

Gastronomy

C O W E S

SNACKS & NIBBLES

OLIVES WITH CHILLI <i>(v) (vg) (gf) (df)</i>	4	HOUSE MADE BREAD AND OILS <i>(vg) (v) (gf) (df)</i>	4	IOW PORK SCRATCHINGS <i>With apple sauce (gf) (df)</i>	5.5
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BAO BUNS (SERVED IN PORTIONS OF TWO)

ASIAN PORK BAO <i>(df)</i>	8.5	BBQ JACKFRUIT BAO <i>(v) (vg) (df)</i>	7.5	BANG BANG CHICKEN BAO <i>(df)</i>	8.5
TERIYAKI TOFU BAO <i>(vg) (v) (df)</i>	7.5	SOFTSHELL CRAB BAO <i>(df)</i>	9	CHILLI BEEF BAO <i>(df)</i>	8.5

SMALL PLATES - PERFECT FOR SHARING

LAMB KOFTAS <i>With house made flatbread and tzatziki</i>	9	CRISPY CALAMARI <i>With sriracha mayo (gf) (df)</i>	8.5	YAKITORI PRAWN SKEWERS <i>With spring onion, chilli & sesame (gf) (df)</i>	8.5
HERBED GARLIC BUTTER SCALLOPS <i>With a lemon & feta dressing (gf)</i>	9.5	HANGER STEAK BITES <i>Served medium rare with chilli and lime sauce (gf)</i>	9	HALLOUMI FRIES <i>With harissa yoghurt and pomegranate (gf) (v)</i>	7.5
VEGAN TOSTADAS <i>With refried beans, avocado, pico de gallo and rancheros sauce (gf) (df) (v) (vg)</i>	7.5	FOUR CHEESE ARANCINI <i>With romesco (v)</i>	7	THAI RED CHICKEN MEATBALLS <i>(gf) (df)</i>	8.5

BURGERS - SERVED WITH SALAD & HAND CUT CHIPS

PIÑA COLADA BURGER <i>Double IOW beef burger, grilled pineapple, teriyaki & special piña colada sauce</i>	15	DOUBLE CHEESEBURGER <i>Double IOW beef burger, American cheese, house burger sauce & gherkin</i>	13.5	CHIPOTLE CHILLI CHEESEBURGER <i>Double IOW beef burger, American cheese, chipotle sauce & gherkin</i>	13.5
MEMPHIS FRIED CHICKEN BURGER <i>With American cheese & house slaw</i>	13	MISO MUSHROOM BURGER <i>With chilli & lime sauce (v)</i>	13	HAWAIIAN-STYLE TUNA BURGER <i>With mango salsa and chilli</i>	17

LARGE PLATES

SUMMER CHICKEN <i>With confit peach and tomato, feta & salad (gf)</i>	15	MOULES ARRABIATA <i>With toasted ciabatta (df)</i>	15	ISLE OF WIGHT RIB EYE STEAK <i>Served with salsa verde, salad & hand cut chips (gf) (df)</i>	22.5
VEGAN COCONUT CURRY <i>With tofu and basmati rice (v) (vg) (gf) (df)</i>	12.5	BANG BANG SHRIMP SALAD <i>With rice noodles (gf) (df)</i>	14	BREWDOG BBQ KING RIBS <i>With salad & house slaw (df)</i>	17

SIDES

HAND CUT CHIPS <i>(gf) (df) (v) (vg)</i>	4	HOUSE SLAW <i>(gf) (df) (v)</i>	3.5	KOREAN CHILLI CHEESE FRIES <i>(gf) (v)</i>	6
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