



ISLAND
SAILING CLUB

AT THE HEART OF SAILING

Summer Lunch Menu

Island Sailing Club members receive a 15% Discount

To Start

- Crispy Whitebait served with Lemon Mayonnaise and Salad Garnish £7.50
- Homemade Soup of the Day served with Crusty Bread £6.00
- Roasted Red Pepper Houmous with Fried Crispy Flatbread £6.50
- Duck & Pork Parfait with a Plum Chutney served with Warm Sourdough £7.95
- Sticky Sweet Chilli Shredded Beef served with Crispy Noodles and Onion Relish £8.50

Main Course

- Chef's Special Beer Battered Haddock Fillet, Chunky Chips, Mushy Peas with
Homemade Tartare Sauce £12.75/£15.75
- Breaded Wholetail Scampi, Chunky Chips, Garden Peas with
Homemade Tartare Sauce £11.50/£13.50
- Grilled 10oz Gammon Steak, Free Range Egg, Pineapple and Chunky Chips £14.95
- Warm Smoked Chicken & Avocado Salad with Mango Salsa and a Soy Yoghurt Dressing £15.00
- Homemade Pie of the Day with Seasonal Vegetables and Gravy £14.00
- Warm Goats Cheese Salad, Plum Chutney, Balsamic & Toasted Nuts £14.00
- Basil Pesto, Sun Blushed Tomato, Feta & Olive Tagliatelle £14.50
- 8oz Isle of Wight 40 Day Aged Rump Steak with Chunky Chips, Homemade Onion Rings
& Mixed Salad £19.95

Burgers

- 8oz Isle of Wight Beef Burger with Cheese, Lettuce & Tomato £13.50
- Southern Fried Chicken Burger with Smoked Applewood Cheese & Sweet Chilli Sauce £14.50
- Punk Vegan Burger, with Lettuce & Tomato £13.50

Add - Extra Cheese £1 Bacon £3 Hash Brown £2

All served with Salad Garnish & Fries

Sandwiches

- Prawn Marie Rose £8.75
 - Smoked Salmon with Lemon & Pepper Cream Cheese £8.75
 - Cheddar Cheese with Plum Chutney & Crispy Lettuce £7.75
 - Home Cooked Isle of Wight Gammon Ham with Mustard Mayonnaise £8.75
 - Roast Beef with Horseradish Cream £8.75
 - Tuna Mayonnaise £8.75
- All served on White or Granary Bloomer with Mixed Salad & Crisps - Upgrade to Chips for £2.50

(Gluten Free Bread available upon request)

