

NIBBLES

Garlic Ciabatta V £5

Garlic and Cheese Ciabatta V £6

Locally Baked Bread and Butter V £4

Gluten Free Seeded Bread Rolls and Butter V £5

Locally Baked Bread and Olives V/gfa £7

Hummus and Flatbreads V £6

Marinated Olives Vg/GF £5

**Breads, Olives, Balsamic
Vinegar & Olive Oil Vg/gfa £8**

SHARING

Mediterranean Platter V/gfa £17

Toasted Flat Bread, Hummus, Falafel,
Marinated Vegetables and Olives

Seafood Platter gfa £28

Smoked Salmon, Crevettes, Arctic Prawns,
Marie Rose Sauce, Rocket, Bread and Butter

Baked Camembert V/gfa £16

With Apple Chutney and Olive Bread

Gluten Free Bread Roll £2 Extra

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 £9

With Gochujang Mayo

Wild Mushroom and Cashew Pâté Vg/gfa £7

With Apple Chutney and Toasted Croûtes

Pan Fried Whole Tiger Prawns GF £10

With Chilli, Garlic and Tomato

Island Heritage Tomato and Mozzarella V/GF £9

With Rocket, Pickled Red Onion, Basil and Balsamic

Smoked Salmon and Prawn GF £10

With Baby Gem, Cucumber, Dill and Marie Rose

MAINS

Chargrilled 10oz Rump Steak GF £24

With Thick Cut Chips, Garlic Portobello Mushroom,
Roasted Beef Tomato and Peppercorn Sauce

Slow Cooked Pork Ribs GF £19

Covered in a Sticky Honey, Ginger and Sesame Seed
Sauce, Served with Fries and Coleslaw

The Waterfront Burger gfa £16

Chargrilled Beef Patty, Bacon Jam and Swiss
Cheese, Tomato, Gherkin, Iceberg and Toasted Bun.
Served with Fries and Coleslaw

Crispy Korean Style

Buttermilk Chicken Burger gfa £16

Marinated Chicken Breast, Toasted Bun,
Pickled Red Onion, Iceberg and Gochujang Mayo.
Served with Fries and Coleslaw

Gnocchi Primavera £17

With Asparagus, Sugar Snap Pea, Tenderstem, Cherry
Tomato Compote, Parmesan and Truffle Oil

Smoked Chicken Caesar Salad gfa £16

With Baby Gem, Garlic Croutons, Parmesan, Anchovies
and Caesar Dressing

Traditional Fish and Chips gfa £16

Beer Battered Cod Fillet, Thick Cut Chips, Mushy Peas and
homemade Tartare Sauce

Breaded Whole Tail Scampi gfa £15

Crispy Fried Scampi, Thick Cut Chips, Garden Peas and
homemade Tartare Sauce

Seafood Linguine gfa £19

Smoked Salmon, Mussels, Calamari and Prawns, Bound in
a White Wine, Chilli, Garlic and Tomato Sauce

Vegan Cacciatore Vg/GF £16

An Italian Style Stew with Tomato, Onion, Red Peppers,
Garlic, Rosemary, Courgette, Chickpea, Olives, Aubergine
and Basil Oil

Vegan Thai Vegetables Vg/GF £16

Sautéed Thai Spiced Vegetables with Rice Noodles, Black
Sesame Seed, Cashews, Mushroom and a Coconut-
Lemongrass Broth

V = Vegetarian / Vg = Vegan / GF = Gluten Free
gfa = Gluten Free Option Available (Ask a member of staff)

Although all of our chips and fries
are gluten free, our fryers are not.



Find us on Instagram -
the_waterfrontiow



Find us on Facebook -
facebook.com/eatbythesea

01983 756969
www.eatbythesea.com

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 Rolls and Butter V/GF £5

Medley of Summer Vegetables V/GF £6

Tenderstem Broccoli, Baby Carrots, Sugar Snap Peas,
Asparagus, Baby Corn

SANDWICHES

(Gluten Free Bread Rolls £2 Extra)

Served 12-2.30pm

With Crisps & 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

DESSERTS £7

Lemon Posset V/gfa

With Shortbread and Berry Compôte

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

Selection of Isle of Wight Ice Creams
or Sorbets V/gfa/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.



Separate **Garden Menu** available for dining outside

KIDS ONLY MENU £7

Beef Burger, Fries and Beans gfa

Linguine, Tomato Sauce and Cheese V/gfa

Fish and Chips with Garden Peas gfa

Margherita Pizza and Fries V

Linguine Bolognese gfa

Scampi and Chips with Garden Peas gfa

Chicken Bites, Fries and Beans

KIDS DESSERTS £5

Chocolate Brownie and Ice Cream V

Waffle, Ice Cream and Berries V

Banoffee Semifreddo V

Selection of Ice Cream V/gfa