

Bread basket £3  
Baked ciabatta, olive bread,  
artisan rolls, rustic rye bread



Kir Royale £8  
Crème de cassis topped with champagne

## STARTERS

<b>Antipasti to share</b> Italian cured meats, buffalo mozzarella, vine cherry tomatoes, bruschetta, roasted vegetables, jumbo olives, smoked salmon & prawns	£14	<b>Caesar salad</b> Traditional with anchovies, croutons, shaved Parmesan cheese	£ 6
<b>Fried crispy squid</b> Red pepper salsa, preserved lemon	£ 8	Add grilled chicken as a main course	£12
<b>Light minted pea soup (v)</b> Garlic crumbs, crème fraîche, pea shoots	£ 6	<b>Seafood selection</b> Tiger prawns, crayfish, crab mayonnaise, seared scallop	£14
<b>Warm asparagus (v)</b> Citrus potato salad, orange hollandaise	£ 8	<b>Smoked Scottish salmon</b> Capers, lemon, crème fraîche and sourdough bread	£ 9
		<b>Casterbridge beef carpaccio</b> Wild rocket, parmesan, aged balsamic	£10
		<b>Sesame scallops</b> Lemon verbena dressing, fennel salad	£12

## MAINS

<b>Grilled lamb cutlets</b> Wild mushrooms, button onions, Jerusalem artichokes	£17	<b>Seafood Spaghetti</b> Mussels, prawns, squid, clams, tomato, fennel	£17
<b>Tagliatelle with grilled chicken</b> Sun blushed tomatoes, taleggio cheese, pine nuts	£13	<b>Beer battered haddock &amp; chips</b> Sauce tartare, mushy peas, lemon	£14
<b>Devonshire crab cake</b> Wilted spinach, roasted red pepper tartare	£17	<b>Pea &amp; artichoke risotto (v)</b> Parmesan crisp, lemon oil	£12
<b>Calf's liver</b> Fine green beans, buttermilk mash, crisp prosciutto	£17	<b>Organic Suffolk chicken simply roasted</b> Sage & onion stuffing, cabbage & bacon, new potatoes	£15
<b>Roasted salmon fillet</b> Pesto gnocchi, citrus onions, buffalo mozzarella	£15	<b>Island beef burger (200g)</b> French fries or side salad, plain or with cheese, sweet-cure bacon, tomato ketchup & mayonnaise	£14
<b>Parpadelle (v)</b> Wild mushrooms, broad beans, crème fraîche	£14		

### EARLY SUPPER

A special price when dining before 7pm

Caesar Salad or Casterbridge Beef Carpaccio

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Tagliatelle with Grilled Chicken or Tuna Niçoise

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Sticky toffee pudding or Strawberry & white chocolate cheesecake

**Two courses £15, Three courses £19**

### ISLAND SPECIAL

Tuna Niçoise, crispy quail eggs, heritage tomatoes, black olives and a glass of this week's wine selection

£18

## GRILLS

Beef served in Island is from premium British Casterbridge stock, fed on natural grain & matured on the bone for at least 21 days to give a distinctive traditional flavour.  
All fish served is sustainably sourced.

Fillet steak (225g)	£28	Grilled lemon sole fillets	£18
Rib eye steak (225g)	£18	Whole grilled sea bass (500g)	£18
Veal cutlet (225g)	£28	T-bone of halibut	£22
Mixed Grill	£26	Yellow fin tuna	£18

Lamb cutlet, veal escalope, rib eye, chicken sausage

Grills are served with watercress or lemon and a sauce of your choice  
Béarnaise Green peppercorn Salsa verde Red pepper tartare Wild mushroom & red wine

## SIDES £3

Chips or French fries	Spinach wilted or creamed
Garlic mash	Broccoli, toasted almonds
Minted new potatoes	Cauliflower cheese
Rocket salad, lemon dressing, shaved parmesan	Glazed Chantenay carrots, parsley