

## Lunchtime Sandwiches & Wraps

Available 12.00 - 18.00hrs everyday

Pastrami, baby gem lettuce and a Dijon mayonnaise £8.5

Falafel and avocado with a sweet chilli sauce £7.5

IOW tomato and mozzarella with green pesto £7

Sliced chicken and crispy bacon with a ranch coleslaw £9

All served with salad garnish and salted crisps on a choice of brown, white or tortilla wrap.

We also have **Gluten Free** sliced white and brown bread available for all sandwiches

## Sunday Lunch

Every Sunday enjoy a roast with a choice of two meats, a selection of seasonal vegetables and accompaniments.

Small Appetite £9

Standard £13

Large £16

## Allergy information

Please make a member of staff aware of any allergens that you may suffer from prior to ordering. If you require specific dish information please feel free to ask. Some dishes can be changed subject to ingredients and timescales.



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## Appetisers & Light Bites

Cucumber and avocado gazpacho with a parmesan tuille £7  
(GF) (Veg)

Sussex blue cheese Gnocchi finished with dressed rocket leaves £7.5 (Veg)

Scallops with a cauliflower puree and a caper raisin vinaigrette £9

IOW roasted tomato bruschetta, topped with ricotta cheese and pea shoots £7 (Veg)

Smoked mackerel pate, pickled cucumber and toasted crostinis £8

## Sharers for two

Homemade hummus platter (caramelised onion, roasted red pepper and herby avocado) £10.5

Antipasti platter with Parma ham, pastrami, mozzarella, olives, anchovies and focaccia bread and balsamic vinegar £13.5

Seafood platter (Ask for today's selection) £18.5

## Main Courses

IOW fillet of beef with potato puree, roasted fennel, asparagus and a smoked garlic and thyme butter £24

Seared duck breast with fondant potatoes, pea puree, pickled apple and a cherry demi-glace £19

Halloumi and watermelon bulghur salad finished with toasted pine nuts and green pesto £17 (Veg)

Tuna niçoise salad, with cos lettuce, anchovies, boiled egg, olives, new potatoes, green beans, heirloom tomatoes finished with a French dressing £18

Local seabass with a tomatillo sauce and sauteed potatoes dressed with IOW rapeseed oil £18

Butter poached lobster tail, with a rich lobster risotto topped with dressed roquette and parmesan shards £22

Hake supreme with petit pois a la François, garlic and rosemary chateau potatoes £17

Sesame crusted tofu on top of a pickled fennel, roasted lemon and tomato salad £17 (Vegan)

Ale battered haddock, with triple cooked chips and garden peas served with homemade tartare sauce £13.5  
Smaller Appetite £9(GF)

Moules mariniere served with locally baked crusty bread and triple cooked chips £17 Smaller Appetite £9

Our own recipe sausage, IOW smoked garlic and caramelised red onion, with Dijon mustard pomme puree and a red wine reduction £15.5 Smaller Appetite £10

## Burgers

BBQ pulled Jackfruit with a red cabbage coleslaw, served in a pretzel bun with triple cooked chips £16  
Smaller Appetite £10 (Vegan)

Piri Piri chicken burger served in a pretzel bun with a harissa mayonnaise, baby gem lettuce and beef tomato, with a side of triple cooked chips and coleslaw £16  
Smaller Appetite with lime mayonnaise £10

In house smoked pulled brisket, served in a pretzel burger bun with a Jack Daniels BBQ sauce, topped with applewood cheese and a side of triple cooked chips and coleslaw £17  
Smaller Appetite with BBQ sauce £10

Butternut squash and goats cheese burger, served in a pretzel bun with baby gem lettuce, beef tomato and red pepper hummus with a side of triple cooked chips and coleslaw £16.5 (Veg)

## Sides and Nibbles

Ale battered onion rings £4 (gluten free)

Triple cooked chips £4 add cheese £4.5 (gluten free)

Lightly dressed side salad £3.5 (gluten free)

Smoked garlic ciabatta £4 add cheese £4.5

Boathouse red cabbage coleslaw £3 (gluten free)

Side of buttered garden peas £3.5 (gluten free)

## To Finish

Strawberry and clotted cream cheesecake with a strawberry infuser £7.5

Mango and passionfruit Eton mess £7

Crème caramel with a raspberry compote £7.5

IOW Mermaid gin and tonic posset with homemade shortbread £8

IOW ice creams – Vegan vanilla, coconut, strawberry, triple chocolate, mint chocolate, salted caramel, mango sorbet, lemon sorbet, raspberry sorbet £2.25 per scoop

The Boathouse cheeseboard, with Jacobs crackers, celery, grapes and a homemade sweet garlic chutney £9.5