



GLUTEN FREE MENU

STARTERS

Roasted Isle of Wight Tomato & Garlic Bisque | 7

Salt & Pepper Baby Squid, Chilli, Lime & Spring Onion | 9

Seared Scallops, Celeriac Puree, Tempura Sea Greens, Pancetta Crisp | 12

Sesame Sticky Chilli Chicken, Asian Slaw | 8

Vegan Beetroot & Pear Carpaccio, Toasted Walnuts & Maple Syrup | 7 V+

Classic Crab Ramekin, House Salad | Large 19 | Small 9.5

SALADS

Tuna Niçoise

New Potatoes, Green Beans, Mixed Olives, Baby Gem, Soft Poached Egg | 21

Superfood Salad

Split Peas, Roasted Chickpeas, Black Quinoa, Sundried Tomato, Pomegranate Dressing | 13

V+

ADD ON'S Tuna | 11 Garlic Crevettes | 7

SIDES

Marinated Olives | 4

Garden Salad | 3

Seasonal Vegetables | 4

Chunky Chips | 3

Cheesy Chips | 4

French Fries | 3

Garlic & Parsley Creamed Potato | 4

Horseradish & Chive Creamed
Potato | 4

MAINS

Seaview Chowder, Tempura Monkfish, Shellfish, Saffron Potatoes
Sea Vegetables | 23

Crispy Battered Catch of the Day, Chunky Maris Piper Chips, Charred Lemon
Minted Peas | Large 17 | Small 10

Surf & Turf, 5oz Fillet, Garlic Crevettes, Potato Dauphinoise, Roasted Root
Vegetables, Corn Puree | 38

Chicken Dopiaza, Turmeric Pilau Rice, Poppadom & Dips | 16

Lamb Shank, Garlic & Parsley Mashed Potato, Honey Roasted Vegetables
Rosemary Jus | 28

Butternut Squash & Cauliflower Tagine, Pilau Rice
Garlic Flat Bread | 14 V+

Pan Fried Sea Bream, Herbed Potato Cake, Buttered Greens
Saffron Hollandaise | 24

Foraged Woodland Mushroom Risotto, Onion, Isle of Wight Garlic
Parmesan & Local Cream | 17

WINTER WARMERS

2 Mains @ 21

MONDAY: Curry Night

FRIDAY: Fish and Chips



(V+) VEGAN