



# Captain's Table Restaurant Menu

## Appetizers

**Marinated Queen Olives**

**Flatbread and Red Pepper Hummus**

**£2.50**

**Each**

**Warm Focaccia Olive Oil and Balsamic**

## Starters

**Smoked Mackerel Pate, Toasted Sourdough,**

**£6.50**

**Crispy capers and Herb Butter**

**Thai Salmon Fishcakes with Sweet Chilli Sauce**

**£6.95**

**Crispy Poached Egg Salad,**

**£7.50**

**With Fried Spanish Black Pudding, Apple and Apple Sauce**

**Cherry and Sunblush Tomato Tart Tatin**

**£6.50**

**Saffron and a Rocket Salad**

**Homemade Soup Of The Day,**

**£5.50**

**With Toasted Sourdough**

## Salads

**Tossed Leaves With Pesto, Cucumber, Tomato and Red Onion**

**With A Choice Of:**

**£6.50 (Starter)**

**£13.00 (Main)**

**Queen Olives, Sun Blush Tomato, Sourdough Croutons and Feta**

**OR**

**Smoked Chicken, Serrano Ham, Shaved Parmesan and Sourdough Croutons**

**Or**

**Peppered Steak and Green Pepper**

2 Course Lunch £16.50

2 Course Evening £18.50

3 Course Lunch £19.50

3 Course Evening £22.50

£2 6oz Steak Supplement

£2 6oz Steak Supplement

£4 8oz Steak Supplement

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### Mains

<b>Duo Of Cajun Pork, Confit Belly and Roast Fillet</b> Baked Sweet Potato, Charred Red Pepper Dressing	<b>£15</b>
<b>Rosemary and Garlic Crumbed Chicken Breast</b> Crushed New Potatoes, Tenderstem Broccoli, Chicken Cream Jus	<b>£14.50</b>
<b>Isle Of Wight Rib Eye</b> Served With Chilli Roast Plum Tomatoes, Beer Battered Onion Rings <b>Add Peppercorn or Blue Cheese Sauce additional £1.00</b>	<b>6oz £18.50</b> <b>8oz £21.00</b>
<b>Keppels Head 8oz Burger,</b> Chilli or Plain Cheese With Triple Cooked Chips ( No Bun Option Available, With Extra Salad ) (Add Onion Rings or Bacon, £1)	<b>£12.50</b>
<b>Beer Battered Cod</b> Triple Cooked Chips, Mushy Peas and Tartare Sauce	<b>£ 13</b>
<b>Papperdelle Pasta</b> With Courgette, Olives, Anchovies, Parsley, Green Chilli and Spinach Topped with Fresh Parmesan (Available Without Anchovies)	<b>£12</b>

### All Mains Served With Seasonal Vegetables

### Desserts

<b>Raspberry And White Chocolate Creme Brûlée</b> With Homemade Shortbread	<b>£5.95</b>
<b>Belgian Dark Chocolate Mousse</b> With Sour Cherries, Chocolate Sponge and Chantilly Cream	<b>£5.95</b>
<b>Warm Steamed Vanilla And Lemon Sponge Pudding</b> With Mixed Berries, Honey, Vanilla Ice Cream	<b>£5.95</b>
<b>Homemade ice Cream or Isle Of Wight Sorbet</b> Various Flavours Available, Served With A Tuille Wafer	<b>£5.50</b>
<b>British and European Cheeseboard</b> Served With Crackers and Homemade Chutney	<b>£7.50</b>

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