

THE CATCH

Mixed Fish Linguine I, II, IV, V, VII, XIII, XIV	11.75
A mix of salmon & white fish in a tomato, white wine & spinach sauce served with linguini pasta, crusty bread & fresh parmesan	
Scampi & Chips II, III, IX, XIV	11.95
Breaded whole tail scampi served with steak cut fries, garden peas, a wedge of lemon & dressed mixed leaves	
Fish & Chips 10-12OZ II, V, IX, XIV	11.95
Our own local beer battered cod, served with steak cut fries, garden peas, a wedge of lemon & dressed mixed leaves	
Crab & Prawn Risotto GFI OPTION I, II, III, VII, XIV	11.95
A mix of white and brown crab meat & prawns with baby leaf spinach in a creamy risotto, topped with parmesan, served with garlic bread	
Mediterranean Style Fish Stew GFI OPTION I, II, III, V, VII, VIII, XIII, XIV	11.95
A mix of fish, prawns and mussel meat with piquillo peppers, chick peas & green beans in a smoked paprika tomato sauce, served with crusty bread	
Homemade Fisherman's Pie GFI OPTION I, II, III, V, VII, IX, XIV	12.75
Salmon, smoked haddock, prawns & seasonal white fish in a dill cream sauce, topped with creamy mashed potato & mature cheddar cheese, served with vegetables	
Fish of the Day	See Blackboard

MAIN BALLAST

Homemade Cottage Pie GFI OPTION I, VII, XIV	10.80
Slow cooked minced beef with carrots, peas, onions & herbs in a rich gravy, topped with creamy mashed potato, served with carrots, garden peas & gravy	
Homemade Chilli Con Carne GFI OPTION I, VII, XIV	10.80
A Mexican classic, made with our Island butcher's best mince & red kidney beans, served with rice, nachos & sour cream	
Isle of Wight Butcher's Pork & Leek Sausages GFI OPTION VII, XIV	10.80
Three local pork & leek sausages nestling on a bed of creamy mashed potato & peas, smothered in caramelised onion gravy	
Homemade Beef Lasagne I, II, IV, VII, IX, XIV	10.80
Our own recipe bolognaise layered with pasta & creamy cheese sauce, served with dressed mixed leaves, crusty bread & butter	
Homemade Chicken & Smoked Bacon Penne Pasta I, II, IV, VII, XIV	10.80
Chicken breast meat, sliced smoked bacon and penne pasta bound in a rich cream sauce, served with garlic bread	
Lamb's Liver & Bacon GFI OPTION VII	10.80
Slices of tender lamb's liver sautéed with bacon rashers, cooked in a caramelised onion gravy, served with creamy mashed potato & garden peas	
Butterfly Cajun Chicken Breast GFI OPTION IV, VII, IX, XII, XIII, XIV	11.95
Tender breast of chicken in cajun spices, served with remoulade, steak cut fries, garden peas & dressed leaves	
Butterfly Garlic Chicken Breast GFI OPTION II, VII, IX, XIV	11.95
Tender breast of chicken marinated in garlic & oil, served with garlic butter, steak cut fries, garden peas & dressed mixed leaves	
Barbeque Chicken Melt GFI OPTION VII, IX, XIV	12.30
Juicy chicken breast coated in barbeque sauce, topped with melted mature cheddar & smoked bacon, served with steak cut fries, peas & dressed mixed leaves	
Local Pork Loin Steak GFI OPTION I, II, VII, IX, XIV	12.60
Grilled 100z pork loin steak served on crispy smoked bacon mashed potato, with a creamy apple & Stowford Press cider sauce served with vegetables	
Gammon Steak GFI OPTION IV, IX, XIV	13.70
100z smoked gammon with a choice of free-range fried egg or pineapple slice, served with grilled mushrooms, tomato, steak cut fries, garden peas & dressed mixed leaves	
Isle of Wight Rump Steak GFI OPTION II, IX, XIV	18.25
100z rump steak cooked to your liking, served with grilled mushrooms, tomato, onion rings, steak cut fries, garden peas & dressed mixed leaves	
Isle of Wight Rump Steak Surf & Turf II, III, IX, XIV	21.75
100z rump steak cooked to your liking, topped with breaded whole tail scampi, served with grilled mushrooms, tomato, onion rings, steak cut fries, garden peas & dressed mixed leaves	
Homemade Pie of the Day	See Blackboard
A generous slice of homemade shortcrust pastry pie, served with seasonal vegetables & new potatoes	
Homemade Curry of the Day GFI OPTION	See Blackboard
Served in a balti dish, accompanied by white rice, mango chutney & a poppadom	

VEGETARIAN CHOICE

Homemade Macaroni Cheese I, II, IV, VII, XIII, XIV	9.95
Homemade macaroni cheese with a rich sauce made with mature cheddar cheese topped with homemade breadcrumbs, served with dressed mixed leaves, crusty bread & butter	
Homemade Roasted Vegetable Lasagne I, II, IV, VII, IX, XIII, XIV	10.80
Roasted vegetables bound in a Provençal sauce, layered with a creamy cheese sauce & pasta, served with dressed mixed leaves, crusty bread & butter	
Mixed Bean Chilli GFI OPTION I, VII, XIV	10.80
Assorted beans in a spicy tomato & chilli sauce, served with rice, nachos & sour cream	
Courgette, Chestnut Mushroom & Cream Cheese Risotto GFI OPTION I, II, VII, XIV	10.80
Roasted courgettes, chestnut mushrooms & risotto rice in a cream cheese & white wine sauce topped with shaved parmesan, served with garlic bread	
Vegetarian Sausages & Mash II, IV, VII	10.80
A trio of Quorn sausages nestling on a bed of creamed mashed potato & peas, smothered in caramelised onion gravy	
Butternut Squash, Chickpea & Pearl Barley Casserole I, II, IX, XIII, XIV	10.80
Roasted butternut squash in a tomato and smoked paprika sauce with chickpeas, piquillo peppers and green beans, topped with croutons and served with potato wedges & dressed leaves	
Homemade Vegetable Curry of the Day GFI OPTION	See Blackboard
Served in a balti dish accompanied by white rice, mango chutney & a poppadom	