

EARLY MORNING MENU

served from 9am - 11am

Beverages

The I.O.W Espresso Co. is the Island's leading supplier of hand roasted artisan coffee. Demand for their "Island Roasted" coffee has grown considerably, and in 2013 the first of two larger commercial roasters were put into production at their roastery in Newport on the Isle of Wight. In 2014 their "Island Roasted" coffee was awarded Wight Marque status, a scheme to highlight products that are genuinely produced on the Island.

Espresso	£2.30
Double Espresso	£4.05
Regular coffee with milk	£2.40
Large	£3.45
As above but with cream	£2.50
Large	£3.55
Cappuccino	£2.60
Large	£3.65
Flat White	£3.40
Macchiato	£2.40
Latte	£2.75
Mocha	£3.35
Hot Chocolate	£3.75
Baileys latte	£5.45
Irish coffee	£5.55
Liqueur coffee	£5.55
Pot of Dorset Blend Tea	£2.20
Earl Grey & Specialist Teas	£2.30

THE BOATHOUSE

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Buffet table

A selection of fruit, plain or fruit yoghurts and granola, a variety of cereals and a glass of orange juice or apple juice £7 per person

Fish

Poached smoked haddock fillet with scrambled egg & chive £8

Smoked salmon and scrambled eggs on an English muffin £8

The Boathouse Classics

Eggs Benedict with Parma ham and Hollandaise sauce on a toasted English muffin £7.5

The Boathouse traditional breakfast – two rashers of bacon, local butchers' sausage, sauteed local wild mushrooms, black pudding, IOW vine ripened tomatoes, bubble and squeak, fried bread and fried, poached or scrambled IOW free range eggs £10

The Boathouse vegan breakfast – Plant based sausages, sauteed local wild mushrooms, vine ripened IOW tomatoes, scrambled tofu, wilted spinach and white or brown toast £9

Superfood specials

Crushed avocado on toasted sourdough with fresh chilli and spring onion finished with Isle of Wight rapeseed oil £7.5 add a poached egg for £1.50

Toasted wholemeal bread with wilted spinach, sauteed wild mushrooms, roasted vine tomatoes and balsamic £8

Banana, coconut and almond smoothie £5

Winter berry smoothie £5

Kale, apple and cinnamon spiced smoothie £5

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

WINTER MENU