

Gastronomy

C O W E S

SNACKS

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| OLIVES WITH CHILLI (v) (vg) (gf) (df) | 3 |
| HOUSE MADE FOCACCIA <i>Served with aged balsamic and oil (vg) (v) (df)</i> | 4 |
| SMOKED I.O.W GARLIC HUMMUS <i>Served with house made lavash (v)</i> | 4.5 |
| BLISTERED PADRON PEPPERS <i>(v) (vg) (gf) (df)</i> | 5 |
| BOEREWORS WITH CHAKALAKA <i>South African sausage with a spicy sauce (gf) (df)</i> | 5.5 |

SMALL PLATES - PERFECT FOR SHARING

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| HALLOUMI FRIES <i>With a honey & pomegranate yoghurt, dressed with fresh mint and chilli flakes (v) (gf)</i> | 6.5 |
| BURRATA <i>With an Isle of Wight heritage tomato salad, lavash and a light basil pesto dressing (v)</i> | 7.5 |
| GASTRONOMY GAMBAS <i>With smoky padron peppers. Add chorizo for an extra 50p (gf) (df)</i> | 8.5 |
| PUNK & GINGER HAM HOCK TERRINE <i>Made with Brewdog's famous Punk IPA. Served with apple & pickled daikon</i> | 8.5 |
| CRISPY CALAMARI <i>Deep fried squid with sriracha aioli (gf) (df)</i> | 8.5 |
| CAPE MALAY CHICKEN SOSATIES <i>South African chicken and apricot skewers, served with charred baby gem, spring onion & a curry sauce(df) (gf)</i> | 9 |
| MERMAID GIN CURED SALMON <i>Sashimi-style salmon served with wasabi and cucumber (gf) (df)</i> | 9 |
| CHINESE-STYLE TOFU <i>With tenderstem broccoli (vg) (v) (gf) (df)</i> | 7.5 |

LARGE PLATES

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| GASTRONOMY BURGER <i>Two handmade beef patties, American cheese, bacon jam & tomato relish, served with salad & chips</i> | 13.5 |
| MEMPHIS FRIED CHICKEN <i>With house slaw and habanero mayo</i> | 14 |
| RIB EYE STEAK <i>Served with salsa verde, salad & chips (gf) (df)</i> | 22.5 |
| ISLE OF WIGHT LAMB LOIN <i>With an anchovy & olive tapenade, pea & pistachio purée, potato terrine & asparagus (gf)</i> | 18.5 |
| MALAYSIAN COCONUT LAKSA <i>With rice noodles, pak choi & wild mushrooms (vg) (v) (df)</i> <i>Add king prawns +4.5</i> | 11 +4.5 |
| WILD MUSHROOM COURGETTI <i>With a pine nut and thyme pesto, asparagus, flaked almonds and fresh herbs (vg) (v) (df) (gf)</i> | 11 |

SALADS

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| CHICKEN CAESAR SALAD <i>With house made croutons and Caesar dressing</i> | 11.5 |
| THAI NOODLE SALAD <i>served with Asian veg and sesame (vg) (v) (df)</i> <i>Add seared beef +4.5</i> | 10 +4.5 |
| LEBANESE FATTOUSH <i>Isle of Wight heritage tomato salad, served on toasted focaccia with fresh herbs (vg) (v) (df)</i> | 7.5 |

SIDES

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| HAND CUT CHIPS <i>(v) (vg) (gf) (df)</i> | 3.5 |
| CHARRED SWEET POTATO <i>(v) (vg) (gf) (df)</i> | 3 |

(vg) vegan, (v) vegetarian, (gf) gluten free, (df) dairy free. Please notify the staff of any allergies or dietary requirements

Prices include VAT