

Thai cod and prawn burger with our own chilli tartare sauce and cucumber strips £12.95

The Fishbourne's vegan burger – portobello mushroom and beetroot burger with vegan halloumi cheese £12.95

### SEASONAL MAIN COURSES

Pan fried chicken supreme with braised cabbage and bacon cream, sautéed potatoes and crisp parma ham £13.95  
*(gluten free)*

Rolled lamb shoulder, sugar snap peas, spinach and spring onions with IOW black garlic and rosemary potatoes and a red wine reduction £16.95 *(gluten free)*

Baked whole "catch of the day" fish with tarragon, caper and anchovy butter, new potatoes and a dressed green salad £15.95 *(gluten free)*

Seabass fillet en papillote, radish, fennel and sauce vierge £14.95 *(gluten free)*

Pappadelle with purple sprouting broccoli, creamy IOW 'Blue Slipper' sauce and toasted walnut crumb £12.95  
*(vegetarian and gluten free pasta available on request)*  
Add chicken breast £16.95

Green lentil and spinach stuffed mushrooms with halloumi style vegan cheese and kale pesto £12.95  
*(vegan and gluten free)*

### SEASONAL SALADS

Salmon, pea, green bean, potato and spinach salad with chive crème fraiche £15.95 *(gluten free)*

Roast butternut squash, pearl barley, tender stem broccoli, sundried tomato and red onion salad, dressed with balsamic vinegar £12.95 *(vegetarian, vegan)*

The Fishbourne's fisherman's platter for two  
Smoked salmon, prawns, smoked mackerel, whitebait, cod fillet, hake fillet with sauce vierge and mussels steamed in a white wine cream, served with locally baked bloomer bread £39.95 *(gluten free bread available on request)*

### STEAKS

10oz rump steak £19.95  
5oz rump steak £12.95

Both served with grilled tomato, mushrooms, buttered corn on the cob, battered onion rings and fries *(gluten free)*

add peppercorn sauce £2.95  
add melting IOW blue cheese £3.25  
add melting garlic and herb butter £1.95

### SIDE DISHES

Portion of celery salted steak cut chips £3.50  
add cheddar £1.00 *(gluten free)*

Paprika sea salted sweet potato fries £3.75 *(gluten free)*

Battered onion rings £3.00 *(gluten free)*

Dressed mixed leaf salad £2.95 *(gluten free)*

Fresh buttered vegetables of the day £3.25 *(gluten free)*

Garlic ciabatta bread £3.00 add cheddar £1.00

### TO FINISH

Sticky toffee pudding served with toffee sauce and IOW Vanilla ice cream £5.95

Coconut panna cotta, raspberry coulis and berries £5.95  
*(gluten free)*

Chocolate brownie with IOW salted caramel ice cream and chocolate sauce £5.95 *(gluten free)*

The Fishbourne cheesecake (please see today's specials for flavour of the day) £5.95

Vegan chocolate torte with vegan whipped cream £5.75  
*(gluten free, dairy free, vegan)*

Selection of IOW Blue, Soft and Gallybagger cheeses with onion and port chutney, grapes, celery and a selection of biscuits £8.95

Selection of IOW ice creams - £2.25 per scoop

Ventnor vanilla, Shanklin strawberry, Cowes chocolate ripple, Mottistone mint choc chip, Carisbrooke coffee, Whippingham white chocolate and raspberry or Luccombe lemon sorbet

## LUNCHTIME SANDWICHES, CIABATTAS & PLOUGHMAN'S

(Available everyday between 11am & 6.00pm)

Mature cheddar and pickle £7.25

Egg mayonnaise and watercress £7.25

Tuna mayonnaise and cucumber £7.95

Prawns and Marie-rose sauce £8.75

Chicken, chorizo and Cajun mayonnaise £7.95

Lightly pickled beetroot, lettuce and hummus £7.25

All sandwiches and ciabattas are served with a dressed leaf salad and root vegetable crisps

The Fishbourne ploughmans lunch - hand carved ham, IOW Blue and soft cheeses, pickled onion, gherkin, apple, dressed leaf salad, pickle and locally baked bread £12.95

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

## SUNDAY LUNCH

Every Sunday we offer a roast with IOW meat served with seasonal vegetables and trimmings from 12pm - 6pm  
Large £15.95 Standard £12.95 Smaller Appetites £7.95



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## APPETISERS & LIGHT BITES

Pork rilette, port and onion chutney toasted ciabatta £7.25  
(gluten free bread available on request)

Smoked mackerel, lightly pickled beetroot, cauliflower puree and salsa verde £6.95

Pan-fried, Thai spiced, crevettes and shell-on prawns and locally baked sourdough £8.50  
(gluten free bread available on request)

Pea and mint risotto, wild garlic pesto with marinated feta cheese £7.25 (vegetarian and gluten free)

Patatas bravas in a spicy tomato sauce and smoked paprika £6.50 (vegetarian and vegan)

## PUB FAVOURITES

Trio of IOW butcher sausages, creamed mashed potatoes, peas and red onion gravy £12.95 smaller appetite £7.95

Battered cod with steak cut chips, peas and our own tartare sauce £12.95 smaller appetite £7.95 (gluten free)

Whole tail scampi, peas, steak cut chips and our own tartare sauce £12.95 smaller appetite £6.95

Hand carved ham, two butter fried Brownrigg farm eggs, peas and fries £11.95 smaller appetite (hand carved ham, fries and one egg) £6.95 (gluten free)

Fishbourne's fisherman's pie - smoked haddock, cod, salmon and prawns, topped with mashed potatoes and grilled cheese and served with a dressed salad and locally baked bread £14.25

## BURGERS

All of our burgers are served in a toasted brioche bun with fries and dressed leaves

6oz beef burger with melting smoked Applewood cheddar, bacon and our own burger relish £13.95

Cajun spiced chicken burger, lettuce and mayonnaise £12.95