

# Gastronomy

## C O W E S

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### SNACKS & NIBBLES

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<b>OLIVES WITH CHILLI &amp; GARLIC</b> 4 <i>(v) (vg) (gf) (df)</i>	<b>FOCACCIA, OLIVE OIL &amp; BALSAMIC</b> 4 <i>(vg) (v) (df)</i>	<b>HOUSE MADE TORTILLA CHIPS</b> 5.5 <i>With guacamole and pico de gallo (gf) (df) (vg) (v)</i>
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### BAO BUNS - SERVED IN PORTIONS OF TWO

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<b>ASIAN PORK BAO</b> 9.5 <i>(df)</i>	<b>TERIYAKI TOFU BAO</b> 8.5 <i>(v) (vg) (df)</i>	<b>BANG BANG CHICKEN BAO</b> 9.5 <i>(df)</i>
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### SMALL PLATES - PERFECT FOR SHARING

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<b>BULGOGI PORK</b> 9.5 <i>Served in lettuce cups with sweet pickles (gf) (df)</i>	<b>CRISPY CALAMARI</b> 10 <i>With sriracha mayo (gf) (df)</i>	<b>KOREAN SPICED PRAWNS</b> 10.5 <i>(gf) (df)</i>
<b>SEARED SCALLOPS</b> 11 <i>With 'Nduja and honey (gf) (df)</i>	<b>MOROCCAN CHICKEN SKEWERS</b> 10.5 <i>With spiced couscous, harissa yoghurt</i>	<b>SESAME TUNA TATAKI</b> 12.5 <i>With wasabi &amp; edamame (gf) (df)</i>
<b>TEMPURA VEG</b> 7.5 <i>With Thai dipping sauce (gf) (df) (vg) (v)</i>	<b>GOCHUJANG TEMPEH WINGS</b> 8 <i>With Korean-style vegan mayo (df) (vg) (v)</i>	<b>HALLOUMI FRIES</b> 8.5 <i>With harissa yoghurt and pomegranate (v) (gf)</i>

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### SALADS

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<b>CUCUMBER &amp; SHIRATAKI NOODLE SALAD</b> 12.5 <i>With hot Sichuan sesame dressing (gf) (v) (vg) (df)</i>	<b>WINTER APPLE SALAD</b> 12.5 <i>With spinach, gorgonzola &amp; candied walnuts (gf) (v)</i>	<b>BALSAMIC STEAK SALAD</b> 14.5 <i>With grilled corn &amp; Isle of Wight Blue Cheese (gf)</i>
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### BURGERS - SERVED WITH SALAD & FRIES

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<b>KOREAN FRIED CHICKEN BURGER</b> 16.5 <i>With kimchi &amp; slaw</i>	<b>DOUBLE CHEESEBURGER</b> 15.5 <i>Double IOW beef burger, American cheese, house burger sauce &amp; gherkin</i>	<b>PANKO CRUSTED OYSTER MUSHROOM BURGER</b> 15 <i>With courgette kimchi (df) (v) (vg)</i>
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### LARGE PLATES

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<b>GASTRONOMY STICKY CHICKEN</b> 17.5 <i>With a lime &amp; honey dipping sauce, slaw, salad &amp; fries (gf) (df)</i>	<b>PERSIAN-STYLE LAMB SHANK</b> 23 <i>With a red lentil &amp; roasted IOW tomato dip, house made flatbread, tahini roasted beetroot &amp; fruit cous cous</i>	<b>ISLE OF WIGHT RIB EYE STEAK</b> 25 <i>Served with chimichurri, crispy shallot rings, salad &amp; fries (gf)</i>
<b>MALAYSIAN KING PRAWN LAKSA</b> 18.5 <i>With rice noodles and Asian veg (gf) (df)</i>	<b>FISH OF THE DAY</b> SEE BOARD <i>See board</i>	<b>TOFU KATSU CURRY</b> 16 <i>With traditional sticky rice (df) (v) (vg)</i>

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### SIDES

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<b>FRIES</b> 4.5 <i>(gf) (df) (v) (vg)</i>	<b>HOUSE SLAW</b> 3.5 <i>(gf) (df) (v)</i>	<b>KOREAN CHILLI CHEESE FRIES</b> 6.5 <i>(gf) (v)</i>	<b>SIDE SALAD</b> 4 <i>(gf) (df) (v) (vg)</i>
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