

THE PLANTATION ROOM CAFÉ

AT VENTNOR BOTANIC GARDEN

Spring menu

Bruschetta

Avocado Bruschetta   VEGAN

£9.95

Toasted Sourdough topped with crushed avocado, garlic, basil & Isle of Wight tomatoes, with a balsamic glaze

Gluten free option available

IOW Tomato Bruschetta   VEGAN

£9.95

Toasted Sourdough topped with Isle of Wight tomatoes marinated in garlic and basil with a balsamic glaze

Gluten free option available

Seasonal Salads

Classic Ploughman's

£15.95

Honey roast ham, Cheddar, Isle of Wight blue cheese, grapes, apple, gherkins, home made slaw, salad leaves & sourdough with our very own onion marmalade

Gluten free option available

Apple & Walnut Salad   VEGAN GF

£12.95

Salad leaves topped with sliced apple, celery, grapes, walnuts, pumpkin seeds, raisins & red onion, finished with an apple Dijon dressing

Quinoa & Edamame Salad  GF

£12.95

A mix of quinoa, edamame beans, feta and avocado on a bed of leaves, topped with a garlic & lemon dressing

GF Gluten free  Vegetarian

Make sure you try
our selection of Loose Leaf Tea



Hot plates

Creamy Chicken Pasta

A chicken pasta dish with a creamy
mushroom and tarragon sauce

Gluten free option available

£11.95

Lentil Dahl VEGAN

Creamy green lentils and spinach cooked in an Indian
inspired creamy sauce, served with naan bread

£10.95

Barra Galeta Baguettes

Served with salad leaves and sea salted crisps

Honey Roast Gammon

Gammon with Dijon Mustard

Gluten free option available

£11.95

Cheese & Onion VEGAN

Cheddar cheese and VBG onion marmalade,

Vegan and gluten free option available

£11.95

Falafel & Salsa

Moroccan spiced, apricot and red pepper falafel
and tomato salsa

£11.95



GF Gluten free  Vegetarian



Breakfast menu

Served until 11am

Luxury Scrambled Egg VEGAN

Creamy scrambled egg on toast

Vegan and gluten free option available

Add bacon for £1.50

£6.75

Omelette as you like it GF

Choose fillings of cheese, Sauteed onion, tomato, Mushrooms or bacon

£6.75

Old Fashioned Blueberry Pancakes

Served with bacon, Maple Syrup and cream

£9.00

Brioche French Toast

Topped with cream, blueberries and Maple syrup

£9.00

Super Food Porridge VEGAN GF

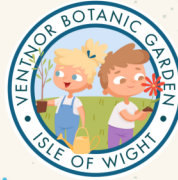
Crammed with oats, chia and flax seeds and served with a pot of honey and fresh blueberries

Vegan option available

£4.50

GF Gluten free

 Vegetarian



Little adventurer's menu

For children aged 12 and under

Half Baguettes

Honey Roast Ham

£7.95

Honey roast ham, served with a salad garnish and sea salted crisps.

Cheddar Cheese ✓ VEGAN

£7.95

Cheddar with a choice of cucumber tomato or onion marmalade, served with a salad garnish and sea salted crisps.

Vegan option available

Hot plate

Cheesy Pasta ✓

£7.95

Pasta in a creamy cheese sauce, served with crusty bread



Drinks

Folkington's Juices

£3.15

Cloudy Apple, Cranberry, Orange,
Summer Berries, Elderflower or Pineapple

Americano	£3.25
Cappuccino	£3.45
Latte	£3.45
Mocha	£3.65
Flat White	£3.40
Double Espresso	£2.85
Macchiato	£2.95
Babyccino	£0.95
Extra Shot	£0.95

Tea	£2.90
Earl Grey Tea	£2.95
Peppermint Tea	£2.95
Green Tea	£2.95

Dairy Free Milk	£0.75
Oat or Soya	

Syrup Shot	£0.95
Vanilla, Caramel or Hazelnut	

Hot Chocolate	£3.45
Deluxe Hot Chocolate	£3.95

Loose Leaf Tea

£3.55

Tropical Green
Blueberry Rooibos
English Breakfast
Peppermint
Berry Hibiscus

Rooibos Organic
Jasmine Organic
Turmeric & Cocoa
Chamomile & Citrus
Masala Chai