

# THE BREEZE

*Bar & Restaurant*

*We pride ourselves on fresh, homemade food using fresh produce where possible.  
All of our food is freshly cooked to order*

## *SERVICE*

***From 9.00 am to 6.00 pm:** Please order your food & drink at the bar, giving your table number, for both inside and outside tables*

***From 6.00 pm onwards:** We operate a table service for those seated inside. Or order at the bar, giving your table number, if seated outside*

## *LIGHTER BITES*

*We now offer smaller portions on selected dishes for those with smaller appetites.  
These are available on various dishes until 6pm only.*

## *ALLERGENS & INTOLERANCES*

*If you have a food allergy or intolerance, please advise a team member when ordering your food. Even if you are a regular customer please inform us as our ingredients and recipes can change from time to time.*

*Our fish may contain bones, our game may contain shot & our nuts definitely contain nuts!*

*We produce our food in kitchens where allergens are handled by our teams, and where equipment and utensils are used for multiple menu items, including those containing allergens.*

*While we try to keep things separate, we cannot guarantee any item is allergen free*

## *DIETARY NEEDS*

*If you like the look of something that isn't vegan or gluten-free please speak to a member of our team & we will do our utmost to adjust dishes for your dietary requirements.*

## STARTERS AND NIBBLES

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### *(GF)* Prawn Avocado 8.5

Luxury north Atlantic prawns and avocado served on shredded little gem lettuce, finished with mixed cherry tomatoes and a Bloody Mary sauce

### Hoisin Duck salad 7

Shredded duck with spinach leaves, spring onion in a rich hoisin sauce

### *(V)* Homemade soup of the day 5.5

Served with warm rustic French bread

### *(V)* *(GF)* Stuffed field mushroom 6

Oven roasted field mushroom, stuffed with cream cheese and baby spinach leaves, finished with fresh Rocket and balsamic reduction

### Salt & Pepper Squid 8

Chunks of seasoned squid with salad and lemon mayonnaise

## SHARING BOARDS

### Butcher's board 21

Slow roasted BBQ ribs, buttermilk fried chicken strips, homemade beef meatballs, in tomato & basil sauce, honey-poached chorizo sausages, with house 'slaw', corn-on-the-cob and salad

### Seafarer's board 25

Home-potted shrimp, smoked salmon, peppered mackerel fillet, salt & pepper squid and whole tiger prawns, with lemon mayonnaise, Bloody Mary sauce, salad and warm rustic bread

### *(V)* Gardener's board 18

Roasted red bell peppers, halloumi, beer-battered onion rings, frickles, smoked garlic hummus, olives & feta and homemade pitta bread, with semi-dried tomatoes

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## FROM THE OCEAN

### Chunky beer battered cod 8.5 / 13.5

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

### Pan fried sea bream fillet 14

Served on a pineapple and pancetta salsa with a side salad and sautéed potatoes

### Moules Marinière 12.5

Fresh mussels cooked in white wine, garlic and onions, finished with cream, with warm rustic French bread

### Oven roasted salmon fillet 16

Topped with garlic fried king prawns. Served with new potatoes and a side salad

## BREEZE CLASSICS

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### Slow roasted barbecue ribs 13

Cooked in the chef's own BBQ sauce, served with homemade coleslaw and a side salad. Please note rib size is dependent on availability

### *(GF)* Hand carved honey roast ham 7 / 10

Served with homemade chips, two fried eggs and a salad garnish

### Local sausages and creamy mashed potato 7.5 / 10.5

Three local sausages and creamy mashed potato served with caramelised red onion gravy and petit pois

### *(GF)* Hunters chicken 12.5

Chargrilled chicken breast topped with bacon, BBQ sauce and mature cheddar cheese, served with homemade chips and a salad garnish

### *(V)* Beer battered halloumi 11.5

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

### *(V)* Falafel wrap 11

Traditional middle eastern Falafels served in a floured tortilla wrap with mixed leaves, coleslaw and mango chutney, served with homemade chips and a salad garnish

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## STEAKS AND BURGERS

### Homemade buttermilk fried chicken burger 11.5

With heirloom tomato, lettuce and house ranch dressing, homemade chips, house slaw and salad

### Homemade gourmet 100% beef burger 11.5

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

### *(GF)* Chargrilled 10oz gammon steak 11.5

With a choice of either pineapple chunks or a fried egg and grilled tomato, mushrooms, homemade chips and salad garnish

### *(GF)* Chargrilled Cajun chicken 11.5

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

### Chargrilled 8oz Sirloin (21.5) or 8oz Rib Eye (23)

Isle of Wight steaks cooked to your liking, served with grilled tomato, button mushrooms, homemade chips and a salad garnish. With a choice of green peppercorn sauce, blue cheese sauce or port jus

### *(V)* Roasted halloumi burger 11

A flat field mushroom, stacked with halloumi and roasted red bell peppers, served in a brioche bun with sweet potato fries, salad and house slaw

## VEGAN

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### STARTERS

*(VE) Homemade vegetable pate 7*

*With mixed salad leaves, tomato and chilli chutney and ciabatta slices*

*(VE) Homemade smoked garlic hummus 4.5*

*Served with homemade pitta bread and olive oil*

### MAIN COURSES

*(VE) Chargrilled Moving Mountain B12 burger 13.5*

*Served in a vegan brioche bun, topped with vegan cheese, vegan coleslaw and sweet potato fries*

*(VE) Homemade 'meatless' meatballs 7.5 / 10*

*Tossed with linguini pasta and bound in a tomato and basil sauce*

*(VE) (GF) Pea and mint risotto 8 / 11*

*Topped with fresh rocket and vegan cheese*

### DESSERTS

*(VE) (GF) Blackcurrant and vanilla cheesecake 6.5*

*With blackcurrant coulis and vegan vanilla ice cream*

*(VE) (GF) Vegan chocolate brownie 6.5*

*Served warm with vegan vanilla ice cream*

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## HOMEMADE STONE BAKED PIZZAS

*(V) Margherita 10.5*

*Topped with homemade passata and mozzarella*

*Double pepperoni 12*

*A double helping of pepperoni with the option of jalapenos*

*Barbecue Meat Medley 13.5*

*Topped with passata, BBQ pulled pork, chicken breast pieces, meatballs and mozzarella, finished with BBQ sauce*

*(V) Florentine 11.5*

*Topped with passata, baby spinach leaves, black olives and mozzarella, finished with two eggs*

*Sweet chilli chicken 12.5*

*Topped with passata, chicken breast chunks, sweet peppadew peppers and red onion, finished with fresh rocket and sweet chilli sauce*

## PASTAS & SALADS

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*Homemade linguini carbonara 8 / 11*

*Bacon and diced onion in a white wine, garlic and cream sauce. Finished with fresh rocket and parmesan*

*Linguini fruits de mer 9.5 / 14.5*

*A mix of cod, salmon, mussels, squid and tiger prawns, tossed with linguini and bound in a tomato and basil sauce, with a hint of chilli*

*(V) Falafel and halloumi salad 8 / 11*

*With roasted butternut squash, mixed salad leaves and pomegranate finished with a drizzle of balsamic reduction*

*Tuna niçoise salad 8.5 / 11.5*

*Skipjack tuna chunks with marinated olives, red onion, mixed leaves and boiled egg, finished with mixed cherry tomatoes and a pot of French dressing*

*Chargrilled chicken Caesar salad 11.5*

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

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### DESSERTS

*Homemade apple and blackberry crumble 6.5*

*with custard*

*(GF) Warm chocolate brownie 6.5*

*With vanilla ice cream and chocolate sauce*

*Homemade strawberry Eton Mess 6.5*

*(GF) Selection of fruit sorbets 2 per scoop*

*Lime & coconut, blood orange or lemon*

*(GF) Selection of new forest ice creams 2 per scoop*

*Chocolate brownie, rhubarb and ginger, vanilla, strawberry or honey and fig*

*Homemade cappuccino and hazelnut brulee 6.5*

*Served with a homemade shortbread*

*Cheese and biscuit board 9*

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

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## SANDWICHES

Served until 6pm

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**Chef's special club sandwich 9.5**

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

**(V) Mature cheddar cheese 5.5**

with red onion

**Skipjack tuna mayonnaise 7**

with cucumber

**Honey roast ham 6**

with wholegrain mustard

**Chicken breast 7**

with avocado, little gem and house ranch dressing

**Luxury north Atlantic prawns 8**

with Marie Rose sauce

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

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## CIABATTAS

Served until 6pm

**Skipjack tuna mayo 7**

with mature cheddar cheese and red onion

**Overnight slow roasted BBQ pulled pork 8.5**

topped with mature cheddar cheese.

**Bacon & brie 8**

with cranberry sauce

**Chicken breast 8.5**

with avocado and house ranch dressing

**(V) Heirloom tomato 8**

with buffalo mozzarella and basil

**(VE) Fishless finger 8.5**

with little gem and vegan tartar sauce

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

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## JACKET POTATOES

Served until 6pm

**(GF) Skipjack tuna 8**

with mayonnaise

**(GF) Back bacon 8**

with French brie

**(GF) Smoked salmon 9.5**

with chive cream cheese

**(V) (GF) Heinz baked beans 8**

with and mature cheddar cheese

**(GF) Luxury north Atlantic prawns 9.5**

with Marie Rose sauce

**(GF) Chicken breast and avocado 9**

with house ranch dressing

All served with salad garnish

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## SIDE ORDERS

**(GF) Homemade chips 3.5**

**(GF) Buttered new potatoes 3**

**(GF) Seasonal vegetables 3**

**(GF) Crisp side salad 2.5**

**Rustic garlic flat bread 4**

**Rustic garlic flat bread 5**

with cheese

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## CHILDREN'S MENU

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### *Homemade beef meatballs 6*

*With linguini and tomato and basil sauce*

### *Homemade beef burger 6*

*Served with homemade chips and peas or beans*

### *Homemade margherita pizza 5.5*

### *Isle of Wight sausages 6*

*Served with a creamy mashed potato, peas and gravy*

### *Amichetti 6*

*Animal shaped pasta with a cheese filling, served in a creamy cheese sauce*

### *Homemade buttermilk fried chicken strips 6*

*With homemade chips and peas or beans*

### *Fish and Chips 7*

*Battered cod, chips and petit pois*

## CHILDREN'S DESSERTS

### *Chocolate Brownie 4*

*with vanilla ice cream*

### *(GF) Chunky fruit salad 3*

### *(GF) Ice Cream 2*

*A selection including strawberry, chocolate, vanilla, bubble gum and candyfloss*

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## SUNDAY LUNCH

*Served from 12 noon. Bookings are strongly recommended.*

<i>Choose from:</i>	<i>Children</i>	<i>Adults</i>	<i>Large</i>
<i>Roasted sirloin of beef</i>	<i>7</i>	<i>12</i>	<i>15</i>
<i>Roasted leg of lamb</i>	<i>7</i>	<i>12</i>	<i>15</i>
<i>Roasted turkey breast</i>	<i>6</i>	<i>11</i>	<i>14</i>
<i>Roasted pork loin</i>	<i>6</i>	<i>11</i>	<i>14</i>
<i>Nut roast</i>	<i>6</i>	<i>11</i>	<i>14</i>

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

