

Gastronomy

C O W E S

SNACKS & NIBBLES

OLIVES WITH CHILLI & GARLIC 4 <i>(v) (vg) (gf) (df)</i>	FOCACCIA & DIPPING OILS 4 <i>(vg) (v) (df)</i>	HOUSE MADE NACHOS 5.5 <i>With guacamole and pico de gallo (gf) (df) (vg) (v)</i>
---	--	--

BAO BUNS - SERVED IN PORTIONS OF TWO

ASIAN PORK BAO 8.5 <i>(df)</i>	TERIYAKI TOFU BAO 7.5 <i>(v) (vg) (df)</i>	BANG BANG CHICKEN BAO 8.5 <i>(df)</i>
--	--	---

SMALL PLATES - PERFECT FOR SHARING

LAMB KOFTE 9.5 <i>With flatbread and tzatziki</i>	CRISPY CALAMARI 8.5 <i>With sriracha mayo (gf) (df)</i>	KOREAN SPICED PRAWNS 10 <i>With tropical slaw (gf) (df)</i>
SEARED SCALLOPS 10.5 <i>With 'Nduja and honey (gf) (df)</i>	CHICKEN SOSATIES 10.5 <i>With baby gem & charred spring onions (gf) (df)</i>	SESAME TUNA TATAKI 11.5 <i>With wasabi and edamame (gf) (df)</i>
TEMPURA VEG 7.5 <i>With Thai dipping sauce (gf) (df) (vg) (v)</i>	VEGAN MOMOS 8 <i>With chilli chutney (df) (vg) (v)</i>	HALLOUMI FRIES 7.5 <i>With harissa yoghurt and pomegranate (v) (gf)</i>

SALADS

PEAR & CANDIED PECAN SALAD 12.5 <i>With goats cheese and a honey dressing (gf) (v)</i>	CREAMY BURRATA SALAD 11.5 <i>Isle of Wight tomatoes, house made pesto, toasted pine nuts, lavash (v)</i>	POACHED COCONUT CHICKEN SALAD 13.5 <i>With roasted noodles, pineapple & Thai dressing (df)</i>
--	--	--

BURGERS - SERVED WITH SALAD & FRIES

BUFFALO CHICKEN BURGER 14 <i>With blue cheese sauce</i>	DOUBLE CHEESEBURGER 13.5 <i>Double IOW beef burger, American cheese, house burger sauce & gherkin</i>	PANKO CRUSTED OYSTER MUSHROOM BURGER 13 <i>With courgette kimchi (df) (v) (vg)</i>
---	---	--

LARGE PLATES

GASTRONOMY STICKY CHICKEN 15.5 <i>With a lime & honey dipping sauce, slaw, salad & fries (gf) (df)</i>	BBQ PULLED PORK SANDWICH 15 <i>Pulled pork, pineapple BBQ sauce, pineapple carpaccio & house slaw in a ciabatta. With salad & fries (df)</i>	ISLE OF WIGHT RIB EYE STEAK 24 <i>Served with chimichurri, salad & fries (gf)</i>
PORTUGUESE-STYLE CLAMS 17 <i>Served with house made bread (df)</i>	FISH OF THE DAY SEE BOARD <i>See board</i>	COCONUT CAULIFLOWER ADOBO 12.5 <i>With basmati rice and avocado (v) (vg) (gf) (df)</i>

SIDES

FRITES 4 <i>(gf) (df) (v) (vg)</i>	HOUSE SLAW 3.5 <i>(gf) (df) (v)</i>	KOREAN CHILLI CHEESE FRIES 6 <i>(gf) (v)</i>	SIDE SALAD 4 <i>(gf) (df) (v) (vg)</i>
--	---	--	--

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