

# LUNCH MENU

## STARTERS

#### Soup of the Day

served with crusty bread from Bembridge Bakery £4.95

#### Lamb Kofta

marinated minced lamb, garlic & mint yogurt, rocket salad, cherry tomato & white wine dressing £5.75

#### **Marinated Chicken Skewers**

mixed salad leaves, pine kernels, cherry tomato & sweet chilli mayo  $\pounds 4.95$ 

## Pan Fried King Prawns with Beef Tomato, Fresh Chilli, Spinach and Basil

served on sundried tomato focaccia bread £8.75

#### **Broccoli Cake** (V)

broccoli, potato, leeks and white onion coated in breadcrumbs and served with mango and avocado salsa £6.25

# SALADS

Main Size £11.95 / Deli Size £9.95

#### **Chicken Caesar Salad**

chargrilled chicken skewer, baby gem, anchovies, pancetta and garlic croutons

## Salt Baked Beetroot with Feta Cheese and Pickled Onion (V)

beetroot, feta cheese, toasted hazelnuts, pickled onion, apple and chive oilve oil

#### Roasted Fennel & Baby Carrots and Orange Salad (V)

fennel, baby carrots, sesame seeds, coriander, salad leaves with sesame oil dressing

# SANDWICHES & CIABATTAS

Sandwiches served with crisps and salad garnish

**Cheddar Cheese and Tomato Chutney** 

£6.50

Honey Baked Ham and English Mustard

£6.50

**Prawn Marie Rose** 

£7.50

Fresh Bembridge Crab

£8.50

Ciabatta Served with Chunky Chips and Salad

Minute Rump Steak and Balsamic Onion

£9.25

**BLT 4 Rashes of Bacon, Baby Gem and Beef Tomato** 

£7.25

Chargrilled Cajun Chicken Breast with Onion Chutney,

Beef Tomato, Baby Gem and Rocket

£8.25

Melted Mozzarella, Tomato, Basil, Olive Oil (V)

£7.25

# MAINS

#### Chef's Signature Pie of the Day

with water crust pastry, served with thick cut chips, gravy and seasonal vegetables £10.25

#### **Fish and Chips**

beer battered fillet of cod, served with thick cut chips and traditional mushy peas and tartare sauce £12.25

#### Honey Baked Ham with Egg and Chips

Traditional favourite with our own freshly baked ham £10.25

## Harry's Chargrilled Steak Burger

Served with salad garnish, onions and cheese – Monteray Jack in a burger bun and served with chunky chips £10.95

## Fully Loaded Cajun Chicken Burger

marinated chicken breast, salad leaves, beef tomato, onion chutney in a burger bun and served with chunky chips £8.25

## The Vegan's Burger (V)

mushrooms, avocado, spinach, grilled halloumi cheese, onion chutney and beef tomato in a burger bun and served with chips
£8.95

# **Traditional Sausage & Mash**

Isle of Wight pork sausages with mashed potato, garden peas and onion gravy £9.25

#### **Side Dishes**

Thick cut chips, Fluffy mashed potato, Dressed side salad, Beer battered onion rings  $\pounds 3.00$ 

# DESSERTS

Caramelised Rice Pudding Cake with Strawberries

£5.25

**Buckwheat Pancakes with Caramelised Apple Slices** 

£5.25

Lemon Curd Syllabub

£5.25

**Homemade Chocolate Brownie** 

£5.25

Vanilla Cheesecake

£5.25

**Ice Cream Trio** 

£5.25

## **Cheese Platter**

fine Isle of Wight and continental cheeses with biscuits, celery sticks and grapes  $\pounds 7.25$ 

#### **FOOD ALLERGIES AND INTOLERANCES**

Please speak to a member of our staff about any food allergies or dietary requirements that you may have



# HaRRy'S BaR & BRaSSERIE

THE ROYAL ESPLANADE

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