

### NIBBLES

- Garlic Ciabatta V £5
- Garlic and Cheese Ciabatta V £6
- Locally Baked Bread and Butter V/gf £4
- Locally Baked Bread and Olives V/gf £7
- Hummus and Flatbreads V/gf £6
- Marinated Olives Vg/GF £5
- Breads, Olives, Balsamic Vinegar & Olive Oil Vg/gf £8

### SHARING

- Mediterranean Platter V/gf £16  
Toasted Flat Bread, Hummus, Falafel, Marinated Vegetables and Olives
- Seafood Platter gf £19  
Smoked Salmon, Crevettes, Arctic Prawns, Marie Rose Sauce, Rocket, Bread and Butter
- Baked Camembert V/gf £15  
With Apple Chutney and Olive Bread

### STARTERS

- Grilled Marinated Chicken GF £8.50  
With Black Sesame Seeds, Pickled Red Onion, Rocket and Satay Sauce
- Crispy Fried Spicy Crabcakes £10  
With Rocket and Sweet Chilli Sauce
- Crispy Fried Salt and Pepper Calamari gf £9  
With Gochujang Mayo
- Wild Mushroom and Cashew Pâté Vg/gf £7  
With Apple Chutney and Toasted Croûtes
- Pan Fried Whole Tiger Prawns GF £9  
With Chilli, Garlic and Tomato
- Island Heritage Tomato and Mozzarella V/GF £8  
With Rocket, Pickled Red Onion, Basil and Balsamic
- Smoked Salmon and Prawn GF £10  
With Baby Gem, Cucumber, Dill and Marie Rose
- Chargrilled Mexican Spiced Sweetcorn GF £6  
Coated in Elote Sauce

### MAINS

- Chargrilled 10oz Ribeye Steak GF £32  
With Thick Cut Chips, Garlic Portobello Mushroom, Roasted Heritage Tomato and Peppercorn Sauce
- Slow Cooked Pork Ribs gf £18  
Covered in a Sticky Honey, Ginger and Sesame Seed Sauce, Served with Fries and Coleslaw
- The Waterfront Burger gf £15  
Chargrilled Beef Patty, Bacon Jam and Parmesan Relish, Tomato, Gherkin, Iceberg, Toasted Bun and Fries
- Crispy Korean Style Buttermilk Chicken Burger gf £15  
Marinated Chicken Breast, Seeded Bun, Pickled Red Onion, Gochujang Mayo and Fries
- Risotto Primavera GF £16  
With Peas, Asparagus, Sugar Snap, Parmesan & Truffle Oil
- Smoked Chicken and Avocado Salad gf £14  
With Baby Gem, Garlic Croutons, Heritage Tomato and Gochujang Mayo
- Traditional Fish and Chips gf £15  
Beer Battered Cod Fillet, Thick Cut Chips, Mushy Peas and homemade Tartare Sauce
- Breaded Whole Tail Scampi gf £14  
Crispy Fried Scampi, Thick Cut Chips, Garden Peas and homemade Tartare Sauce
- Seafood Linguine GF £18  
Smoked Salmon, Mussels, Calamari and Prawns, Bound in a White Wine, Chilli, Garlic and Tomato Sauce
- Vegan Chickpea Cacciatore Vg/GF £15  
Tomato, Onion, Bell Peppers and Chickpea Stew. With Tenderstem Broccoli
- Vegan Thai Vegetables Vg/GF £15  
Sauteed Thai Spiced Vegetable, Rice Noodles, Sesame Seeds, Cashews, Mushroom, Lemongrass & Coconut Broth

V = Vegetarian / Vg = Vegan / GF = Gluten Free  
gf = Gluten Free Option Available (Ask a member of staff)  
Although all of our chips and fries are gluten free, our fryers are not.

### SIDES

- Thick Cut Chips V £4
- Cheesy Chips V £5
- French Fries V £4
- Truffle and Parmesan Fries £6
- Crispy Onion Rings V £5
- Mixed Salad V/GF £4
- Parmesan Cheese £2
- Rocket and Parmesan Salad GF £5
- Gluten Free Bread and Butter V/GF £4
- Medley of Summer Vegetables V/GF £5  
Tenderstem Broccoli, Baby Carrots, Sugar Snap Peas, Asparagus, Baby Corn

### SANDWICHES

- (Can be made with Gluten Free Bread)  
Served 12-3pm  
With Crisps, Rocket & Coleslaw
- Smoked Salmon, Prawn Marie Rose & Rocket £8
  - Smoked Streaky Bacon, Brie & Cranberry £8
  - Cheddar Cheese and Pickle V £7
  - Smoked Chicken, Heritage Tomato, Avocado & Gochujang Mayo £8
  - BLT - Streaky Bacon, Lettuce, Tomato & Mayo £8
  - Avocado, Rocket, Heritage Tomato & Balsamic V/Vg £7

### KIDS ONLY MENU £7

- Beef Burger, Fries and Beans GF
- Linguine, Tomato Sauce and Cheese V/GF
- Fish and Chips with Garden Peas GF
- Margherita Pizza and Fries V
- Linguine Bolognese GF
- Scampi and Chips with Garden Peas GF
- Chicken Bites, Fries and Beans

### DESSERTS £7

- Lemon Posset V/gf  
With Shortbread and Raspberry Sauce
- Warm Chocolate Brownie V  
With Chocolate Sauce and Vanilla Ice Cream
- Vegan Carrot Cake Balls Vg/GF  
With Candied Carrots and Butter Icing
- Salted Caramel Tart V  
With Vanilla Ice Cream
- Banoffee Semifreddo V  
With Caramelised Pecans
- Matt's Dessert of the Week  
Please ask for details
- Selection of Isle of Wight Ice Creams or Sorbets V/gf/Vg  
3 scoops of Ice Cream or Sorbet in a Waffle Basket  
Strawberry / Chocolate / Vanilla  
Honeycomb / Mint Choc Chip  
Pineapple / Pink Lemonade / Blood Orange

Some of our food contains allergens, Please speak to a member of staff for more information.

### KIDS DESSERTS £5

- Chocolate Brownie and Ice Cream V
- Waffle, Ice Cream and Berries V
- Banoffee Semifreddo V
- Selection of Ice Cream V/gf