



ATLANTIC GATE
SEAFOOD AND COCKTAILS

SMALL PLATES

Warm focaccia bread, olive oil, aged balsamic vinegar VE	6	Burrata, Isle of Wight heirloom tomatoes, focaccia croutons, rocket and basil dressing V	10
Salt and pepper fritto misto, baby squid, prawns, courgette, lemon and herb aioli	9.5	Sri Lankan grilled chicken, toasted coconut, chilli, coriander	9.5
Seared locally caught scallops, crisp pancetta, pea purée, garlic and parsley butter	15.5	Atlantic Gate prawn cocktail, Marie Rose sauce, brown bread and butter	12.5
Butternut squash, coconut and chilli soup with sliced focaccia VE	7	Tempura vegetables, sweet chilli sauce, lime, soy, and coriander dip VE	8.5
Add king prawns	2	Pan fried king prawns, white wine, garlic and parsley butter	13.5
Romsey smoked ChalkStream® trout, pickled cucumber, crème fraîche, dill, crostini	12.5	Thai fishcakes, local fish, green beans, charred lime, pickled red onion, sweet chilli sauce	11.5

LARGE PLATES

Fish pie, locally caught white fish, smoked haddock, hake, salmon, king prawns, Coastal Cheddar mash topping, steamed tenderstem broccoli	20	Seafood pancake thermidor, smoked haddock, salmon, prawns, spinach, thermidor sauce, cheese glaze, steamed tenderstem broccoli	22
Aubergine piccata, herb, garlic and coconut yoghurt, charred cherry tomatoes, rose harissa dressing, pomegranate seeds VE	16	Monkfish, prawn, tomato and coconut curry, coriander, chilli, basmati rice, served with garlic naan	19.5
Monkfish scampi, lightly breaded in spiced breadcrumbs, chips, sriracha and lime mayonnaise	20	Prawn, Devon crab and chilli linguine, white wine, garlic, cream, fresh herbs, focaccia crostini	18
Chicken schnitzel, Parmesan and herb crumb, garlic and parsley butter, rocket, Austrian potatoes	19	Sri Lankan cauliflower, lentil, tomato and coconut dahl, coriander, chilli, basmati rice VE	17
Fish and chips, lightly battered fish, peas, chips, tartar sauce	20	Caesar salad, baby gem lettuce, white anchovies, soft boiled egg, focaccia croutons, shaved Parmesan, Caesar dressing	13
Classic burger, beef patty, sourdough bun, melted Coastal Cheddar, mayonnaise, burger sauce, crispy fried string onions, chips	18.5	Add grilled chicken	5

THE GRILL

Our grills are served with your choice of one side dish and either a sauce or butter

8oz Black Angus 50 day aged sirloin steak	33	Salmon fillet	26
7oz Black Angus 50 day aged fillet steak	38	Monkfish fillet	30
Lemon and herb chicken supreme	24		
Add pan fried king prawns	5	Add pan fried scallop	5

Fresh daily catch, prepared by our chefs. Please ask for today's fish and market price.

SAUCES | 4

peppercorn béarnaise hollandaise white wine and lemon chimichurri

BUTTERS | 3

garlic and parsley lemon and coriander

SIDES

Chips, sea salt VE	6	Roasted field mushrooms, garlic, herbs V	6.5
Creamed spinach V	7	Crispy fried string onions V	7
Tunworth cheese mash V	7	Austrian potatoes, red onion vinaigrette	7
Tenderstem broccoli, toasted almonds, lemon oil VE	7	Atlantic Gate seasonal house salad, Isle of Wight tomatoes, pickled red onion, mustard dressing VE	6.5

DESSERTS

Chocolate bombe, Madagascan vanilla ice cream, honeycomb, hot caramel sauce V	11.5	Coastal Cheddar, Turnworth, Oxford Blue cheese, plum and apple chutney, crackers, grapes V	11.5
Sticky toffee pudding, toffee sauce, honeycomb ice cream V	8.5	Ice creams – Your choice of three	7.5
Lime and pepper marinated carpaccio of pineapple, coconut ice cream, coconut crisps, pomegranate seeds VE	8	chocolate and sea salt V	
Vanilla crème brûlée, homemade butter shortbread V	8	strawberry V	
Baked Madagascan vanilla cheesecake, mixed berry compote V	8.5	Madagascan vanilla V	
Trifle, Italian sponge, spiced Devon rum, vanilla custard, berries, Chantilly cream V	8.5	honeycomb and clotted cream V	
		Sicilian lemon V	
		coconut VE	

V vegetarian **VE** vegan

Adults need around 2,000 Kcal a day. All items are subject to availability and all weight is approximate uncooked weights. Please inform your server before ordering if you have a food allergy or intolerance. All of our dishes are prepared in kitchens that handle allergens and it is possible that some of our ingredients may have come into contact with traces of allergens during the preparation process. Customers who are subject to allergic reactions and intolerances must take this into consideration before ordering food. Speak to a member of our team if you have any additional enquiries. A 12.5% service charge will be added to your bill. Any discretionary gratuities will be distributed in full to our team members. All prices are inclusive of VAT at the current rate. Your dinner inclusive package includes a starter and main from our main menu. Side dishes and desserts are not included and will therefore be billed separately along with any dish supplement charges.

