

**HARBOUR KITCHEN**

**HK**

**CAFÉ • BAR • BISTRO**

# *Thank you!*

We need your help!

We have been selected for the 'Best Burger' category at the Red Funnel Isle of Wight 2022 Awards. We got Silver in the 2021 awards and this year we would really love to go for the Gold.

We need your votes to help us win. If you enjoyed your experience here in Harbour Kitchen, then please give a few minutes of your time to vote for us. The QR code below will take you straight to the website.



Our sister business, Compass Bar, has also been nominated for the 'Best Newcomer' category. If you have visited and think this new venue is worthy of the 'Best Newcomer' title, then please give us your vote.

<https://www.redfunnel.co.uk/awards>

Welcome and thank you for choosing Harbour Kitchen.

HK is a family owned bistro which opened its doors in July 2017. We pride ourselves on our award winning burgers, barista coffees and friendly service.

Our beef patties are made inhouse by hand, using the best cuts of sirloin and chuck beef, all coming from Farmer Andrew at Cheverton Farm here on the Isle of Wight. We love our burgers to the extent that we even ensure the salad leaves are washed using mineral water. Everything is cooked to order and we go for a more relaxed dining experience, so you have the time to enjoy our venue and your company.

On the tables you will find our 'OrderCubes'. If in between our visits to your table you find that you need something or have a question, then simply press the 'Service' button. Once pressed the OrderCube will change colour to confirm your request and one of our staff will be with you as soon as possible.

If for any reason we haven't delivered on your expectations during your visit, then please let us know before leaving, as we'd love the opportunity to improve on our service. If everything was a success then an online review would be amazing as the staff love reading them.

We hope you enjoy your visit to Cowes High Street. We think it is one of the best on the island, and if you like your wines and cocktails, then Compass Bar opposite is definitely worth a visit.

Thanks again for choosing our bistro.

*Brian & Caroline*

Brian, Caroline and the team.

# LIGHT BITES

## IOW Tomato Salad £7.75 GF

*Add a whole burrata for £6 extra (veggie)*  
A selection of mixed IOW tomatoes, drizzled with cold pressed IOW rapeseed oil and a balsamic glaze.


## Baby Squid £8.50

Baby squid lightly dusted with flour and fried and served with our alioli.

## Bruschetta £6

Griddled ciabatta slices topped with either mashed avocado, diced tomato or both avocado and tomato, served with IOW rapeseed oil on the side.

## Pan Con Alioli £4.50 *and can be*

A warmed ciabatta roll served with either homemade alioli (veggie), or cold pressed IOW rapeseed oil and balsamic glaze .

## Spiced Olives £4.50 GF

A large jar of mixed spiced olives, with stones, that are perfect for sharing.

## Seafood Dumplings £8

Four prawn, garlic and lemongrass gyoza dumplings, steamed and fried. Served with a sweet chilli dipping sauce.

## Soup from £6 *and can be* GF

Homemade soups served with a warmed ciabatta roll. Ask your server for today's selection.

## Mac N Cheese Croquettes

*4 for £4 | 6 for £6 | 8 for £8*

Mac & cheese croquettes coated in breadcrumbs and fried, served with a chipotle dipping sauce.

## Chicken Wings

*3 for £6 | 4 for £8 | 6 for £12*

Chicken wings coated in spiced crumbs and fried, served with a chipotle dipping sauce.

# NACHOS

## Porky Nachos £12.95

Nachos topped with BBQ pulled pork, grated mature cheddar cheese, bacon bits and BBQ sauce.

Our nachos below are all served with homemade guacamole, salsa and fresh sour cream.

Please tell us if you are vegan and we will ensure there's no sour cream.


All our nachos are ideal for sharing or as a main course.

## Nachos & dips £8.95

**Nachos, homemade beef chilli & dips £12.95**

**Nachos, homemade bean chilli & dips £10.95**

**Add** grated cheddar cheese for an extra £2 **and** jalapeños for £0.75.

Our bean chilli is vegan  and our nachos are corn nachos so they are Gluten Free **GF**

# SALADS & PLOUGHMAN'S

## HK Panzanella Salad £14

A selection of IOW tomatoes roughly chopped and mixed with dried croutons, sliced red onion, stoned olives, mixed salad leaves, fresh parsley and cold pressed IOW rapeseed oil. Add a whole burrata for £6 extra (veggie)

## Halloumi & Avocado Salad £13 GF

Seared halloumi served on mixed leaves, avocado, beef tomato, cucumber, and a pot of HK dressing.

## Chicken, Bacon & Avocado Salad £13.50

Whole griddled Cajun spiced chicken breast, crispy bacon pieces, avocado, mixed leaves, beef tomato, cucumber and a pot of HK dressing.

## Steak Salad £18 GF

Ribeye griddle cooked, sliced and served pink, with dressed salad leaves, beef tomato and red onion.

Add a ciabatta roll to any of our salads for £1.50 extra.

## Avocado Ploughman's £12.50

Whole fanned avocado, salad leaves, beef tomato, cucumber, pickled onion, onion chutney, piccalilli, gherkin and a ciabatta roll.

## Cheese Ploughman's £12.50

Wedges of mature cheddar and Smoked Applewood, salad leaves, tomato, cucumber, pickled onion, onion chutney, piccalilli, gherkin and a ciabatta roll.

# HK MAINS

## HK Cioppino £18 GF

Our take on a Sicilian classic! IOW tomatoes, fennel, shallots, garlic, red pepper, local seasonal fish and king prawns, all gently cooked together and served with a ciabatta roll (not GF).

## African Peanut Pot £14 GF N

Sweet potato, aubergine, tomatoes and peanut butter, all coming together to make a classic African style stew, served with a ciabatta roll (not GF).

## Ribeye Steak £22

8oz IOW ribeye served with dressed leaves, onion rings and French or sweet potato fries. Add a salsa rossa or cream and peppercorn sauce for £3 extra.

# HARBOUR KITCHEN'S

## MULTI AWARD WINNING BURGERS

### HK CLASSIC £9.50

Our classic is served in a brioche bun with mixed salad leaves, beef tomato, red onion, mayo and burger sauce.

**Add** mature cheddar cheese *for* £1

**Add** applewood cheese *for* £1.25

**Add** crispy bacon pieces *for* £1.50

**Add** crispy bacon & cheddar *for* £2.25

### MEDITERRANEAN £10.50

Beef patty **or** lightly spiced chicken breast in a ciabatta bun with mixed salad leaves, & homemade tomato salsa, and choose between:

**Add** a whole Burrata *for* £6 extra

**Add** homemade aioli *for* £1.50 extra

### THE TRIPLE £18

Triple beef patties with triple cheddar cheese! Not for the fainthearted. There's also a brioche bun and lettuce, beef tomato, red onion, mayo and burger sauce.

### THE BUOY £11

Beef patty, giant mushroom, pimiento red pepper with mayo and BBQ sauces in a brioche bun with mixed leaves, beef tomato and red onion.

### CHILLI £13.50

Beef patty topped with our homemade beef chilli served in a brioche bun with mixed leaves, beef tomato and red onion, sour cream and of course some hot jalapeños!

### HALLOUMI £9.75

Seared halloumi in a ciabatta bun with pimiento red pepper, mixed leaves, and herb mayo. **Add** beef patty **or** Cajun chicken breast *for* £4 extra.

### AVOCADO CUDDLE £12

Choose between our beef patty **OR** a whole Cajun spiced chicken breast, topped with half a fanned avocado in a soft ciabatta bun with mixed leaves, beef tomato, red onion and mayo.

### PORKY SLAW £9.50

BBQ pulled pork (wet) in a brioche bun with more BBQ sauce, mixed leaves and homemade coleslaw. **Add** beef patty **or** Cajun chicken breast *for* £4 extra.

### CHICKEN TOWER HASH £12.50

Whole griddled Cajun spiced chicken breast served in a ciabatta roll with hash brown, cheddar cheese slice, salad leaves, tomato, red onion and chipotle sauce.

### MUSHROOM & PEPPER £9


Giant mushroom and pimiento red pepper all towered together in a ciabatta bun with salad leaves and sweet onion relish.

### BBQ, LENTIL & SEED £9.75

Two BBQ, lentil and seed patties served in a ciabatta bun (not **GF**) with sweet onion relish, salad leaves and beef tomato.

**Add** French fries & coleslaw **or** salad to your plate *for* £3.50 extra. **Upgrade** French fries to sweet potato fries *for* an additional £1. **Add** a large gherkin *for* £1 extra. **Add** an extra beef patty **or** Cajun chicken breast *for* £4 extra. All beef, chicken, veggie and vegan patties are gluten free **GF**. Gluten-free **GF** buns available on request.

# SIDES & FRIES


Baked beans £3  **GF**

Onion rings £4 

Homemade coleslaw £3 **GF**

Whole gherkin £1  **GF**

House salad £4  **GF**


Tomato & red onion £3.50  **GF**

Rosemary fries £4.50  **GF**

Aioli fries £5 **GF**

Sweet potato fries £4.50  **GF**

Cheesy sweet potato fries £5.50  
**GF**

French fries £3.75  **GF**

Cheesy French fries £4.50 **GF**

# SPECIALITY FRIES

## MESSY FRIES *from* £5.75 **GF**

Crispy French fries topped with homemade chilli

Bean chilli  £5.75

Beef chilli £7.25

Add grated cheddar cheese for £1 extra

**Upgrade** from French fries to sweet potato fries  
for an additional £1

## DIRTY FRIES *from* £6.50

Crispy bacon pieces **or** avocado, salad leaves,  
French's mustard and burger sauce £6.50

Crispy bacon pieces **and** avocado, salad leaves,  
French's mustard and burger sauce £7.50

**Upgrade** from French fries to sweet potato fries  
for an additional £1

For avocado fries do tell us if you're veggie or  
vegan

## PEPPERCORN FRIES £6.75

French fries topped with a cream and peppercorn  
sauce and grated cheddar cheese, then oven  
baked.

**Add** crispy bacon pieces for £1.50 extra

**Upgrade** from French fries to sweet potato fries  
for an additional £1

## PORKY FRIES £6.75

Crispy French fries topped with wet BBQ pulled  
pork **GF**

**Add** grated cheddar cheese for £1 extra

**Add** crispy bacon pieces for £1.50 extra

**Upgrade** from French fries to sweet potato fries  
for an additional £1

 **is our Vegan symbol** | **GF** **is our Gluten Free symbol** | **N** **is our Contains Nuts symbol**

For special dietary needs or allergen information please ask a member of our team. Although your meal is prepared with love and care, due to the storage, use and handling of allergens in our kitchen, we cannot guarantee it will be allergen free.

# SOFT DRINKS

Coca Cola (330ml) £2.95

Diet Coke / Coke Zero (330ml) £2.75

Sprite Zero (330ml) £2.75

Fanta Orange (330ml) £2.75

Appletiser (275ml) £2.75

Bottlegreen (275ml) £2.75

*Elderflower Presse or Raspberry  
Lemonade*

Fever-Tree (200ml) £2.50

*Elderflower Tonic Water, Tonic Water,  
Light Tonic Water, Ginger Ale, Ginger  
Beer, Lemonade or Soda Water*

Juices (200ml) £2.50

*Orange, Apple, Pineapple or Cranberry*

Cordials (50ml) 0.60

*Lime, Orange, Blackcurrant,  
Elderflower, Grenadine, Gomme*

Small Still or Sparkling Mineral Water £2.25

Large Still or Sparkling Mineral Water £3.95

# MILKSHAKES

Choose from vanilla, chocolate, strawberry,  
vanilla & salted caramel, or Oreo

All our milkshakes are approximately one pint  
in size making them perfect to share. Made  
fresh to order with three scoops of ice cream,  
fresh milk and squirty cream £5.95

A vegan vanilla shake can be made with soya,  
coconut, or oat milk, but there's no squirty  
cream.

Make it naughty and add a shot of spirit from  
£3.50 or CBD oil (18yrs) for £2

# SPIRITS

Double up on any spirit for an extra £2

Absolut Vodka (25ml) • £3.50

Beefeater Gin & Pink Gin (25ml) • £3.50

Mermaid Gin & Pink Gin(25ml) • £4.40

Hendrick's Gin (25ml) • £3.80

Bacardi White Rum (25ml) • £3.50

Mount Gay Rum (25ml) • £3.50

Captain Morgan Spiced Rum (25ml) • £3.50

Kraken Rum (25ml) • £3.50

Malibu Rum (25ml) • £3.50

Archers Peach Schnapps (25ml) • £3.50

Jack Daniels Whiskey (25ml) • £3.50

Jack Daniels Honey Whiskey (25ml) • £4.00

Famous Grouse (25ml) • £3.50

Buffalo Trace Bourbon (25ml) • £3.80

Jim Beam (25ml) • £3.50

Johnnie Walker Red Label (25ml) • £3.50

Baileys (50ml) £4.50

Kahlúa (50ml) £4.50

Tia Maria (50ml) • £4.50

Disaronno Amaretto (50ml) • £4.50

Jose Cuero Tequila (25ml) • £3.50

Patron Silver Tequila (25ml) • £5.50

Sambuca (25ml) • £3.50

Pimms (25ml) • £3.50

Aperol Liqueur (50ml) • £3.50

Chambord (50ml) £5.00

Elderflower liqueur (25ml) • £4.00

Cointreau or Galliano (50ml) • £4.00

Grand Marnier (50ml) • £5.00

Martini Dry | Blanco | Rosso (50ml) • £3.50

Courvoisier VS Brandy (25ml) • £4.50

Courvoisier XO Brandy (25ml) • £12.00



# W I N E S

## White Wines

### Mr. Goose - Australia •

Pinot grigio, well flavoured light wine.  
Sm £3.75 | Lg £7 | Bt £19

### Aroha Bay - New Zealand

Sauvignon Blanc, tropical with citrus notes.  
Sm £4.50 | Lg £8.50 | Bt £24

### Mâcon-Villages - France

Domaine Dupré 2018, ideal with salads or seafood  
Bt £24

### False Bay - South Africa •

Chenin Blanc, coastal vineyard & sustainable.  
Sm £4 | Lg £8 | Bt £22

## Rosé Wines

### La Riva - Italy

Pinot grigio rosé—summer berry fruits  
Sm £3.75 | Lg £7 | Bt £21

### Minuty - France •

Bursting with elegance  
Bt £35

## Red Wines

### Villa Rosa - Chile

Merlot - soft cherry and spiced flavours  
Sm £3.75 | Lg £7 | Bt £19

### Le Targo Rioja - Spain

Crianza 2018 - a classic strong rioja  
Bt £30

### La Vaca Gorda - Argentina

Malbec, bursting with blackberry & plum  
Sm £4 | Lg £8 | Bt £22

### Allan Scott – New Zealand

Pinot Noir, goes very well with our burgers  
Bt £32

# F I Z Z

### Prosecco - Italy •

Light with fruity hints of sweetness  
Sm £8 (200ml) | Bt £24

### Laurent Perrier Brut NV - France •

A perfectly elegant Champagne  
Bt £80

### Laurent Perrier Cuvee Rose - France •

Pinot grigio - strawberry and watermelon flavours  
Bt £95

The little green or dark dots •• mean vegan friendly. Because of 'Covid, Brexit, countries fighting', our wines may differ to what we have on the menu due to supply chain issues.

## BEERS & CIDERS

We have two draft lines, please see the boards or ask your server for what's on.

### Cannabrew

Soul Lager or Sesh IPA both with 15mg CBD •  
£5 (330ml)

### Corona •

£4.75 (330ml)

### Peroni •

£4.75 (330ml)

### Peroni Libera (no alcohol) •

£4.75 (330ml)

### Planet Lager IOW •

£4.75 (330ml)

### Quarr Abbey Ale IOW •

£4.95 (330ml)

### Thatchers Gold

£5.50 (500ml)

### Rekorderlig Strawberry & Lime Cider

£5.50 (500ml)

# COCKTAILS

## **HK Flower Chase £9 •**

Gin, elderflower liqueur, apple juice, fresh lime juice & soda

## **Long Island £9.75 •**

Vodka, rum, gin, tequila, Cointreau, fresh lemon juice & cola

## **Tutti Frutti £8.75**

Gin, Aperol, Chambord, fresh lemon juice & apple juice

## **Mojito £9 •**

White rum, crushed limes, fresh mint, sugar syrup & soda

## **HK Whisky Sour £8 •**

Buffalo Trace, Cointreau, fresh lemon juice & sugar syrup

## **Espresso Martini £9 •**

Vodka, Kahlua & espresso doppio

## **Aperol Spritz £9 •**

Aperol, prosecco & soda water

## **Amaretto Sour £8 •**

Amaretto, fresh lemon juice & sugar syrup

## **Sex on the Beach £8.50 •**

Vodka, peach schnapps, pineapple & cranberry juices

## **Dark & Stormy £9 •**

Kraken rum, ginger beer & fresh lime juice

# VIRGIN 'TAILS

## **Homemade Lemonade £4.50 •**

Freshly squeezed lemon juice, sugar syrup & soda

## **Apple & Elderflower Mint Fizz £5.50 •**

Apple juice, elderflower cordial, fresh mint & soda

## **Espresso Marti-no £5 •**

An espresso martini but with zero alcohol

## **Fruit Cooler £4.50 •**

Orange and pineapple juices, grenadine syrup & soda

## Isle of Wight County Press

In November of 2021 our favourite island newspaper, County Press, recognised the Harbour Kitchen as being one of the top five eateries for a vegan meal!

Since this recognition, we have added even more delicious vegan dishes to our menu, we hope you enjoy them as much as we enjoyed creating them.

**For a list of food menu allergens: please scan the QR code below or ask your server.**



Follow us for the latest news and updates



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[www.theharbourkitchen.co.uk](http://www.theharbourkitchen.co.uk)