



NEWS AND MENU

A quirky little seafood café and bar right on Forelands Beach, Bembridge, Isle of Wight

LUNCH MENU

Served Daily 12 – 4pm
LAST ORDERS 3.30pm

Please place your order up at the bar on the upper terrace. Your table number is on the box on your table. We will give you a buzzer thing and we ask you to pop up to collect your food from the front counter when it vibrates.

You are welcome to run a tab on your table and pay up at the bar when you are finished.

Please bear in mind we cook to order and we'll be as quick as we can. Sit and enjoy the view and we will give you a shout as soon as it's ready.

Like everywhere we have a limited number in our team, our suppliers costs and utilities have rocketed. We do try to keep our costs as low as possible. It's a very fine line for a small business. We do hope you understand if things have gone up.

ALLERGIES

Please let us know if there are any food allergies we should be aware of WHEN you order. We offer gluten free bread at no extra cost. We CANNOT guarantee there won't be any cross contamination of allergens in our food due to the size and open nature of our kitchen. Please bear this in mind for severe allergies.

Staff tips – we do not include service on our prices. If you would like to leave a tip let the bar know when you pay. We split all tips equally between the staff each shift and all the money goes directly to the team working that shift.

Crab and lobster shell - please note these are natural products. We buy in hand picked and processed crab. There will always be a chance of shell in the crab.

SNACKS AND LIGHT BITES

Pint of prawns

A firm favourite. Shell on prawns, a pot of seafood sauce, a roll. Lovely! **£10.00**

Vegi Nibbles platter (V)

A little pot of hummus, a pot of marinated red peppers, a pot of giant marinated Olives and a roll **£7.00pp**

Beach Hut Prawn & crayfish tail cocktail

A lovely mix of prawns and crayfish tails in our own seafood sauce, Served in a pint recyclable cup with leaves, cucumber, olives and a roll **£10.00**

Woodfords Scotch egg

served simply with a pot of red onion marmalade **£4.50**

Woodfords Pork sausage Roll served with a pot of red onion marmalade **£4.50**



Forelands Beach, Forelands Field Road, Bembridge, Isle of Wight, PO35 5TR

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SEAFOOD MAINS

Crevettes & Dip

8 shell on Crevettes with seafood sauce, salad garnish & a roll **£16.00**

Smoked salmon, prawn and crayfish cocktail salad with Scottish Smoked salmon & a dollop of our prawn and crayfish cocktail & a roll. **£20.00**

Dressed Crab Salad served simply with a little garnish, bread and dip **£17.00**

Lobster salad. A whole lobster served with a salad garnish, hollandaise & a roll **£45.00**

Smoked Salmon Caesar Salad Box

A lovely salad topped with Scottish smoked salmon finished with a Caesar dressing & a roll **£15.00**

Fruit De Mer

Lobster Platter for two

This is our speciality!

A whole local lobster
Smoked salmon & shell on prawns
A few crevettes & Smoked trout
A couple of spider crab legs
A dressed crab
Salad garnish, dips & 2 rolls
For Two £90.00

Fresh Crab platter platter for two

2 dressed crabs
Smoked salmon & Crevettes
Shell on prawns & Smoked trout
Salad, dips and 2 rolls
For two £60.00



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MAINS FOR THE NON FISHY EATERS

Ploughmans in a box

A chunk of mature cheddar, half a huge Woodfords scotch egg, a taster of Woodfords sausage roll, an apple, a pot of chutney, salad garnish & roll **£15.00**

Feta & Roasted Pepper Salad (V)

A lovely box of leaves, sunblush tomatoes, fresh tomatoes, cucumber, herbs, roasted red peppers all topped with crumbled feta and a roll **£15.00**

Chicken & Bacon Club Sandwich

Chicken breast, crispy bacon, tomatoes, lettuce & mayo in three slices of bread.
Served with a handful of crisps **£10.00**
As a Caesar Salad box **£15.00**

CIABATTA ROLLS

Served with a handful of Tyrells salted crisps

Scottish smoked salmon, lemon creme Fraiche and cucumber ribbons **£9.00**

Tiger prawn & crayfish cocktail with cucumber ribbons **£9.00**

Hummus, falafel, roasted marinated peppers & leaves (V) **£9.00**

Mature cheddar, tomatoes, leaves, red onion marmalade & mayo (V) **£8.50**

BLT – crispy streaky bacon, sliced tomatoes, leaves & mayo **£8.50**





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AFTERNOON TEA BY THE SEA

(all include a cup of tea)

Seafood Afternoon Tea

2 Smoked salmon sandwich fingers

2 Cucumber sandwich fingers

2 little savoury fishy tarts

Scone, pot of jam, clotted cream

(Plain, cherry or fruit)

Fresh strawberries

OR a lovely handmade strawberry Pavlova

£16.00

Vegi Afternoon Tea

2 hummus sandwich fingers

2 Cucumber sandwich fingers

2 little savoury vegi tarts

Scone, pot of jam & clotted cream

(Plain, cherry or fruit)

strawberries

OR a lovely handmade Strawberry Pavlova

£15.00

Ploughmans Afternoon Tea

2 cheese sandwich fingers

2 Cucumber sandwich fingers

Mini sausage roll

Slice of cake

A little chocolate brownie

£15.00

Cream tea & Fizz for two

A mini bottle of Luneta Prosecco to share

(Rose or White)

2 large handmade scones

(Plain, cherry or fruit)

2 pots of clotted cream

2 pots of jam & fresh strawberries

£20.00

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KIDS MENU

Little cheese sandwich on brown

With a little pot of cucumber & tomatoes

Bag of pom bears crisps

Bag of sweets

Colouring pack of pencils and pad

Carton of apple juice

£6.00

We can also offer kids smoked salmon, cucumber or hummus sandwich if they prefer.

Kids Afternoon Tea

Cheese finger sandwich, luxury cupcake

Carton of Juice

£6.00

SWEET TREATS

(served until 4.30pm)

Cream Tea

Large handmade scone, clotted cream,

jam & strawberries, cup of tea

£7.00

A lovely homemade Lemon Pavlova

with fresh strawberries

(made by Rosalies of Cowes) (GF)

£7.00

Chocolate brownie

with cream and strawberry (GF)

£6.00

Ice creams

see board up at the bar

Felixs Dog Friendly Ice Cream £2.50

Special Cakes

See board up at the bar if we have any special cakes on today



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Allergens code

1. Celery
2. Cereals containing gluten
3. Crustaceans
4. Eggs
5. Fish
6. Lupin
7. Milk
8. Molluscs
9. Mustard
10. Nuts
11. Peanuts
12. Sesame seeds
13. Soya
14. Sulphur Dioxide

Nibbles

- Pint of prawns** 3, 4, 7, 9, 14 optional 2
Vegi Nibbles platter 14, 9, 14 optional 2
Beach Hut Prawn & crayfish tail cocktail
3, 7, 9, 14 optional 2
Woodfords Scotch egg 2, 4, 7, 9, 14
Woodfords Pork sausage Roll 2, 4, 7, 9, 14

Mains

- Crevettes & Dip** 3, 4, 7, 9, 14 optional 2
Smoked salmon, prawn and crayfish cocktail
3, 4, 7, 9, 14 optional 2
Dressed Crab Salad 3, 7, 9, 14 optional 2
Lobster salad 3, 4, 7, 9, 14 optional 2
Smoked Salmon Caesar Salad Box 4, 6, 9, 14
optional 2
Fruit De Mer 3, 4, 5, 7, 8, 14, optional 2
Fresh Crab platter platter for two 3, 4, 5, 7, 9,
14 optional 2

Ploughmans in a box 4, 7, 9, 14, 2

Feta & Roasted Pepper Salad 9, 14 optional 2
Chicken & Bacon Club Sandwich 4, 7, 9, 14, 2
Chicken & Bacon Caesar Salad 4, 7, 9, 14,
optional 2

Scottish smoked salmon Ciabatta 4, 5, 7, 9,
14 optional 2

Tiger prawn & crayfish Ciabatta 3, 7, 9, 14
optional 2

Hummus, falafel, roasted pepper Ciabatta
2, 9, 14 optional 2

Mature cheddar Ciabatta 7, 9 optional 2
BLT Ciabatta 4, 7, 9, 14 optional 2

Afternoon tea

Seafood 2, 3, 4, 5, 7, 14
Vegi 2, 4, 7, 9, 14
Ploughmans 2, 4, 7, 9, 14

Kids

Cheese 7, 14 2
Hummus 2, 14, 9,
Smoked salmon 2, 5, 14, 4, 7
Cucumber 7, 14, 2

Sweet treats

Cream Tea 4, 7, 2, 14
Lemon Pavlova 2, 4, 7, 14
GF Chocolate brownie 4, 7, 14
Ice creams 4, 7, 14
Special Cakes 2, 4, 7, 14

Please note our kitchen is small and open plan. Although we have listed out the allergens per dish, we cannot guarantee there wont be cross contamination in the kitchen. We do offer gluten free rolls if requested at no extra cost.



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