

# MENU

## While You Wait

**Mixed Olives** £5 **VE** | **Padron Peppers** £5 **VE**

**Sourdough, Whipped Seaweed Butter** £4.5 **GF\***

**Panko Prawns, Garlic Aioli** £7 | **Patatas Bravas** £6 **V**

## Starters

**Seafood Tian** £12 **GF**

Prawns, Marie Rose sauce, smashed avocado, smoked salmon and dressed rocket

**Ham Hock Terrine** £9.5 **GF\***

Pickled onion, tomato chutney, crostini, watercress

**Salt & Pepper Calamari** £8.5

Ginger and coriander chimichurri

**Potted Shrimp** £11 **GF\***

Pickled fennel, crispy shallot, sourdough ciabatta

**Arreton Tomato Bruschetta** £8.5 **VE GF\***

Mixed olives, garlic rubbed crostini, dressed rocket

**Yarmouth Crab Bruschetta** £13 **GF\* DF**

Dressed rocket, green pesto, roasted lemon

**Cauliflower Wings** £8.5 **VE GF\***

Sticky hoisin and sesame dressing

## Salads & Boards

**Caesar Salad** £13 | **With Chicken** £18 **GF\***

Mixed leaves, anchovies, croutons, parmesan and caesar dressing

**Cold Seafood Board For One** £28 **GF\***

Local crab, smoked salmon, crevettes, green lip mussels, seafood sauce, crusty bread and salad

**Half Lobster Salad** £35 **GF\***

Mixed leaves, spring onions, lemon and dill dressing, crusty bread and choice of fries or potatos

**Whole Crab Salad (Market price)** **GF\***

Locally picked crab, mixed leaves, spring onions, lemon and dill dressing with crusty bread

**Crevettes** £22 **GF\***

Shell on prawns, avocado, spring onions, sourdough

**Beetroot & Walnut** £16 **V VE\* GF\***

Warm beetroot salad with tarragon, lime ricotta, sticky walnuts, crispy apple, mixed greens and honey drizzle

## From the Sea

**Island Ale Battered Fish** £19

Served with chunky chips, crushed minted peas, tartar sauce and lemon wedge

**Half Lobster Thermidor** £37

Grilled with a white wine, herb and parmesan sauce, salad and fries

**Seafood Linguini** £24

Clams, mussels, prawns, garlic, chilli

**Wholetail Breaded Scampi** £19

Chunky chips, crushed minted peas, tartare sauce

**Seabass Fillet** £24 **GF**

Chilli, garlic, capers, new potatoes

**Hot Seafood Platter For Two** £80 – *Specials Board for today's platter*

**Pan Fried Fish of the Day (Market price)**

Please see specials board for today's selection

**Goan Fish Curry** £21 **GF**

With cod, sea bass and prawns served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli

## From the Land

**Chicken Supreme** £19 **GF**

Chorizo and red pepper sauce, sea salt garlic roasted new potatoes, tender stem broccoli

**Steak & Island Brewed Ale Pie** £20

Slow-braised steak in rich gravy and seasonal greens with a choice of chunky chips or creamy mash

**Smoked Applewood Beef Burger** £19 **GF\***

Smoked Applewood cheese, streaky bacon and gherkins in a toasted bun, with fries and coleslaw

**10oz Sirloin Steak** £32 **GF\***

Chunky chips, beer battered onion rings, roasted tomato, field mushroom, dressed rocket and parmesan salad **Make it a Surf & Turf – add Half a Lobster for £20**

**Grilled Lamb Cutlets** £26 **GF**

Smoked aubergine, harissa, feta, chickpea, almonds, mint yoghurt

## Sides

**Garlic Bread** £4.5 **Add Cheese** £1.5 | **Side Salad** £5 | **Onion Rings** £5

**Chunky Chips** £5 **GF** | **Parmesan Truffle Fries** £7

A discretionary gratuity of 10% will be added to your bill.

## Vegetarian

**Beetroot & Lentil Burger** £16.5 **VE GF\***

Smoked vegan Applewood cheese, roasted peppers and hummus in a toasted bun served with onion rings, fries and dressed salad

**Butter Cauliflower** £17 **V GF\***

Tender cauliflower florets simmered in a spiced cream sauce, served over rice with yoghurt and naan bread

**Hasselback Squash** £17 **VE GF**

Hasselback roasted butternut squash with miso chickpeas, red peppers, spinach and parsley purée

## Desserts

**Tarte au Citron** £8

Fresh berries and chantilly cream

**Chocolate Torte** £8

Crème fraiche and chocolate shavings

**Affogato** £7

Vanilla IW ice cream, shot of barista coffee and Amaretti biscuit

**Cheese Board** £14

Stilton, Cheddar, Brie, rustic crackers, grapes, red onion chutney

**IW Ice Cream/Sorbet** 2 Scoops £6 | 3 Scoops £8

**Ice Cream:** Chocolate | Strawberry | Vanilla

**Sorbet:** Lemon | Raspberry

## Lunch

Served 12-4pm, Choice of White or Brown Bread

**Somerset Cheddar & Chutney Sandwich** £8.5 **GF\***

**Hummus, Roasted Pepper & Walnut Sandwich** £9 **VE GF\***

**Fish Finger, Tartar Sauce, Lettuce Sandwich** £12

**IW Crab, Lemon & Dill Sandwich** £15 **GF\***

**Smoked Salmon & Cream Cheese Sandwich** £11 **GF\***

**Chicken & Bacon Sandwich** £9.5 **GF\***

**V = Vegetarian, V\* = Vegetarian Option Available**

**VE = Vegan, VE\* = Vegan Option Available, DF = Dairy Free**

**GF = Gluten Free, GF\* = Gluten Free Option Available**

**ALLERGIES & INTOLERANCES** Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens. Detailed information on the 14 legal allergens is available on request however we may not be able to provide information on other allergens.

**FRIED FOOD** Where a vegetarian or vegan dish is deep-fried, we cannot guarantee that they have been cooked in dedicated vegetarian/vegan fryers. Products that are deep fried and do not contain specific allergens can be contaminated by the use of multi allergen fryers.

**DISCLAIMER** We regret that we cannot guarantee that our fish, shellfish & meat dishes do not contain bones or shell. Where we state a weight, it is a approximate raw weight and 1oz equals 28.5g eg: 8oz Burger = 227g

# BRUNCH

Served 9am – 11:30am Daily

A discretionary gratuity of 10% will be added to your bill. Gratuity not added to online ordering.

## Eggs Benny £9.50

Toasted bagel topped with poached eggs, crispy bacon, wilted spinach and hollandaise sauce

## Avo On Toast £9 V

Sourdough topped with smashed avocado, poached eggs, black sesame, chilli flakes and sea salt crystals

## Loaded Hash Browns £14

Four hash browns topped with poached eggs, sriracha hollandaise, pan-fried chorizo and sliced avocado

## Eggs Royale £11

Toasted bagel topped with poached eggs, smoked salmon, wilted spinach and hollandaise sauce

## Vegan Full English £12 VE

Roasted tomato, hash browns, baked beans, smashed avocado, sautéed mushrooms and spinach, sourdough toast

## The American Way £12

Pancakes with maple syrup, bacon, berries and cream

## Crab Benedict £15

IW crab on a toasted muffin with hollandaise sauce

## Smoked Haddock £13

Poached haddock fillet, poached eggs and spinach

## Full English £14

Local sausage, 2 rashers of smoked crispy bacon, fried egg, roasted tomato, sautéed mushrooms, baked beans, hash brown, sourdough toast

## Smoked Salmon & Scrambled Eggs £11

On buttered sourdough with fresh lemon

## Shakshuka £10 V

Spiced tomato, pepper and onion stew with baked eggs, feta and herbs, served with sourdough toast

## Health Bowl £17 V

Greek yoghurt, homemade granola, honey, seasonal fruit

## COFFEE

Caffè Latte £4.20

Cappuccino £3.95

Caffè Americano £3.50

Flat White £3.85

Espresso £2.30 Double £2.95

Mocha £4.10

Decaffeinated Coffee £3.50

Extra Coffee Shot £1

## TEA

Yorkshire Tea £3

Decaffeinated Tea £3.50

## SPECIALITY TEAS

Earl Grey £3.50

Mint Tea £3.50

Red Berry £3.50

Green Tea £3.50

## HOT CHOCOLATE

Hot Chocolate £4

Luxury Hot Chocolate £5

With whipped cream and Belgian chocolate shavings

Add a Flavour Shot – 50p each  
Vanilla, Caramel, Hazelnut

## FRUIT JUICES £3.50

Apple | Orange | Cranberry  
Tomato | Pineapple

## SMOOTHIES

Strawberry Split £5

Classic mix of strawberry and banana

Wild Wild Zest £5

Mango, pineapple, spinach, apple and lemongrass

Cherry Poppins £5

Cherry, strawberry, raspberry, banana, mango and blackcurrant

## COOLERS £4

Elderflower & Mint | Peach Iced Tea  
Strawberry, Basil & Cucumber

THE CRAB &  
LOBSTER INN

SEAFOOD | ROOMS | VIEWS



DRINKS



# Red Wine

## Light & Juicy

### Arjona Rioja Tinto Joven

SPAIN

*This medium-bodied Rioja has wild, fruity aromas of red berries. The wine is initially fresh, but with a complex and lively aftertaste that is very satisfying.*

BOTTLE **£29.00**

### Vicuna Merlot

CHILE

*A lovely plummy Merlot with a ripeness typical of Chilean wine. Easy on the palette and very drinkable.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

### Côtes du Rhône

FRANCE

*Packed full of light, fresh fruit and peppery flavours with fine tannins.*

BOTTLE **£32.00**

### Alto Los Romeros Pinot Noir

CHILE

*A medium bodied wine with delicious strawberry and redcurrant fruit flavours, for a soft and lingering finish.*

BOTTLE **£34.00**

### Gustales Crianza

SPAIN

*Plummy with hints of strawberry and vanilla, this is a juicy and flavourful wine, silky smooth with a complex finish.*

BOTTLE **£34.00**

## Rich & Smooth

### Telegraph Road Shiraz

AUSTRALIA

*This Australian red offers intense fruit flavours, with notes of plum, blackcurrants and strawberry, softened with a hint of vanilla.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

### Uvas del Sol Malbec

ARGENTINA

*A full-bodied fruity wine, characterised by fresh notes of blackberry, cassis and perfectly balanced tannins.*

175ML **£8.25**

250ML **£10.25**

BOTTLE **£29.00**

## Big & Bold

### Chateau Tour Bel-Air Montagne-Saint-Emilion

FRANCE

*A rich wine with notes of sweet cherries balanced against hints of menthol and liquorice for a full body and long finish.*

BOTTLE **£39.00**

## Rosé

### Zinfandel Rosé

FEATHER FALLS, USA

*A deliciously fruity wine with hints of cherry, watermelon, strawberry and sweet candy.*

175ML **£6.65**

250ML **£8.65**

BOTTLE **£25.00**

### Cortefresca Pinot Grigio Blush

ITALY

*Wonderfully light with delicate flavours of strawberry, peach and watermelon and a dry finish.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

### Soleil des Alpes, Haute Provence Rosé

FRANCE

*This pale rosé has red berry aromas with hints of summer flowers.*

BOTTLE **£38.00**



*Smaller glasses of 125ml available for wine by the glass*

# White Wine & Sparkling

## Fruity & Ripe

### **Pato Torrente Chardonnay**

CHILE

*Fresh with ripe exotic fruit flavours typical of high-quality Chilean wine.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

### **Vicuna Sauvignon Blanc**

CHILE

*Crisp and fresh with limey fruit, a hint of herbs and a twist of melon.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

## Aromatic & Elegant

### **Pask Instinct Sauvignon Blanc**

NEW ZEALAND

*Vibrant acidity, balanced with fresh flavours of gooseberry and passionfruit and hints of lime and minerality.*

175ML **£8.75**

250ML **£11.50**

BOTTLE **£34.00**

## Fresh & Crisp

### **Cortefresca Pinot Grigio**

ITALY

*An elegant, soft and dry white wine with excellent flinty minerality.*

175ML **£7.25**

250ML **£9.45**

BOTTLE **£27.00**

### **Gavi Luciano DOCG**

ITALY

*A gentle aromatic and dry white, with flavours of green apple and herbaceous notes - typical of the Cortese grape.*

BOTTLE **£37.00**

### **Jean de Chaudenay Chablis**

FRANCE

*Crisp, firm Chablis with good fruit and plenty of minerality, juicy and elegant. A fine example of this classic wine.*

BOTTLE **£47.00**

### **Domaine Daulny Sancerre**

FRANCE

*Grassy notes, tropical fruits and hints of blackcurrant bud make for a crisp and fresh wine with beautiful minerality.*

BOTTLE **£46.00**

## PROSECCO

### **Prosecco**

ITALY

*Crisp with vibrant notes of apple and pear, for a delicate floral and fruity finish.*

175ML **£8.95**

70CL BOTTLE **£29.00**

### **Prosecco Rosé**

ITALY

*Dry, soft and well balanced on the palette a lovely light pink and full bodied Prosecco.*

20CL **£8.95**

70CL BOTTLE **£29.00**

## CHAMPAGNE

### **Baron de Beaupré Champagne Brut**

FRANCE

*A delicate balance of freshness and complexity. Its vibrant bubbles dance on the palate, delivering a harmonious blend of fresh apple and citrus, with toasty and honey aromas.*

BOTTLE **£56.00**

## THE CRAB & LOBSTER BAR BLACKBOARD

*See our boards for seasonal specials*

*Smaller glasses of 125ml available for wine by the glass*

# COCKTAILS



## Perfect Pimms

*Pimms, lemonade, strawberries, cucumber, orange and mint.*

GLASS **£8.00** JUG **£24.00**

## Dark & Stormy

*50ml Mermaid Spice Rum, and Fever-Tree Ginger Beer with a squeeze of lime and a dash of Angostura bitters to add depth to the fiery flavours.*

**£9.95**

## Red Snapper

*50ml Mermaid Salt Vodka, tomato juice, lemon juice, sugar syrup and a Worcestershire Sauce, garnished with a celery stick.*

**£9.95**

## Island Sun

*50ml Mermaid Gin and 25ml Campari, topped with orange juice and garnished with fresh orange.*

**£9.95**



## Aperol Spritz

*Aperol, prosecco, fresh orange and lashings of cooling ice.*

**£9.95**

# BRITISH GINS

## Gordons

*A distinctively refreshing gin crafted from the finest handpicked juniper berries and a secret selection of fragrant botanicals.*  
37.5% **£3.75**

## Gordons Premium Pink

*Flavoured with raspberry, strawberry and classic botanicals for a refreshing and sweet taste.*  
37.5% **£3.80**

## Tanqueray London Dry

*A refreshing gin with flavours of fresh pine, citrus and juniper for a smooth taste.*  
43% **£4.25**

## Malfy Gin Rosa Pink Grapefruit

*Flavoured with zesty Sicilian pink grapefruit, Italian lemons, fine botanicals and handpicked juniper.*  
41% **£3.75**

**HENDRICK'S**  
DISTILLED AND BOTTLED IN SCOTLAND  
— G I N —

## Hendrick's Gin

*This Scottish gin is made with peculiar botanicals and uniquely curious infusions of cucumber and rose petals.*  
41.4% **£4.25**

TRY A C&L  
COCKTAIL



**MERMAID**

ISLE OF WIGHT DISTILLERY

## Mermaid Isle of Wight Gin

*A locally distilled gin infused with foraged samphire from the Island's chalky cliffs and Boadicea hops grown at Ventnor Botanical Gardens.*  
42% **£5.00**

## Mermaid Isle of Wight Pink Gin

*Infused with Isle of Wight strawberries and locally sourced botanicals for a sweet and complex taste.*  
42% **£5.00**

## Mermaid Lemon Zest Isle of Wight Gin

*A zesty and aromatic infusion of summer citrus fruits and wild botanicals, blended with Isle of Wight bergamot, lemon and rosemary.*  
42% **£5.00**

## Whitley Neill Rhubarb & Ginger Gin

*A handcrafted premium gin offering the perfect blend of sweet rhubarb and fiery ginger.*  
41% **£4.20**

## TONICS & MIXERS



**FEVER-TREE**

Premium Natural Mixers

ALL **£3.25** EACH

## Premium Indian Tonic

*Premium Indian Tonic Water with a clean and aromatic taste.*

## Premium Light Indian Tonic

*Refreshing and aromatic with only 30 calories per bottle.*

## Mediterranean Tonic

*Refreshing and aromatic, infused with thyme, fresh citrus and a hint of rosemary.*



# SPIRITS

Further choices of spirits are available  
please ask your server or visit the bar to view

## WHISKY

### Glenfiddich 12 Year Old Single Malt

*Rich and sweet with fruity tones, developing into butterscotch, cream, malt and subtle oak flavours.*

40% **£4.65**

### Jameson Irish Whiskey

*This classic Irish whiskey is wonderfully smooth and harmonious - a thoroughly enjoyable blend.*

40% **£4.25**

### Jack Daniel's Old No.7

*Full-bodied whiskey with flavours of orange, brown sugar and spice, and a long rich finish.*

40% **£3.95**

### Shanky's Whip Liqueur

*An intriguing spirit from Ireland, blending black whiskey blended with a smooth and creamy liqueur - drink on the rocks or with cola and a slice of lime.*

33% **£4.50**

THE ISLE OF WIGHT

## WIGHT WHISKY

### IW Distillery Signature Malt Blend

*Light oak and dried fruits combine for a smooth and creamy honey finish.*

40% **£4.95**

## RUM

### Bacardi Carta Blanca

*Perfect for classic rum cocktails like the Mojito.*

37.5% **£3.75**

### Sailor Jerry Original Spiced Caribbean Rum

*Vanilla notes with a dry buttery toffee taste and hints of cinnamon.*

40% **£3.75**



### Kraken Black Spiced Rum

*Dark spiced Caribbean rum blended with 11 spices, including cinnamon and ginger.*

40% **£4.20**

### Goslings Black Seal Bermuda Rum

*Made from a 150-year-old Gosling family recipe, uses the finest distillates aged in charred American oak casks.*

40% **£3.95**

### Mermaid Isle of Wight Spiced Rum

*Crafted from a carefully selected blend of sugar cane and molasses rum from Trinidad and the Dominican Republic.*

38% **£4.75**

## VODKA



### Grey Goose Premium Vodka

*Made using the best ingredients from France – soft winter wheat and Gensac spring water.*

40% **£4.80**

### IW Distillery Rock Sea Vodka

*Grain distilled vodka with the subtle addition of rock sea salt.*

40% **£4.85**

### Smirnoff Vodka

*The world's no.1 vodka.*

40% **£3.75**

## ALCOHOL FREE

### Gordons Alcohol Free Gin

*The same classic flavour just with zero alcohol.*

0% **£2.95**

### Captain Morgan Spiced Gold Alcohol Free Rum

*A great alternative to the iconic Spiced Gold.*

0% **£2.95**

# CASK ALES, BEERS & CIDER

We take our pints seriously at The Crab & Lobster Inn, with a selection of nationally recognised and popular regional beers on our hand pulls, as well as locally brewed Isle of Wight beers to try – please ask your server for today's selection.



## BEERS & STOUT

### DRAUGHT

<b>Birra Moretti</b>	1/2	<b>£3.30</b>	PINT	<b>£6.60</b>
<b>Amstel</b>	1/2	<b>£2.90</b>	PINT	<b>£5.80</b>
<b>Neck Oil</b>	1/2	<b>£3.60</b>	PINT	<b>£7.20</b>
<b>Murphys</b>	1/2	<b>£3.00</b>	PINT	<b>£6.00</b>

### BOTTLED

<b>Peroni Nastro Azzurro</b> 330ML BOTTLE 5% <b>£4.60</b>
<b>Peroni Nastro Azzurro Gluten Free</b> 330ML BOTTLE 5% <b>£4.80</b>
<b>Corona Extra</b> 330ML BOTTLE 5% <b>£4.80</b>
<b>Ventnor Botanic Ale</b> 500ML BOTTLE 4.3% <b>£5.60</b>
<b>Crabbies Alcoholic Ginger Beer</b> 500ML BOTTLE 4% <b>£5.40</b>

## CIDERS

### DRAUGHT

<b>Orchard Thieves</b>	1/2	<b>£2.90</b>	PINT	<b>£5.80</b>
<b>Inch's</b>	1/2	<b>£2.90</b>	PINT	<b>£5.80</b>
<b>Old Mout</b> <i>Berries &amp; Cherries</i>	1/2	<b>£3.20</b>	PINT	<b>£6.40</b>

### BOTTLED

<b>Old Mout Ciders</b> <i>Kiwi &amp; Lime   Pineapple &amp; Raspberry</i> <i>Berries &amp; Cherries</i> 500ML BOTTLES 4% <b>£5.90</b> EACH
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### LOW/ALCOHOL FREE

<b>Birra Moretti Zero</b> 330ML BOTTLE <b>£3.60</b>
<b>Guinness 0.0</b> 440ML CAN <b>£4.40</b>
<b>Sharp's Doom Bar Zero Amber Ale</b> 500ML BOTTLE <b>£3.90</b>
<b>Adnam's Ghost Ship Behold Pale Ale</b> 500ML BOTTLE 0.5% <b>£4.10</b>
<b>Old Mout Alcohol Free Ciders</b> <i>Berries &amp; Cherries   Pineapple &amp; Raspberry</i> 500ML BOTTLE <b>£4.40</b> EACH

## LOCAL ALES



- Islander
- Beachcomber
- Sea Dog



- GSB
- Fuggle Dee Dum
- Wight Squirrel

**PLUS**



*Brewed on  
The Isle of Wight  
especially for us...*

## THE CRAB & LOBSTER ALE

*We regularly change  
our guest ales, so  
please ask for our  
current selection.*

# SOFT DRINKS

## JO

275ML BOTTLE ALL **£3.40**

*Great blend of fruit juices available in three flavour combinations.*

**Orange & Passion Fruit**  
**Apple & Raspberry**  
**Apple & Mango**

**Frobisher Juice's**

200ML **£3.90** EACH

**Apple | Orange Pineapple**  
**Cranberry**

**Simply Fruity Kids Drinks**

**£2.25** EACH

**Blackcurrant | Orange**  
**Strawberry**



## FEVER-TREE

Premium Natural Mixers

**Traditional Ginger Beer**

*A deep, long-lasting ginger character.*

200ML **£3.10**

**Ginger Ale**

*A delicious refreshing Ginger Ale.*

200ML **£3.10**

**Hartridges Juices & Mixers**

300ML **£3.90** EACH

**Ginger Beer | Crisp Apple**  
**Elderflower Presse**  
**Traditional Lemonade**

**Big Tom Spiced Tomato Juice**

250ML **£3.90**

**Coca-Cola Original**

330ML GLASS BOTTLE **£3.90**

**Diet Coke**

330ML GLASS BOTTLE **£3.50**

**Pepsi Original**

SMALL **£2.40** LARGE **£4.40**

**Pepsi Max | Diet Pepsi**

SMALL **£2.40** LARGE **£4.40**

**R Whites Lemonade**

SMALL **£2.40** LARGE **£4.40**

**Strathmore**  
**Spring Water**

330ML **£2.45** 750ML **£4.40** EACH

**Still | Sparking**

## HOT DRINKS

*Choice of Teas, Coffees & Hot Chocolate*

## AFTER DINNER DRINKS

**Courvoisier £4.45 | Baileys £4.25 | Disaronno £4.25**

*Plus a selection of Port & Brandy*

## LIQUEUR COFFEES

**Highland**

*Glenlivet*  
*Whisky*

**Calypso**

*Tia Maria*

**Italian**

*Disaronno*  
*Amaretto*

**Irish**

*Baileys*

**Caribbean**

*Kraken Black*  
*Spice Rum*

*all £6.95*  
EACH

**THE BUDDLE**  
**SMUGGLERS INN**

DINING | FUNCTIONS | ROOMS

**THE BUGLE**  
**COACHING INN**

BAR | ROOMS | FOOD

**THE CRAB &**  
**LOBSTER INN**

SEAFOOD | ROOMS | VIEWS

**THE KINGS HEAD**  
**YARMOUTH • IW**

BAR | ROOMS | FOOD