

**HARBOUR KITCHEN**

**HK**

**CAFÉ • BAR • BISTRO**



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 and barista coffees.

Our beef patties are made inhouse by hand, using the best cuts of sirloin and chuck beef, all coming from farmer Andy at Cherveton 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 inbetween 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 the Cowes High Street, we think it is one of the best on the island and if you like your wines then the Compass Bar opposite is definitely worth a visit.

Thanks again for coming in to us

*Brian & Caroline*

Brian, Caroline and the team.

# LIGHT BITES

## **TAO £4.75 u GF**

Tomato, avocado and red onion with a pot of HK dressing.

## **Harbour Catch £9.95**

Coated and fried: squid, calamari, prawns, and cod. Make it a main course with French fries & salad for £4.50 extra.

## **Olives £4.50 u GF**

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

## **Soup £4.95**

Homemade soup of the day served with a warmed Ciabatta roll.

## **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 £7.75 | 6 for £11*

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

# DUMPLING BITES

These little beauties are handmade and deep fried. These gyoza dumplings have won Gold at the Hampshire sheet food awards. You can now buy them from the Food Hamper, next door to us, in case you want to take some home.

## **HK Burger Dumpling 3 for £6 | 4 for £8 | 6 for £12**

Filled with our award-winning beef patty recipe with bacon and onion, fried and served with an onion-based burger sauce.

## **Seafood Dumpling 3 for £6 | 4 for £8 | 6 for £12**

Check out our blackboards to see the latest flavour.

## **Vegan Dumpling 3 for £6 | 4 for £8 | 6 for £12 u**

Check out our blackboards to see the latest flavour.

# NACHOS

Our nachos are all served with homemade guacamole, salsa, and fresh sour cream. Please tell us if you're vegan and we'll ensure there's no sour cream. Ideal for sharing or as a main course.

## **Nachos & dips £8.95**

## **Nachos, homemade beef chilli & dips £11.95**

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

Add grated cheddar cheese for an extra £1 and jalapenos for £0.75.

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

# HK SALADS

## **Vegan Salad £11.95 u GF**

Roast red pepper, avocado, mixed salad leaves, cucumber, tomato, red onion and a pot of HK dressing.

## **Halloumi & Avocado Salad £12.95 GF**

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

## **Chicken, Bacon & Avocado Salad £12.95 GF**

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

## **Steak Salad £17 GF**

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

# HK MAINS

## **Bouillabaisse £18 GF**

A selection of IOW fish and king prawns gently poached and served on a rustic bouillabaisse, served with a ciabatta roll (not GF).

## **Crab Cake £20**

Our secret recipe handmade crab cake, served on a display of beef tomato, avocado and cucumber, plus French or sweet potato fries.

## **African Peanut Pot £14 u 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 £21**

8oz IOW ribeye served with dressed leaves, onion rings and French or sweet potato fries. Add a hot salsa rosso or cream and peppercorn sauce for £2 extra.

# HARBOUR KITCHEN'S

## AWARD WINNING BURGERS

### HK CLASSIC £9

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

Add cheddar cheese *for* £0.75

Add crispy bacon pieces *for* £1.25

Add crispy bacon & cheese *for* £2

### THE TRIPLE £16

Triple beef patties with triple cheese! Not for the fainthearted. There's also a brioche bun and some 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 briche bun with mixed leaves, beef tomato and red onion.

### CHILLI £13.50

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

### HALLOUMI £9.50

Seared halloumi in a ciabatta bun with pimiento red pepper, mixed leaves, and herb mayo.

### 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

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 £3 extra.

### CHICKEN TOWER HASH £11.50

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

### MUSHROOM & PEPPER £9 u

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

### BBQ, LENTIL & SEED £9.50 u

Two BBQ, lentil and seed patties served in a ciabatta bun 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 chicken breast for £3 extra.

Gluten-free **GF** buns available on request

# SIDES & FRIES

Baked beans £3 **U GF**

Onion rings £4 **U**

Homemade coleslaw £3 **GF**

Whole gherkin £1 **U GF**

House salad £4 **U GF**

Tomato & red onion £3 **U GF**

Rosemary fries £4 **U GF**

Sweet potato fries £4.50 **U GF**

Cheesy sweet potato fries £5.50 **U GF**

French fries £3.50 **U GF**

Cheesy French fries £4.50 **U GF**

# SPECIALITY FRIES

## MESSEY FRIES *from* £5 **GF**

Crispy French fries topped with homemade chilli

Bean chilli **U** £5

Beef chilli £6.50

Add grated cheddar cheese for £1 extra

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

## DIRTY FRIES *from* £6 **GF**

Crispy bacon pieces **or** avocado, salad leaves, French's mustard & burger sauce £6

Crispy bacon pieces **and** avocado, salad leaves, French's mustard and burger sauce £7

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

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

## PORKY FRIES £6 **GF**

Crispy French fries topped with wet BBQ pulled pork.

**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

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

# DESSERTS

## Affogato £5.50 **u**

Two scoops of vegan vanilla ice cream with a double shot of espresso on the side.

## Ice Cream £6

Three scoops of vegan vanilla, strawberry, salted caramel, chocolate, or mix it up.

## Chocolate Brownie £5 **GF**

Warmed chocolate brownie served with a scoop of ice cream.

## Vegan Blackcurrant Crumble £5 **u GF**

A blackcurrant crumble slice served with a scoop of vegan vanilla ice cream.

# TEAS & COFFEES

Espresso £2.00

Espresso doppio £2.20

Macchiato £2.50

Cortado £2.50

Latte £2.75

Cappuccino £2.75

Flat white £2.75

Iced coffee from £3.00

Mocha £3.50

Hot chocolate - regular £3.00

Hot chocolate - deluxe £4.00

Pot of breakfast tea - per person £2.50

Herbal teas £2.50

Fresh mint tea with a pot of honey £3.00

Flavoured syrup shots from £0.60 | CBD oil  
£2.00 (18yrs)

Warmed scone with clotted cream, strawberry jam, butter and any tea or coffee for just  
£5.50

Check out the bar for our counter cakes from  
£2.50

Vegan friendly substitute milks available on request

# 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, 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 or CBD oil (18yrs)

# SOFT DRINKS

Coca Cola (330ml) £2.75

Diet Coke / Coke Zero (330ml) £2.50

Sprite Zero (330ml) £2.50

Fanta Orange (330ml) £2.50

Appletiser (275ml) £2.50

Bottlegreen (275ml) £2.50

*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



# 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  
Patron XO Tequila (25ml) • £4.50  
Sambuca (25ml) • £3.50  
Pimms (25ml) • £3.50  
Aperol Liqueur (25ml) • £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

# WINES

## White Wines

### Mr. Goose - Australia •

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

### Frost Pocket - New Zealand •

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

### Danebury - England

Madeleine Angevine, elegantly dry  
Bt £27

### Le Beau Flamant - France •

Picpoul de Pinet, ideal with salads or seafood  
Bt £24

### False Bay - South Africa

Chenin Blanc, coastal vineyard & sustainable.  
Sm £4 | Lg £8 | Bt £21

## Rosé Wines

### La Riva - Italy

Pinot grigio rose—summer berry fruits  
Sm £3.75 | Lg £7 | Bt £19

### Minuty - France •

Bursting with elegance  
Bt £32

## Red Wine

### Villa Rosa - Chile

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

### Sangaetano Duepalme - Italy

Primitivo di Manduria - fruity smooth flavours  
Bt £31

### Don Jacobo Rioja - Spain

Tempranillo - a classic strong rioja  
Bt £30

### La Vaca Gorda - Argentina

Malbec, bursting with blackberry & plum  
Sm £4 | Lg £8 | Bt £21

# FIZZ

## Prosecco - Italy •

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

## Danebury Sparkling - English

Auxerrois blanc and pinot gris, beautifully  
fresh & crisp  
Bt £40

## 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 supply chain issues  
our wines may differ to what we have in the  
menu.

# BEERS & CIDERS

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

## Corona •

£4.50 (330ml)

## Peroni •

£4.50 (330ml)

## Brewdog's Punk •

£4.95 (330ml)

## Planet Lager IOW •

£4.50 (330ml)

## Quarr Abbey Ale IOW •

£4.95 (330ml)

## Thatchers Gold

£5.25 (500ml)

## Rekorderlig Strawberry & Lime Cider

£5.25 (500ml)

# COCKTAILS

## HK Flower Chase £8.50 •

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

## Long Island £9 •

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

## Tutti Frutti £8.50

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, Patron XO & espresso doppio

## Aperol Spritz £8.50 •

Aperol, prosecco & soda water

## Amaretto Sour £8 •

Amaretto, fresh lemon juice & sugar syrup

## Sex on the Beach £8 •

Vodka, peach schnapps, pineapple &  
cranberry juices

## Dark & Stormy £8.50 •

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 •

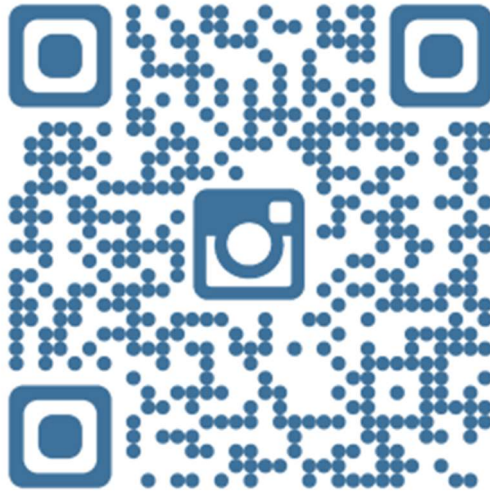
Apple juice, elderflower cordial, fresh mint &  
soda

## Fruit Cooler £4.50 •

Orange and pineapple juices, grenadine syrup  
& soda



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**Harbour Kitchen**

117 High Street

Cowes

PO31 7AX

01983 297 559

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