



NEWS AND MENU

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

Example Lunch Menu Served 12 – 3pm

This year we are offering a reduced menu and a slightly slower service. Our menu changes based on stock and weather. Below is an example of some of the things you may see when you visit us. Please note prices can fluctuate too based on supplier costs.

CRAB & LOBSTER

This is fished for locally, bear with us if we don't have any, we are at the mercy of the fishermen, who are at the mercy of the sea and their boat engine, weather and if those pesky crab & lobsters fall into their pots!

Allergies...please let us know if there are any food allergies we should be aware of WHEN you order. Our kitchen has a list of allergens in our food.

Sandwiches

Classic locally caught crab sandwich served on seeded brown. Nothing added, no mayo just pure seasoned fresh crab with mixed white and brown meat £10.00

Smoked salmon & lemon creme fraiche ciabatta £8.00

Tiger prawn mayo ciabatta £8.00

Salad boxes

A lovely mix of fresh leaves, cucumber ribbons, cherry tomatoes, marinated olives topped with your choice of toppings and served with bread

Fresh dressed crab & smoked salmon (GF) with a pot of lemon crème fraiche £market price

Locally caught Lobster (GF) served with a pot of hollandaise sauce. Simple and fresh. £ market price

Smoked Salmon & Prawn (GF) Seasoned smoked salmon and a dollop of our lovely tiger prawn mayo mix finished with a giant crevette £18.00

Prawns, prawns, prawns (GF)

Giant crevettes and a few shell on prawns and a mini tiger prawn cocktail served with a pot of garlic mayo £18.00

The Big One

A seafood Platter for two to share £90.00

Fresh salad, Whole locally caught lobster, a couple of pots of fresh local crab, Scottish smoked salmon Giant shell on crevettes, Smoked trout, Shell on prawns, Lemon creme fraiche, Hollandaise

Non seafood

Ploughmans A chunk of cheddar cheese, slice of ham, pot of chutney, bread, salad and a chunk of apple to keep the doctor away! £10.00

Feta Salad

A box of our lovely salad topped with cubes of feta, oregano and croutons £12.00

Bread

All our meals can be served with a bucket of bread for an additional £2pp.

Kids

a little sandwich on brown either ham or cheese, Pom Bears crisps, Cucumber and cherry tomatoes, Apple juice and a little bag of Haribo sweets £5.00



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

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