

NIBBLES

Garlic Focaccia V £6.50

Garlic & Cheese Focaccia V £7.50

Freshly Baked Sourdough and Butter V £4.50

Truffle Oil & Parmesan Fries £7.50

Marinated Olives Vg/GF £6.50

**Focaccia, Olives, Olive Oil
& Balsamic Glaze V/GFA £11**

Thick Cut Skin-on Chips V £6.50

Cheesy Chips V £7.50

Skin-on Fries V £5.50

Crispy Panko Onion Rings V £6.50

Parmesan Cheese £3

Gluten Free Bread Rolls and Butter V/GF £5

Waterfront Rocket Salad V/GF £6.50

Rocket, Sliced Tomato, Red Onion & Balsamic Glaze

Waterfront Medley of Vegetable V/GF £8

Tenderstem Broccoli, Mange Tout,
Glazed Carrots, Sugar Snap Peas

STARTERS

Vegan Crispy Fried Cauliflower Florets Vg/GF £11

Cherry Tomato Compote, Turmeric Coconut Yoghurt
Dressing, Nutty Dukkah Spice Mix & Pea Shoots

Japanese Fishcakes GF £12

Fresh Cod Fillet Bound with Sake, Ginger & Oriental
Vegetables, Shaped & Fried. With Pickled Ginger,
Wasabi Cucumber & Tonkatsu Sauce

Sticky Pork Belly Bites £10

Confit Pork Belly Bites Cooked in a Sticky
Hoisin Honey Soy Glaze on a Cucumber,
Spring Onion & Sesame Seed Salad

Fetter Cheese Salad V/GF £11

Isle of Wight Feta Style Cheese with Diced Cucumber,
Tomato, Red Pepper, Olives & a Fresh Herb Dressing

Black Garlic King Prawns GFA £13

Pan Fried King Prawn Tails cooked in Black Garlic Butter
with Tenderstem Broccoli & Toasted Focaccia

MAINS

Pan Fried Sea Bream Fillet GF £22

On a Roasted Cherry Tomato, Shallot, Oregano & Caper Ragu with Butter Bean Stew & Crispy Kale

Traditional Fish and Chips GFA £19.50

Beer Battered Cod Fillet, Thick Cut Skin-on Chips, Mushy Peas & Tartare Sauce

The Waterfront Burger GFA £19

Chargrilled Beef Patty, Streaky Bacon, Emmental Cheese, Tomato, Gherkin, Iceberg, Burger Sauce, Toasted Bun. Served with Skin-on Fries

Roast Herb Crusted Coley Fillet GFA £20

On Italian Herb New Potatoes, Lemon & Garlic Samphire, Herb Crumb, Herb Oil & Beurre Blanc

Breaded Whole Tail Scampi GFA £19

Crispy Fried Scampi, Thick Cut Skin-on Chips, Garden Peas & Tartare Sauce

Roasted Chicken Ballotine GF £21

Chicken Breast Stuffed with Leek, Mushroom & Sage Wrapped in Parma Ham & Roasted. With Fondant Potato, Roasted Leeks, Truffled Cauliflower Puree, Crispy Sage & Mushroom Sauce

Slow Roasted Pressed Breast of Lamb £23

With Dauphinoise Potato, Pea Puree, Baby Carrots, French Beans, Mint Oil & Lamb Jus

Vegetable Stroganoff Vg/GF £20

Butternut Squash, Carrot, Baby Corn, Red Pepper & Tenderstem cooked in a Coconut Yoghurt & Paprika Stroganoff Sauce. Served with Steamed Rice

Black Garlic Puy Lentils Vg/GF £20

Slow Braised Puy Lentils cooked in Red Wine with Crushed Black Garlic, Thyme, Shallots & Carrots, Served with Roasted Golden Beetroot, Tenderstem Broccoli & Sun-Dried Tomato Oil

We do not automatically add a gratuity to the bill, if you would like this added please ask when paying - Thank you.



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01983 756969
www.eatbythesea.com

FOR LUNCH ONLY ~ 12-2.30pm

TOASTED FOCACCIA £12

With Skin On Fries

(Gluten Free & Vegan Bread Available)

Sliced Pastrami Beef, Emmental Cheese,
Sliced Tomato, Rocket,
Sliced Gherkin & Yellow Mustard **GF**

Crushed Chickpea Bound with Chopped
Pecans, Dried Cranberry, Spring Onion,
Mustard, Vegan Mayo & Rocket **Vg/GF**

Crispy Fried Cod Fishfingers, Tartare Sauce
& Wasabi Cucumber

FOR LUNCH ONLY ~ 12-2.30pm

JACKET POTATO £12

With Rocket Salad

Crushed Chickpea Bound with Chopped
Pecans, Dried Cranberry, Spring Onion,
Mustard, Vegan Mayo **Vg/GF**

Pan Fried Chopped Pork Sausage,
Bacon Lardons & Melted Cheddar Cheese

Pan Fried King Prawn Tails
cooked in Black Garlic Butter **GF**

DESSERTS

Carrot & Walnut Pudding **V £9**

Warm Sponge Pudding Served with Maple Sauce
& Maple Walnut Ice Cream

Cherry Curd Cheesecake **£9**

Red Cherry & Mascarpone Cheesecake on a Chocolate
Biscuit Crumb with Red Cherry Compote

Pretzel Chocolate Brownie **V £9**

Warm Pretzel Chocolate Brownie.
Served with White Chocolate Ice Cream

Welsh Rarebit **V/GFA £10**

Hot & Thick Mature Cheddar Cheese Sauce made with
Dark Ale, English Mustard, & Worcestershire Sauce.
Served on Toasted Sourdough with Slow Roasted
Balsamic Cherry Tomatoes

Vegan Raspberry Shortbread **GF £8**

Raspberry Compote, Vanilla Shortbread, Raspberry
Sauce, Mint, Raspberry & Sorrel Sorbet

Selection of Ice Creams or Sorbets **V/GFA £8**

3 scoops of Ice Cream or Sorbet
Maple-Walnut / Vanilla / White Chocolate
Raspberry & Sorrel Sorbet / Mango Sorbet
Vegan Chocolate Brownie

KIDS ONLY MENU **£7**

Beef Burger in a Bun,
Skin-on Fries & Baked Beans **GFA**
Puttanesca Pasta & Cheddar Cheese **GFA**
Fish & Chips with Garden Peas **GFA**
Scampi & Chips with Garden Peas **GFA**
Chicken Bites, Skin-on Fries & Baked Beans

KIDS DESSERTS **£5**

Carrot & Walnut Pudding
with Vanilla Ice Cream **V**
Pretzel Chocolate Brownie
& White Chocolate Ice Cream **V**
Vegan Raspberry Shortbread **Vg/GF**
Selection of Ice Cream **V**
Maple-Walnut / Vanilla / White Chocolate
Raspberry & Sorrel Sorbet / Mango Sorbet
Vegan Chocolate Brownie

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