



BREAKFAST MENU

9 AM - 11 AM

MAINS

The Garlic Farm Full - Black garlic pork sausage, smoked bacon, garlic mushrooms, tomatoes, free range fried egg, baked beans, sourdough toast **£14**

The Garlic Farm Light - Black garlic sausage, smoked bacon, fried egg, tomatoes, sourdough toast **£12**

(V) Halloumi, garlic spinach, garlic mushrooms, tomatoes, fried egg, baked beans, sourdough toast **£13**

(VE) Vegan sausage, garlic mushrooms, tomatoes, garlic spinach, baked beans, garlic punched potatoes, houmous & sourdough toast **£13**

(VE) Garlic Mushrooms on sourdough **£8.5**
add melted IOW soft cheese £2.5 -Not Vegan

SPECIALS

Salt beef hash, tomatoes & fried egg **£13**

Hot smoked rainbow trout, free range scrambled eggs, garlic spinach **£15**

(V) French toast- clotted cream, poached pear & chocolate sauce **£12.5**

KIDS

(V) Eggs on toast **£5** (*add any extras*)

(V) Kids French toast **£8**

EXTRAS

Smoked bacon **£2.5** | Vegan sausage **£2** | Fried or Scrambled egg **£2**

Garlic mushrooms **£2** | Garlic spinach **£2** | Tomatoes **£2**

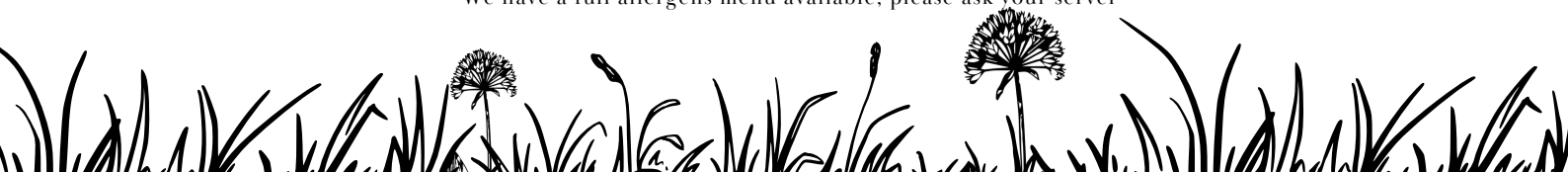
Halloumi **£4** | Black garlic sausage **£3** | Sourdough toast **£2** | Beans **£2**

Sourdough **£5.5** (*salted butter, jam or marmalade*)

Sorry no swaps

(V) Vegetarian (VE) Vegan

We have a full allergens menu available, please ask your server



RESTAURANT MANIFESTO



LOCAL SOURCING

Our beef and goat is reared to Organic and Pasture for Life standards on our farm

- 100% Isle of Wight sourced waters from local CIC Wight Crystal
- 100% of milk from local dairy Briddlesford Farm
- 75% of all beers and ciders are Island Brewed
- 100% coffee and 85% tea is from local supplier, Island Roasted
- At least 60% total restaurant purchases are from local suppliers

AIMING TOWARDS ZERO WASTE

- We cook with the whole fruit or vegetable
- We compost all raw veg waste
- All dishes are prepared by our kitchen team

How you can help with reducing food waste – if you prefer not to have a garnish or side salad or a specific item with a dish then please let us know when ordering.

WE CARE ABOUT OUR IMPACT ON PEOPLE AND THE ENVIRONMENT

- All fish 'green' on good fish guide (or orange if no green available)
- Vegetarian, Vegan and Gluten Free diets are always catered for
- 100% All wines are organic or English

HERO LOCAL SUPPLIERS

Our local Isle of Wight based suppliers include:

Isle of Wight Tomatoes

Goddards Brewery

W.A foods

Hazelgrove Farm Eggs

Isle of Wight Distillery

Living Larder Vegetables

Island Roasted Coffee & Teas

Yates Brewery

Isle of Wight Cheese Company

Briddlesford Farm Milks & Cheeses

Minghella Ice Creams

Nunwell Home Farm

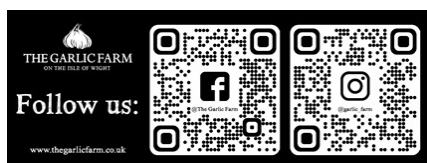
OUR WORK BUDDY SCHEME

We offer job placements to those who would otherwise have difficulty entering the workforce. The scheme allows team members to bring a 'work buddy' to assist them. This scheme has been running for 6 years now and we believe that having a more diverse workforce is beneficial to our team and our customers.

YOUR FEEDBACK HELPS US IMPROVE

If you loved dining with us then do tell your friends and share your photos. You can leave us a review on any of our review platforms – dishcult, google, facebook or tripadvisor. If you have something you think we could do better, tell us directly so we can fix it as soon as possible.

You can email us directly on thecafe@thegarlicfarm.co.uk





LUNCH MENU

STARTERS

- (V) Roasted garlic bulb, homemade sourdough £7.5
Homemade Soup of the day, bread of the day, salted butter £8.5
(V) Beetroot houmous, Briddleford's fetter, garlic buttered pittas £8
Hot smoked rainbow trout salad, black garlic & lemon mayo £10
(VE) Garlic Mushrooms on sourdough £8.5
add melted IOW soft cheese £2.5 - Not Vegan

SPECIALS

- Winter caesar with roast free-range chicken & shaved gallybagger £18
Pulled salt beef, sauerkraut, emmental cheese, garlic & mustard sauce
in a sourdough roll, fries £15
Pan fried cod, mussel & butterbean bouillabaisse, rouille £19
Goatherder's pie with black garlic, creamed potato, Isle of Wight Soft, roasted roots £18
(V) Roasted squash gnocchi, crispy sage, walnut £17

SIDES

- (V) Garlic & rosemary ciabatta £6
(V) Gallybagger cheese & garlic ciabatta £7.5
(V) Garlic stuffed olives £6
(V) Chilli marinated garlic cloves £5
(V) Sourdough bread £6
(VE) Winter leaves, sun blushed
tomatoes, rapeseed oil, maple,
smoked garlic balsamic £6
(VE) Salt & pepper fries, *Sml £4 Lrg £6*

KIDS

- (V) Soup & bread £6
(V) Seasonal houmous with pitta £6
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Black garlic sausage, mash & gravy £8
(V) Cheese & tomato flatbread £8
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(VE) Double chocolate & black garlic
brownie, berries, vanilla ice cream £5
(V) Selection of ice creams,
chocolate sauce, berries £5

DESSERTS

- (V) Lemon tart, crème fraiche, lemon
verbena sherbet £8
(VE) Dark chocolate torte, blackcurrant curd £8
(V) Pear Frangipani, fresh cream £8
(V) Isle of Wight cheese board £10
(V) Chocolate & black garlic ice cream £6.5

SCONES

- (V) Homemade scones, fruit, plain or
gluten-free served with clotted cream,
strawberry jam & butter £7- *Vegan option
available upon request*
(V) Smoked garlic cheese scone,
grapes, salted butter, Isle of Wight
soft, roasted garlic jam £8

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