

# Lunch at **COAST**

## Starters

<b>Soup of the Day</b> Please ask for details of today's homemade soup	3.95
<b>Golden Cod &amp; Pancetta Cake</b> Tzatziki dressing & crisp summer leaves	5.00
<b>King Prawn Tempura</b> Chilli & tomato chutney, rocket salad & lemon	5.95
<b>Watercress Salad (V)</b> Feta cheese, melon, cucumber, light citrus yoghurt dressing	4.25
<b>Pan Seared Manx Queenies</b> Fresh chilli, garlic, lime, julienne vegetables	6.95
<b>Roasted Bell Pepper &amp; Chicken Terrine</b> Pesto & salad leaves	4.95

## Sandwiches

<b>4oz Sirloin Steak</b> Mustard mayonnaise, cherry vine tomato & chunky fries	7.50
<b>Saute Zucchini (V)</b> Fresh mint & mozzarella	4.95
<b>Bacon &amp; Brie</b> Rocket & sundried tomato mayonnaise	5.25
<b>Pork Loin</b> Natural yoghurt, garlic & cucumber	4.95
<b>Vine Tomato &amp; Parmesan Glaze</b> Crisp pancetta, rocket & garlic oil	4.50

All sandwiches are served on either Sun Dried Tomato, Green Olive or Ciabatta breads.

## Salads

<b>Rice Noodle Salad</b> Served with king prawns and a Thai dressing	7.95
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## Mains

<b>Risotto of Butternut Squash (V)</b> Sweet roasted garlic	Starter 4.50 or Main 9.50
<b>Lemon &amp; Sage Pork Escalope</b> Bitter lemon tomato & courgette linguine	9.95
<b>Corn Fed Chicken</b> Celeriac & sage French fries, cream jus	12.95
<b>Slow Roasted Shank Of Manx Lamb</b> Root vegetable broth	11.95
<b>Crisp Skinned Seabass</b> Asparagus risotto & basil pesto	12.95
<b>Chargrilled Ribeye Steak Garni</b> Vine tomatoes, mushrooms & rosti potato	14.95
<b>Roasted Mediterranean Vegetable Penne Pasta (V)</b> Tomato essence	7.50
<b>Beer Battered Cod Fillet</b> Hand cut fries, minted pea pudding	9.95
<b>Fish Of The Day (POA)</b> Please ask your server for the fresh fish of the day	

## Side Orders

<b>Tomato, Olives and Caramelised Shallot Salad (V)</b>	3.25
<b>Seasonal Mixed Salad with Dressed Leaves (V)</b>	2.95
<b>Panache of Baby Root Vegetables (V)</b>	3.95

## Desserts

Please ask your server for the Chef's special Desserts of the day.

All lunch desserts priced at £5.25

(V) – Vegetarian      (LF) Low Fat