

The Bay by SEASONS

Lunch & Dinner Menu
 Thursday - Saturday
 12pm-9pm
 Sunday
 12pm-5pm

STARTERS

Rosemary Focaccia and Briddlesford Farm Butter 6

Fried Whitebait The Bay Cocktail Sauce 8	Focaccia and Hummus Crispy Roasted Chickpeas (VG) 6	Chicken Satay Skewers (GF) Peanut Satay Sauce 8.50
Seared Tuna Tostadas Gochujang Mayonnaise, Black Sesame, Mango & Avocado Salsa 9.95	Prawn Cocktail Sliders Baby Gem, Prawns, The Bay Cocktail Sauce 10.95	Mozzarella & Isle of Wight Heritage Tomato Salad (V)(GF) 8 small / 14 large (VE available)

MAINS

Combo Fish Platter to Share

Prawn Cocktail, Whitebait The Bay Cocktail Sauce, Seared Tuna Tostadas, Salt and Pepper Squid, Sweet Chilli Dip, Rosemary Focaccia & Briddlesford Farm Butter, French Fries
 35

The Bay Battered Fish and Chips (GF) 18 Crispy battered Haddock, Chunky Chips, Crushed Peas, Homemade Tartare Sauce	Fresh Fish Special Please ask your server for details
The Bay Beef Burger 18 Seeded Sourdough Roll, Beef Burger Patty, Bacon, Cheddar Cheese, Dill Pickles, Tomato, Lettuce, Burger Sauce, French Fries (GF Available)	Superfood Salad (VG)(GF) 11 Avocado, Azuki Beans, Black Rice, Carrot and Cucumber Ribbons, Chimichurri Dressing. Add: Chicken Breast 6.50 Seared Tuna 8
Curried Chip Paratha (V) 8.5 Paratha, French Fries, Java Curry Sauce, Nacho Cheese, Bombay Crunch Add: Boneless Chicken Bites 6.5 Gurnard Goujons 7	Seasons Bhaji Burger (VG) 18 Spiced Onion Bhaji, Coconut Raita, Curried Carrot Salad, Mango Chutney, Curry Ketchup, Chaat Masala Fries

BITES

Boneless Chicken Bites 9	Gurnard Goujons 9
Bhaji Bites (GF, VG) 7	Salt and Pepper Squid 9

All available with a choice of:

Gochujang Mayonaise, Nacho Cheese Sauce, Sweet Chiil Sauce or Homemade Tartare Sauce

SIDES

Fries (GF, VG) 6	Chips (GF, VG) 6	Seasonal Greens (GF, V) 6	Superfood Side Salad (GF, VG) 6
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DESSERTS

Soft Serve Sundae of the Day Please ask your server for details 8.95	Tiramasu Coffee Ice Cream, Chocolate Crumb 8.95	Lemon Posset Fresh Raspberries, Raspberry Gel, ShortBread Biscuit 8.95	Cheese and Biscuits Isle of Wight Blue, Brie, Red Fox, Biscuits, Chutney, Butter 12
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VG Vegan

GF Gluten Free Ingredients

DF Dairy Free Ingredients

V Vegetarian

NUTS Contains Nuts

Please inform a member of the team of any allergies or intolerances before placing an order. Note that not all the ingredients are listed on the menu and we cannot guarantee the total absence of allergens. A list of all 14 notifiable allergens are available on request.

A discretionary service charge of 12% will be added to your bill.