

# 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](http://www.island-harbour.co.uk)

Vegetarian   
Gluten free 

Dishes can be adapted to suit dietary needs, please ask a member of staff.

## 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 sharer- £10.95

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

### Garlic mushrooms - £5.95

Fresh button mushrooms, pan fried with garlic butter, finished with cream and served on a toasted ciabatta

### Marinated Olives - £4.95

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 - £11.75

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

### Pan fried sea bass fillet - £14.50

Served with a tomato and coriander salsa and crushed new potatoes

### Oven roasted salmon supreme - £14.95

Topped with soft cream cheese and homemade red pepper pesto, served on a bed of mixed leaves, tossed with marinated olives, accompanied with a side of new potatoes

### Moules mariniere - £11.95

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 - £10.75 

Served with homemade chips, egg and a dressed salad garnish

Isle of Wight sausages and creamy mashed potato - £10.95

Served with petit pois and onion gravy

Homemade spicy chicken curry - £10.95 

Served with rice and mango chutney

Homemade spicy winter vegetable and chickpea curry - £9.95 

Served with basmati rice and mango chutney (suitable for vegans)

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 - £14.95

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

Homemade chilli con carne - £10.95

Served with basmati rice, soured cream and tortilla chips

Beer battered halloumi - £10.95 

Served with salad, homemade chips and homemade tartar sauce

Homemade mac 'n' cheese burger - £10.95 

Served in a toasted brioche bun, topped with caramelised red onions and served with salad, homemade coleslaw and homemade chips

## HOMEMADE STONE BAKED PIZZAS

Margherita topped with homemade pesto - £9.95 

Double pepperoni a double helping of pepperoni with the option of chilli - £11.50

Hawaiian fresh pineapple chunks and Parma ham - £10.95

Spicy chicken spicy sauce, chicken, fresh pepper and red onion - £11.95

Veggie deluxe mushrooms, red pepper, fresh rocket, pine nuts and parmesan shavings - £11.25 

King prawn king prawn, prawn and spinach - £14.95

## FROM THE GRILL

### Chargrilled chicken burger - £10.95

Whole butterflied chicken breast served with lettuce, tomatoes, tarragon mayonnaise homemade coleslaw, homemade chips and a dressed salad garnish.

### Homemade gourmet 100% beef burger - £11.50

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 flat iron steak - £16.95 or 8oz sirloin steak - £17.95

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

## PASTAS & SALADS

### Penne pasta - £10.25

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

### Homemade linguini carbonara - £10.25

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 - £10.95

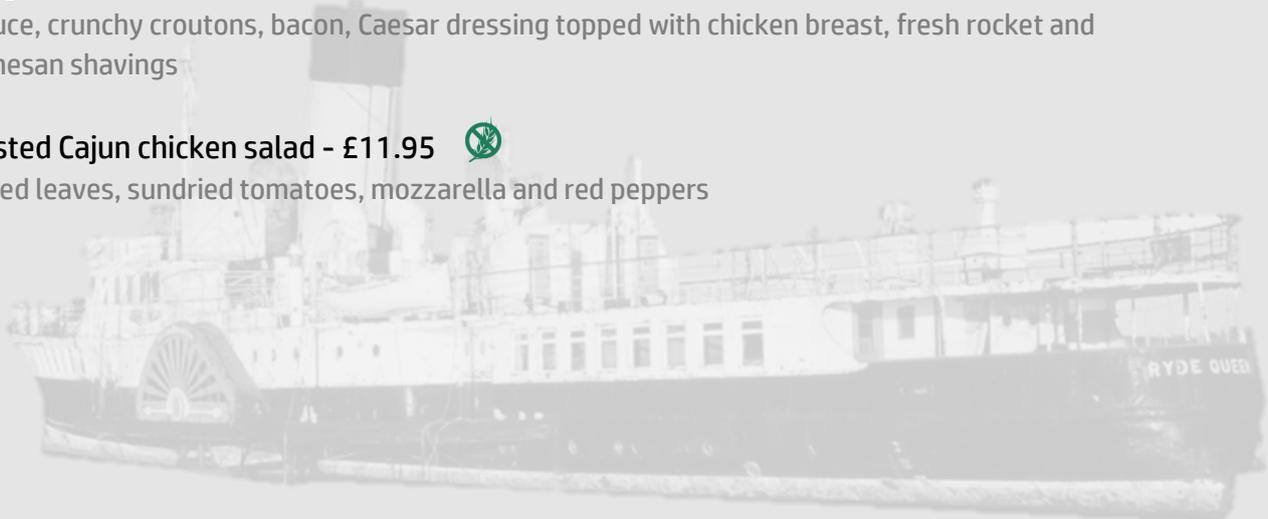
Dressed with a citrus and parsley oil

### Chargrilled chicken Caesar salad - £11.95

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

### Roasted Cajun chicken salad - £11.95

Tossed leaves, sundried tomatoes, mozzarella and red peppers



## JACKET POTATOES

Served until 6pm

Tuna mayonnaise - £7.50

Chicken & leek mayonnaise - £7.95

Spicy chicken curry - £8.50

Chilli con carne - £8.25

Cheddar cheese & beans - £7.50

Prawns and Marie rose sauce - £8.95

All served with a dressed side salad

## CIABATTAS

Served until 6pm

Tuna mayo, cheese and red onion ciabatta - £7.95

Steak ciabatta - £9.50

4oz sirloin, lettuce, caramelised onions and mustard mayo

Bacon, brie and cranberry sauce ciabatta - £8.25

Chicken, mozzarella and homemade pesto ciabatta - £8.25

Brie and sundried tomato ciabatta - £7.95 

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

## SANDWICHES

Served until 6pm

Chef's special club sandwich - £9.95

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

Cheddar cheese and red onion - £6.50 

Tuna mayo and red onion - £7.25

Honey roast ham & wholegrain mustard - £6.95

Chicken, leek and mayo - £7.25

Prawn & Marie rose sauce - £7.95

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

## DESSERTS

### Homemade apple crumble & custard - £5.95

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

### Homemade malteser cake - £5.95

### Strawberry Eton mess - £5.95

Whipped cream mixed with meringue pieces, fresh strawberries and strawberry coulis

### Selection of fruit sorbets - £3.95

Champagne, blood orange, mango, lime & coconut

### Selection of new forest ice creams - £1.75 per scoop

Vanilla pod, chocolate, strawberry, peach Bellini, mint choc chip, salted caramel with a wafer curl

### Cheese and biscuit board - £8.50

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 sirloin of beef	£11.95	£6.95
Roasted turkey breast	£10.95	£5.95
Roasted pork loin	£10.95	£5.95

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

Bookings are strongly recommended

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.

## CHILDREN'S MENU

### Isle of Wight 4oz sirloin - £8.95

Served with chips, tomato and mushrooms

### Homemade beef burger - £5.95

Served with homemade chips and peas or beans

### Homemade margarita pizza - £5.50

### Isle of Wight sausages - £5.95

Served with a creamy mashed potato, peas and gravy

### Linguini pasta - £5.25

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

### Homemade breaded chicken goujons - £5.95

Served with chips and peas or beans

### Fish and Chips - £5.95

Served with peas or beans

## SIDE ORDERS

Homemade chips - £2.95

Buttered new potatoes - £2.95

Seasonal vegetables - £2.95

Crisp side salad - £2.95

Rustic garlic flat bread - £4.95

Rustic garlic flat bread with cheese - £5.95

