagliatelle Alfredo £13.45**
 Pan fried chicken breast with broccoli, garlic, parsley, blue cheese and tomato
- Ⓢ Tagliatelle Funghi £13.45**
 Sautéed mushrooms and broccoli in a garlic, parmesan and parsley cream
- Ⓢ Asparagus Tortellini £14.25**
 Asparagus tortellini bound in a mushroom, spinach and parmesan cream sauce
- Ⓢ Smoked Haddock Risotto £15.25**
 Flaked smoked haddock with prawns, leek, peas, parmesan and creme fraiche
- Ⓢ Mediterranean Vegetable Risotto £12.95**
 Tomato, courgette and sweet pepper risotto with parmesan and rocket
- Ⓢ Marinated Chicken Skewers £13.95**
 Succulent chicken strips marinated in paprika, garlic, chilli and honey. Served on a caesar salad with anchovies, croutons and parmesan
- Ⓢ Mediterranean Feta Salad £11.95**
 Feta cheese, tomato, cucumber, red onion, romaine lettuce, sweet peppers and black olives with honey and mustard dressing
- Ⓢ Mediterranean Chicken Salad £13.45**
 Poached chicken breast with red onion, olives, cherry tomatoes, parmesan, rocket and balsamic

CRISPY FRIED FISH

- Ⓢ Traditional Fish and Chips £12.45**
 Freshly beer battered fillet of cod with gourmet chips, mushy peas and tartare sauce
- Breaded Whole Tail Scampi £12.95**
 Crispy fried scampi with gourmet chips, garden peas and tartare sauce
- Duo of Whitebait and Calamari £13.95**
 Crispy fried whitebait and calamari with lemon, mixed leaves and aioli

FOR CHILDREN

- Ⓢ Margheritta Pizza & Fries £5.50**
- Ⓢ Beef Burger, Fries & Baked Beans £5.50**
- Ⓢ Spaghetti Bolognese £5.50**
- Ⓢ Battered Cod Chunks, Fries & Peas ... £5.50**
- Ⓢ Penne Pasta, Chicken & Tomato Sauce £5.50**
 Chicken Bites, Fries & Baked Beans.. £5.50
- Ⓢ Spaghetti, Tomato Sauce & Cheese £5.50**

CHILDREN'S DESSERTS

- Ⓢ Banana Split £3.45**
 Half banana, vanilla ice cream, whipped cream, raspberry sauce
- Ⓢ Chocolate Brownie Sundae £3.45**
 Chocolate brownie pieces, chocolate buttons, chocolate ice cream, whipped cream, chocolate sauce
- Ⓢ Profiteroles £3.45**
 Sweet profiteroles filled with whipped cream and smothered in chocolate sauce
- Ⓢ Selection of Ice Creams (2 scoops) £3.45**
 Vanilla Bean / Strawberry / Mint Choc Chip
 Chocolate / Rum and Raisin

DON'T FORGET TO ASK ABOUT OUR DAILY SPECIALS

- Ⓢ - Vegetarian Dishes** **Ⓢ - Gluten Free**
- Ⓢ - Gluten Free Option** (please ask a member of staff)

DESSERTS

- ✓ Lemon & Lime Bavarois £5.50**
 With mango sorbet, crushed pistachio and raspberry sauce
- ✓ Black Forest Torte £5.50**
 With chocolate ice cream and black cherry sauce
- ✓ Millionaire Caramel Truffle Slice £5.50**
 With salted caramel ice cream and chocolate sauce
- ✓ Glazed Lemon Tart £5.50**
 With raspberry sorbet and lemon sauce
- ✓ Vanilla Creme Brulee £5.50**
 With arlette biscuits
- ✓ Chef's Cheesecake £5.50**
 With vanilla ice cream and berry sauce
- ✓ A Selection of Isle of Wight Ice Creams or Sorbet £5.50**
 Served in a waffle basket.
 Vanilla Bean / Strawberry / Mint Choc Chip
 Chocolate / Rum and Raisin
 Sorbets - Raspberry / Lemon / Mango
- ✓ Cheeseboard small £8.95
 large £15.95**
 IOW Soft, IOW Blue, Gallybagger and Caerphilly cheeses.
 Served with fruit chutney, grapes, celery and crackers

All prices are inclusive of VAT



f Find us on Facebook
www.facebook.com/eatbythesea

tripadvisor®
 get the truth. then go.™

DOGS ARE MOST WELCOME IN CERTAIN AREAS

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



The Waterfront, Totland Beach, Totland Bay, Isle of Wight PO39 0BQ Tel: 01983 75 69 69

www.eatbythesea.com