

Gastronomy

C O W E S

SNACKS & NIBBLES

OLIVES WITH CHILLI & GARLIC 4.5 <i>(v) (vg) (gf) (df)</i>	FOCACCIA, OLIVE OIL & BALSAMIC 4.5 <i>(vg) (v) (df)</i>	HOUSE MADE TORTILLA CHIPS 6 <i>With guacamole and pico de gallo (gf) (df) (vg) (v)</i>
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BAO BUNS - SERVED IN PORTIONS OF TWO

ASIAN PORK BAO 10 <i>(df)</i>	TERIYAKI TOFU BAO 9.5 <i>(v) (vg) (df)</i>	BANG BANG CHICKEN BAO 10 <i>(df)</i>
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SMALL PLATES - PERFECT FOR SHARING

KOREAN FRIED CHICKEN 11 <i>With kimchi (gf) (df)</i>	CRISPY CALAMARI 11.5 <i>With sriracha mayo (gf) (df)</i>	MARGARITA SHRIMP TACOS 11.5 <i>Made with El Jimador Tequila! (gf) (df)</i>
PULLED LAMB SHAWARMA 11 <i>With flatbread, tzatziki & pomegranate</i>	HULI HULI CHICKEN SKEWERS 11 <i>With coconut rice & charred pineapple (gf) (df)</i>	SESAME TUNA TATAKI 12.5 <i>With wasabi & edamame (gf) (df)</i>
VEGETABLE SUSHI 7.5 <i>With wasabi & soy (v) (vg) (gf) (df)</i>	BUFFALO CAULIFLOWER WINGS 9 <i>(gf) (df) (vg) (v)</i>	HALLOUMI FRIES 9 <i>With harissa yoghurt and pomegranate (v) (gf)</i>

SALADS

THAI-STYLE CHICKEN SALAD 15.5 <i>With spicy peanut dressing (gf) (df)</i>	IOW TOMATO AND BURRATA 14.5 <i>With lavash, house made pesto & pine nuts (v)</i>	KOREAN-STYLE BIBIMBAP 14 <i>Sticky rice, Gochujang mushrooms, vegetable medley, avocado, Asian dressing, sesame (gf) (df) (vg) (v)</i>
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BURGERS - SERVED WITH SALAD & FRIES

JALAPEÑO HONEY FRIED CHICKEN BURGER 18 <i>Served with slaw</i>	DOUBLE CHEESEBURGER 18 <i>With Gastronomy House Relish</i>	BEET & BEAN BURGER 16.5 <i>With sweet & spicy mango sauce (df) (v) (vg)</i>
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LARGE PLATES

PERI PERI CHICKEN 18.5 <i>Served with slaw, salad & fries (gf) (df)</i>	FIRECRACKER TOFU 15.5 <i>With Asian veg and charcoal noodles (df) (vg) (v)</i>	CLASSIC MOULES MARINIÈRE 20 <i>Served with 'frites' (gf)</i>
MALAYSIAN-STYLE MONKFISH LAKSA 25 <i>With rice noodles and Asian veg (gf) (df)</i>	ISLE OF WIGHT RIB EYE STEAK 29.5 <i>Served with chimichurri, crispy shallot rings, salad & fries (gf)</i>	MISO-BRAISED SHORT RIB 19 <i>With black bean sticky noodles (df)</i>

SIDES

FRIES 4.5 <i>(gf) (df) (v) (vg)</i>	HOUSE SLAW 3.5 <i>(gf) (df) (v)</i>	KOREAN CHILLI CHEESE FRIES 6.5 <i>(gf) (v)</i>	'NDUJA BRAVAS 7 <i>(df) (gf)</i>
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