

the LIFEBOAT east coves

Britannia Way, East Cowes, PO32 6UB
01983 292711 www.thelifeboatcoves.co.uk

LIGHT BITES

TOASTED GARLIC CIABATTA

Plain (v) **3.50**

With Mature Cheddar (v) **3.95**

With Mature Cheddar and Smoked Bacon **4.75**

SALT and PEPPER SQUID

With Seasonal Salad, Sweet Chilli Dip and Fresh Lemon **6.50**

CRISPY FRIED LEMON and HERB BREADED WHITEBAIT

With Seasonal Salad, Lifeboat Tartare and Fresh Lemon **6.25**

HOMESTYLE CHICKEN STRIPS

With Seasonal Salad and Smokey BBQ Sauce **5.95**

CHICKPEA AND CORIANDER FALAFEL

With Seasonal Salad and Spicy Tomato Chutney (gf)(ve) **5.75**

GOURMET BURGERS

THE ORIGINAL ONE

Chargrilled 6oz IOW Beef Burger with Smoked Bacon, Mature Cheddar, Gherkin and Burger Sauce in a Toasted Ciabatta Roll with Salad, Spicy Tomato Chutney, Beer Battered Onion Rings and Seasoned Steak Cut Chips **11.95**

THE SPICY ONE

Chargrilled Butterfly Cajun Chicken Breast topped with Sweet Chilli Sauce and Mexicana Cheese in a Toasted Ciabatta Roll with Salad, Spicy Tomato Chutney, Beer Battered Onion Rings and Seasoned Steak Cut Chips **12.50**

THE MOVING MOUNTAIN

The Moving Mountain Plant Based Patty with Cumin Spiced Fried Onions in a Toasted Glazed Bun with Salad, Spicy Tomato Chutney, Beer Battered Onion Rings and Seasoned Steak Cut Chips (ve) **11.50**

FROM THE GRILL

All served on a Sizzling Skillet with Tomatoes, Onions, Pan Fried Mushrooms, Beer Battered Onion Rings, Seasoned Steak Cut Chips and Garden Peas

8oz ENGLISH RUMP STEAK **15.95**

CAJUN BUTTERFLY CHICKEN BREAST **13.95**

TRIO OF VEGETABLE SAUSAGES (ve) **11.95**

Add

Homemade Brandy and Peppercorn Sauce **2.50**

Lifeboat Curry Sauce **2.50**

MAIN COURSES

WHOLETAIL BREADED SCAMPI

With Garden Peas, Seasoned Steak Cut Chips, Lifeboat Tartare and Fresh Lemon **11.95**

CRISPY FRIED LEMON AND HERB BREADED WHITEBAIT

With Seasonal Salad, Seasoned Steak Cut Chips, Lifeboat Tartare and Fresh Lemon **11.95**

BAKED TERIYAKI SALMON FILLET

Sauté Pak Choi, Sesame and Spring Onion Rice, and a Sticky Soy Reduction **14.50**

CHARGRILLED CAJUN CHICKEN AND SMOKED BACON SALAD

With a Spicy Tomato Chutney and Skinny Fries (gf) **11.50**

KERALAN CAULIFLOWER, ROASTED RED PEPPER, SPINACH AND MUSHROOM CURRY

With Rice, Poppadum and Dips (gf)(ve) **11.95**

ALL DAY BREAKFAST ROLLS

Served in a Toasted Ciabatta Roll with Seasoned Steak Cut Chips

All **7.95**

SMOKED BACON

PORK SAUSAGES

SMOKED BACON AND FRIED EGG

PORK SAUSAGE AND FRIED EGG

PORK SAUSAGE AND SMOKED BACON

PORK SAUSAGE, SMOKED BACON AND FRIED EGG

FRIED EGG (v)

VEGETABLE SAUSAGE AND FRIED EGG (v)

VEGETABLE SAUSAGES (v)(ve option available)

If you suffer from an allergy or intolerance please speak to a member of staff who will be able to advise you on food items suitable for your requirements

*(gf) gluten free (v) vegetarian (ve) vegan – please be aware that vegetarian and vegan food items are prepared and cooked in a kitchen which handles animal products

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SIDES

- SEASONED STEAK CUT CHIPS** (gf)(ve) 3.25
- SEASONED STEAK CUT CHIPS WITH CHEDDAR** (gf)(v) 4.25
- SEASONED STEAK CUT CHIPS WITH CURRY SAUCE** (v) 3.95
- SKINNY FRIES** (v) 3.50
- SWEET POTATO FRIES**
With Sweet Chilli Sauce (ve) 4.50
- BEER BATTERED ONION RINGS**
With Sweet Chilli Sauce (ve) 3.95
- BATTERED CHICKEN BITES**
With Sweet Chilli Sauce 4.95
- HOUSE DRESSED SIDE SALAD** (gf)(ve) 3.50
- HOMEMADE BRANDY AND PEPPERCORN SAUCE** 2.50
- LIFEBOAT CURRY SAUCE** 2.50
- GARDEN PEAS** (gf)(ve) 1.95
- HEINZ BAKED BEANS** (gf)(ve) 1.95
- PAN FRIED MUSHROOMS** (gf)(ve) 1.95
- BOILED RICE** (gf)(ve) 2.75

DESSERTS

- WARM CHOCOLATE FUDGE CAKE**
With Chocolate Sauce, Toffee Sauce and Isle of Wight
Vanilla Ice Cream (v) 5.50
- LIFEBOAT ICE CREAM SUNDAE**
Cookie Dough Ice Cream, Chocolate Ice Cream, Isle of Wight
Vanilla Ice Cream, Chocolate Sauce, Crushed Cookies, Squirry
Cream and Rolled Chocolate Wafer (v) 5.95
- VEGAN ICE CREAM SUNDAE**
Isle of Wight Vanilla Ice Cream, Isle of Wight Wild Berry Ice Cream,
Fresh Strawberries and Squirry Cream (gf)(ve) 5.95
- LOCAL ICE CREAM AND SORBET SELECTION**
One Scoop 1.95 Two Scoops 3.95 Three Scoops 4.95

Choose from:
ICE CREAM (gf) (v)
Vanilla, Chocolate, Strawberry, Toffee Crunch, Rum and Raisin,
Mint Chocolate Chip, Salted Caramel, Coffee Mocha Swirl
SORBET (gf)(ve)
Raspberry, Pink Lemonade
ISLE OF WIGHT VEGAN ICE CREAM (gf)(ve)
One Scoop 1.95 Two Scoops 3.90 Three Scoops 4.95
Vanilla, Wild Berry, Chocolate Brownie, Salted Caramel

CHILDREN'S MENU

MAIN COURSE

6.95 Each

WHOLETAIL BREADED SCAMPI

With Seasoned Chips and Peas

4OZ BEEF BURGER

With Seasoned Chips and Heinz Baked Beans
Add Cheese 50p

TRIO OF PORK OR VEGETABLE SAUSAGES

With Seasoned Chips and Heinz Baked Beans (v)

PENNE PASTA

With Tomato Sauce and Mature Cheddar (v)

DESSERTS

2 SCOOPS OF ICE CREAM

Choose from Vanilla, Strawberry or Chocolate (gf) (v) 3.50

DRINKS

- KIDS COKE/LEMONADE** 1.50
- ORANGE FRUIT SHOOT** 2.00
- ORANGE OR APPLE JUICE CARTON** 1.75
- LIME, ORANGE OR BLACKCURRANT SQUASH** 1.10
- CHOCOLATE MILK BOX** 1.50

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