



Cowes Grazing

FOOD MENU

Light Bites from Cowes Grazing

The food menu here at Compass Bar has been lovingly created and prepared by the team at Cowes Grazing. The Compass Bar and Cowes Grazing are two separate companies, working together to bring you the best food and drink.

Served all day

Nuts & Wine Biscuits

all £4.50

Smokey mixed nuts

VEGAN

Or

Spicy honey peanuts

VEGAN

Or

Taralli di Puglia

*Delicious mini bagels oven baked
to make a savory biscuit* VEGAN

Olives

all £5.50

Mediterranean mixed olives with peppers mushrooms & garlic VEGAN

Or

Green pitted olives with coriander, dill, garlic, and lemons VEGAN

Or

Greek Kalamata black olives VEGAN

Dolmades £5.50

Six vine leaves stuffed with seasoned rice VEGAN

Paninis

Check out the black boards, menu insert or wall display, for today's selection of fresh **Focaccia Paninis** which are all served with hand cut crisps. Gluten free available on request.
Served from 12pm - 2.45pm and 6pm - 9pm.

GRAZING BOARDS

Served all day

Dips and Sticks all £7

Hummus with white truffle olive oil VEGAN

Sundried tomato and butter bean pate VEGAN

Htipti feta cheese with roasted peppers and olive oil

All dips are served with a selection of Grissini and Pita Bread

GRAZING PLATTERS

Served from 12pm until 2.45pm and 6pm until 9pm

Artisan Cheese £13 per head

A selection of local and European cheeses accompanied with Borneo Pantry caramelised onion marmalade, olives, fruit, grissini and crackers

Charcuterie £12 per head

A selection of mixed charcuterie including: Coppa Piacentina Gagliardi, Iberico Chorizo Fort, Jamon Serrano, Salami Finocchiona, Prosciutto di Parma, Duck and Port pâté. Accompanied with Borneo Pantry beetroot and apple chutney, fruit, grissini & crackers

Plant Based £10 per head

Stuffed vine leaves, falafel bites, sun dried tomato and butter bean pâté, Creamy Garlic and Herb Sheese, Mature Cheddar Sheese, Greek Feta Sheese with white truffle olive oil. Accompanied Borneo Pantry courgette and apple chutney, hummus, olives, fruit, grissini and crackers VEGAN

Our grazing plates can be purchased on a per head basis or can be shared.
Gluten free alternatives available for almost all our menu items, just ask.

Follow Cowes Grazing, which is part of Borneo Pantry online



You can also order all the chutneys and marmalades, or even the Cowes Grazing takeaway boxes. Checkout www.borneopantry.com for all the detail.