

Welcome to The Breeze Restaurant & Bar



We pride ourselves on using fresh, locally sourced produce. Our dishes are homemade and freshly cooked to order.

01983 533388

www.island-harbour.co.uk

Vegetarian option 

Gluten free 

STARTERS AND NIBBLES

Homemade Thai fishcakes - £6.95

Salmon, cod, prawn, chilli and ginger, coriander finished with a homemade sweet chilli sauce

Anti pasti cured meat board - £7.50

Milano, Napoli and chorizo salamis, prosciutto ham, marinated olives, dressed side salad and warm ciabatta bread

Homemade soup of the day - £5.25 ✓

Served with a choice of white or brown crusty bread

Tomato, basil and mozzarella bruschetta - £5.95 ✓

Finished with a balsamic reduction

Classic prawn cocktail - £6.95

Luxury north Atlantic prawns served on a bed of crisp lettuce, topped with Marie rose sauce, served with crusty brown bread and butter

Marinated Olives - £3.95 ✓

A mixture of both green stuffed olives and black olives marinated in garlic, herbs, bay leaves, red onion and fresh red peppers, served with warm ciabatta bread

FROM THE OCEAN

Chunky beer battered cod - £10.75

Served with homemade chips, homemade tartar sauce, petit pois and a dressed salad garnish

Pan fried sea bass fillet - £13.50

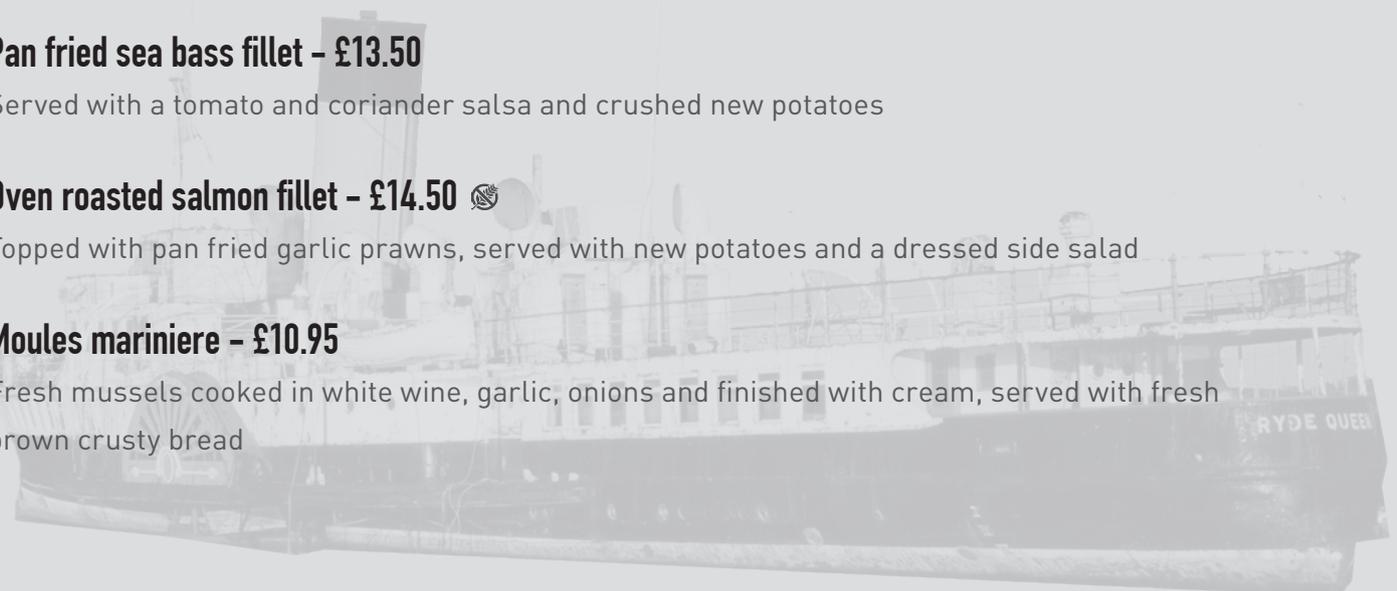
Served with a tomato and coriander salsa and crushed new potatoes

Oven roasted salmon fillet - £14.50 🌱

Topped with pan fried garlic prawns, served with new potatoes and a dressed side salad

Moules mariniere - £10.95

Fresh mussels cooked in white wine, garlic, onions and finished with cream, served with fresh brown crusty bread



BREEZE CLASSICS

Hand carved honey roast ham - £9.25

Served with homemade chips, egg and a dressed salad garnish

Isle of Wight sausages and creamy mashed potato - £9.95

Served with petit pois and onion gravy

Homemade spicy chicken curry - £9.95

Served with rice and mango chutney

Poached British chicken breast - £13.95

Stuffed with Spanish chorizo sausage and red peppers, served with sundried tomato and olive sauce, crispy Parma ham and sautéed potatoes

Lamb shank - £13.95

Succulent braised lamb shank served on a bed of minted mashed potato, topped with homemade rosemary gravy, served with fresh vegetables

Chargrilled aubergine and beefsteak tomato stack - £10.25

Served with a tomato and basil and sautéed potatoes

FROM THE GRILL

Chargrilled chicken burger - £9.95

Served with lettuce, tomatoes, tarragon mayonnaise homemade coleslaw, homemade chips and a dressed salad garnish.

Homemade gourmet 100% beef burger - £10.50

Served in a brioche bun with homemade coleslaw, homemade chips and a dressed salad garnish.
(Add cheese, bacon or jalapenos £1)

Chargrilled Cajun chicken - £10.95

A whole butterflied chicken breast marinated in Cajun spices, served with grilled tomato, button mushrooms, homemade chips and a dressed salad garnish

8oz rib eye - £17.95 or 8oz fillet steak - £20.95

Isle of Wight steaks cooked to your liking, served with grilled tomato, button mushrooms, homemade chips and a dressed salad garnish.

With a choice of green peppercorn sauce, blue cheese sauce or port jus



HOMEMADE STONE BAKED PIZZAS

Margherita topped with homemade pesto - £9.50 ✓

Double pepperoni a double helping of pepperoni with the option of chilli - £10.50

Hawaiian fresh pineapple chunks and Parma ham - £10.50

Spicy chicken spicy sauce, chicken, fresh pepper and red onion - £10.95

Veggie deluxe mushrooms, red pepper, fresh rocket, pine nuts and parmesan shavings - £9.95 ✓

King prawn king prawn, prawn and spinach - £13.95

PASTAS & SALADS

Penne pasta - £9.95 ✓

Tossed with homemade pesto, baby leaf spinach, pine nuts and rocket

Homemade linguini carbonara - £9.95

Bacon and diced onion in a creamy cheese sauce topped with fresh rocket and parmesan shavings available without bacon on request

Warm quinoa salad with grilled halloumi - £9.95 ✓ 🌱

Dressed with a citrus and parsley oil

Chargrilled chicken Caesar salad - £10.95

Lettuce, crunchy croutons, bacon, Caesar dressing topped with chicken breast, fresh rocket and parmesan shavings

Roasted Cajun chicken salad - £9.95 🌱

Tossed leaves, sundried tomatoes, mozzarella and red peppers

JACKET POTATOES 🌱

Served until 3pm midweek, 6pm weekends

Tuna mayonnaise - £7.25

Chicken & leek mayonnaise - £7.25

Spicy chicken curry - £7.50

Chilli con carne - £7.50

Cheddar cheese & beans - £6.95 ✓

Prawns and Marie rose sauce - £7.95

All served with a dressed side salad

CIABATTAS

Served until 3pm midweek, 6pm weekends

Tuna mayo, cheese and red onion ciabatta - £7.50

Steak ciabatta - £8.95

4oz sirloin, lettuce, caramelised onions and mustard mayo

Bacon, brie and cranberry sauce ciabatta - £7.50

Chicken, mozzarella and homemade pesto ciabatta - £7.50

Brie and sundried tomato ciabatta - £7.50 ✓

All of the above served with a dressed salad garnish and a side portion of crisps

SANDWICHES

Served until 3pm midweek, 6pm weekends

Chef's special club sandwich - £8.95

Double decker of BLT and chicken and leek mayo, served with a side of triple cooked, homemade chips

Cheddar cheese and red onion - £5.50 ✓

Honey roast ham & wholegrain mustard - £5.95

Prawn & Marie Rose sauce - £7.50

Chicken, leek and mayo £6.25

All of our sandwiches are served with a dressed salad garnish and a side portion of crisps

SIDE ORDERS

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Homemade chips - £2.95

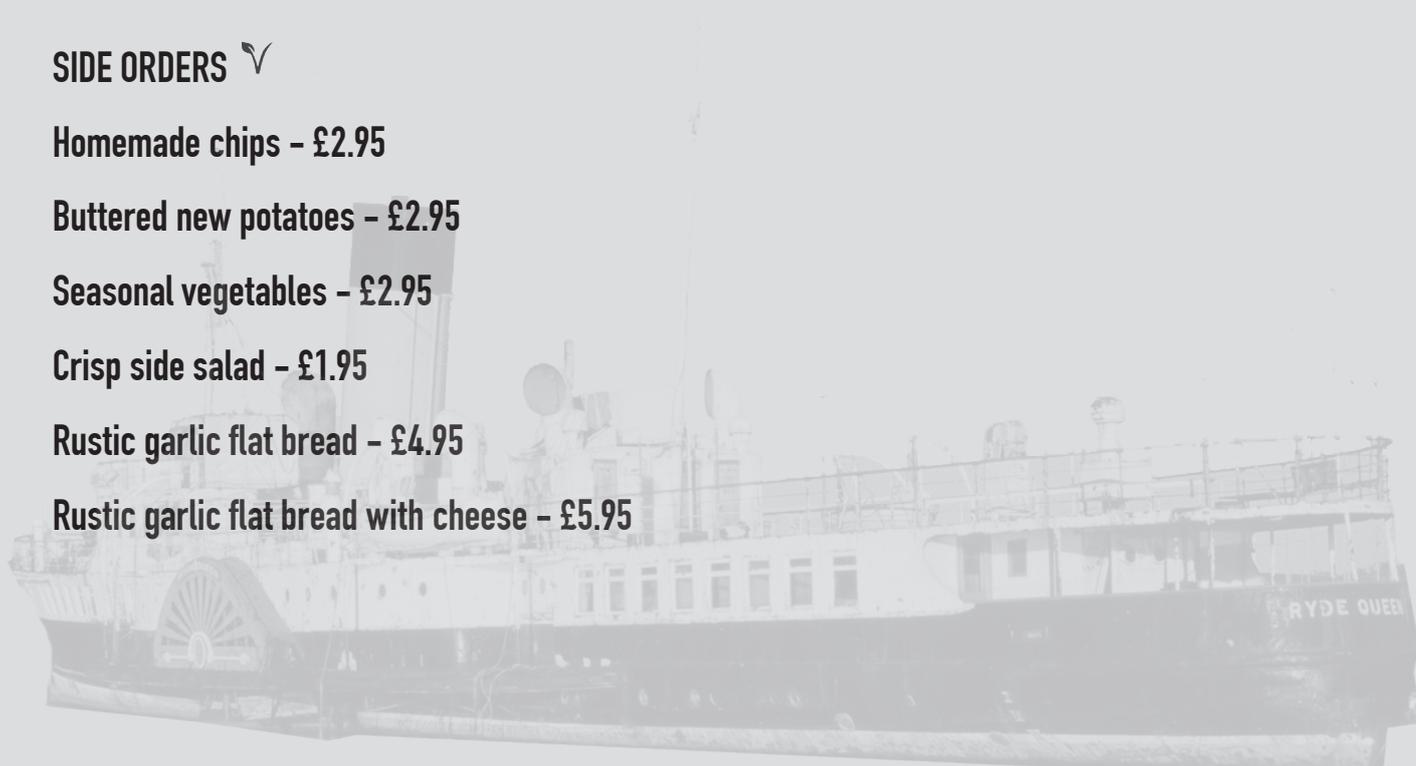
Buttered new potatoes - £2.95

Seasonal vegetables - £2.95

Crisp side salad - £1.95

Rustic garlic flat bread - £4.95

Rustic garlic flat bread with cheese - £5.95



DESSERTS

Homemade apple crumble & custard - £5.50

Mixed with sultanas and spiced with cinnamon, finished off with hot custard

Homemade malteser cake - £5.50

Eton Mess - £5.50

Fresh strawberries mixed with Chantilly cream, chunks of meringue and strawberry coulis, finished with fresh mint

Selection of fruit sorbets - £3.95

Champagne, blood orange, lemon, lime & coconut

Selection of new forest ice creams - £4.25

Vanilla pod, chocolate, strawberry, peach Bellini, mint choc chip, salted caramel

Cheese and biscuit board - £7.95

Cheddar, stilton and brie cheeses, homemade tomato chutney, grapes and a selection of biscuits.

SUNDAY LUNCH

served from 12 noon

Choose from:	adults	under 12's
Roasted rib eye of beef -	£11.95	£5.95
Roasted turkey breast -	£9.95	£4.95
Roasted pork loin -	£9.95	£4.95

All served with garlic & rosemary roasted potatoes, homemade Yorkshire pudding, fresh vegetables and homemade beef gravy.

Bookings are strongly recommended
Please ask a member of staff for more details

CHILDREN'S MENU

Isle of Wight 4oz sirloin - £7.95

Served with chips, tomato and mushrooms

Homemade beef burger - £4.95

Served with homemade chips and peas or beans

Homemade margarita pizza - £4.50

Isle of Wight sausages - £4.95

Served with a creamy mashed potato, peas and gravy

Linguini pasta - £4.25

With a choice of carbonara sauce or chefs tomato sauce  *tomato sauce only

Homemade breaded chicken goujons - £4.95

Served with chips and peas or beans

Fish and Chips - £4.95

Served with peas or beans

Please also take a look at our daily chef's specials.

Please inform a member of staff of any allergies or ask to see our allergen list.
Before you go, why not let us have your suggestions and feedback?

