



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.

We hope you enjoy your experience.

NIBBLES

- V** **Marinated Olives** £4.25
GF With Walnuts
- V** **Bread and Olives**..... £6.25
 Marinated Mediterranean Olives (With Walnuts),
 Balsamic Vinegar, Olive Oil, Locally Baked Bread*
- V** **Breadsticks and Dips**..... £4.25
 Crisp Breadsticks with Aioli, Red Pepper Hummus
 and Guacamole
- V** **Baked Camembert (Sharing for 2)**..... £12.25
GF Topped with Pecan, Cranberry and Honey, served
 with Locally Baked Bread

STARTERS

- GF** **Baked Crab Gratin**..... £7.25
 With Cream Cheese, Lemon, Garlic and Cayenne,
 topped with Parmesan and served with Toasted Bread
- Crispy Fried Whitebait** £6.95
 With Rocket, Lemon and Tartare Sauce
- Crispy Fried Spiced Calamari**..... £7.95
 With Rocket, Lemon and Aioli
- VG** **Roasted Whole Tiger Prawns**..... £7.45
GF With Chilli, Garlic, Lime, Butter and Rocket
- V** **Beetroot Falafels**..... £6.25
VG With Guacamole, Pea Shoots, Cucumber, Coriander
GF and Yoghurt Dressing
- Crispy Fried Nutty Chicken Strips** £6.25
 Peanut Coated Chicken Strips with Rocket and a
 Garlic and Herb Yoghurt
- V** **Homemade Moroccan Vegetable Soup** £5.45
VG With Locally Baked Bread and Butter
GF
- V** **Warm Garlic Mushroom Profiteroles**..... £7.95
 With Celeraic Remoulade, Pea Shoots and Garlic Sauce

CRISPY FRIED FISH

- Traditional Fish and Chips**..... £12.95
 *Beer Battered Cod Fillet, Gourmet Chips, Mushy
 Peas and Tartare Sauce
- Breaded Whole Tail Scampi**..... £12.95
 *Crispy Fried Scampi, Gourmet Chips, Garden Peas
 and Tartare Sauce

Chargrilled Rump Steak..... £18.95
 With Gourmet Chips, Sauteed Mushrooms, Cherry
 Tomatoes and Peppercorn Sauce

GF **Smoked Haddock Risotto** £15.25
 With Prawns, Leeks, Peas and Parmesan

GF **Classic Waterfront Paella** £14.95
 With King Prawns, Chicken, Chorizo, Saffron,
 Tomato, Mussels and Peas

GF **Roasted Lamb Rump**..... £16.45
 With Roasted Fennel, Courgette, New Potatoes and a
 Redcurrant and Rosemary Jus

Maple Marinated Smoked Bacon Loin Steak . £14.95
 With Grain Mustard Mash, Sticky Red Cabbage,
 Caramelised Apple and Jus

The Waterfront Burger £10.95
 Chargrilled Beef Burger, Seeded Bun*, Tomato,
 Gherkin, Relish and Gourmet Chips
 (£1 Supplement for Cheese or Bacon)

The Waterfront Lasagne..... £13.45
 Beef and Pork Lasagne with Smoked Bacon and
 Rosemary, Served with Garlic Bread and Salad

GF **Mediterranean Fish Stew** £16.95
 Chunks of Fresh Fish, Prawns and Mussels cooked
 in a White Wine and Saffron Stock with Fennel,
 Tomato and New Potatoes

The Waterfront Chicken Burger £13.95
 Chargrilled Chicken Breast, Seeded Bun*, Tomato,
 Lettuce, Sweet Chilli Mayo and Gourmet Chips

Waterfront Fish Pie £14.95
 Chunks of Fresh Fish and Prawns Bound in a White
 Wine Sauce. Topped with Mashed Potato

Pie of the Day..... £13.95
 With Mashed Potato, Roasted Carrots and Jus

V **Tagliatelle Funghi*** £13.45
 With Sauteed Mushrooms, Broccoli, Garlic,
 Parmesan, Parsley and Cream

Tagliatelle Alfredo* £13.45
 With Chicken Breast, Broccoli, Tomato, Garlic,
 Parsley and Blue Cheese

VG **Vegan Risotto** £13.95
GF Lightly Curried Puy Lentil and Quinoa Risotto
 with Tomato, Pea, Broccoli and Rocket

VG **Vegan Butternut Carbonara** £13.95
GF A Sauce of Butternut Squash, Cashew Nuts and
 Lemon, with Courgette Spaghetti and topped with
 Nutritional Yeast Flakes.

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 GF	Garlic Bread	£2.95
V GF	Cheesy Garlic Bread	£3.95
V GF	Mixed Salad	£3.50
V GF	Seasonal Vegetables	£3.50
V	Locally Baked Bread and Butter	£1.95
V GF	Gluten Free Bread and Butter	£2.95

BAGUETTES (Served 12-3pm)

(Can be made with Gluten Free Bread)

With Crisps and Coleslaw

	Egg Mayonnaise and Bacon	£6.50
	Hot Bacon, Brie and Cranberry	£7.95
V	Cheddar Cheese and Pickle	£6.50
	Tuna Mayonnaise and Sweetcorn	£6.75
	BLT - Bacon, Lettuce Mayo and Tomato	£7.50
V	Sliced Beetroot, Guacamole and Tomato	£6.50
	Fresh Crab Mayonnaise	£8.95

JACKET POTATOES (Served 12-3pm)

With Salad and Coleslaw

GF	Tuna Mayonnaise and Sweetcorn	£6.95
V GF	Baked Beans and Cheese	£6.25
GF	Chicken, Spinach and Mushroom Cream	£7.95

FOR CHILDREN - £5.50

	Beef Burger*, Fries and Beans
V	Spaghetti*, Tomato Sauce and Cheese
	Battered Cod Bites, Fries and Peas
V	Margherita Pizza and Fries
	Tagliatelle*, Chicken, Broccoli and Tomato Sauce
	Chicken Bites, Fries and Beans

CHILDREN'S DESSERTS - £3.50

V GF	Banana Split ½ Banana, Vanilla Ice Cream, Cream, Raspberry Sauce
V	Chocolate Brownie Sundae Chocolate Ice Cream, Brownie Pieces, Cream, Chocolate Sauce
V GF	Knickerbocker Glory Mixed Berry Compote, Vanilla Ice Cream, Meringue, Cream, Raspberry Sauce, Glacé Cherry
V GF	Selection of Ice Creams 2 scoops of IOW Ice Cream

DESSERTS - £5.95

V	Cheesecake With Vanilla Ice Cream and Sauce
V	Chocolate Brownie Sundae Chocolate Ice Cream, Brownie Pieces, Cream, Wafer, Chocolate Sauce
V	Sticky Toffee Pudding (Can be made Vegan) With Salted Caramel Ice Cream and Toffee Sauce
V	Knickerbocker Glory GF Mixed Berry Compote, Vanilla Ice Cream, Meringue, Cream, Wafer, Raspberry Sauce, Glace Cherry
V	Chefs Creme Brulee With Mixed Berry Compote
V	Banana Split GF Banana, Vanilla Ice Cream, Cream, Wafer, Raspberry Sauce
V	Plum, Pear & Cranberry Crumble (Can be made Vegan) With Vanilla Ice Cream or Custard

V	Selection of Isle of Wight Ice Cream or Sorbet
V GF	3 scoops of Ice Cream or Sorbet in a Waffle Basket with Raspberry Sauce

VG Vegan / **V** Vegetarian / **GF** Gluten Free
* Can be made using GF ingredients, please ask.

SUNDAY ROAST

Only available Sunday lunchtime, when its gone, its gone.

Roast Topside of Beef	£11.95
With horseradish sauce	
Roast Loin of Pork	£9.95
With apple sauce	
Roast Leg of Lamb	£11.95
With mint sauce	
Roast Chicken Breast	£9.95
With sage and onion stuffing	

All served with Yorkshire pudding, roast potatoes, roast parsnips, cauliflower cheese, seasonal vegetables and a rich meat gravy

V	Mushroom, Spinach, Butternut Squash & Chestnut Wellington	£9.95
With mushroom cream		