

Breakfast menu

Served until 11am

Luxury Scrambled Egg   VEGAN £7.50

Creamy scrambled egg on toasted sourdough

Vegan and gluten free option available

Add bacon for £1.50

Omelette as you like it  **GF** £7.50

Choose fillings of cheese, sauteed onion, tomato, mushrooms

Add bacon for £1.50

Old Fashioned Blueberry Pancakes £9.50

Served with bacon, maple syrup and cream

Brioche French Toast  £9.50

Topped with cream, blueberries and maple syrup

Super Food Porridge  **GF** £6.00

Served with chia, flax seeds, apricots

and a pot of honey and fresh blueberries

Vegan option available



GF Gluten free

 Vegetarian



THE PLANTATION ROOM CAFÉ

AT VENTNOR BOTANIC GARDEN

Bruschetta

Goat's Cheese

£ 11.95

Warm goats cheese with toasted almonds
and a drizzle of honey

Gluten free option available

Isle of Wight Tomatoes VEGAN

£ 11.95

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

Gluten free option available

Barra Galeta Crusty Baguette

Served with seasonal salad garnish and sea salt crisps

Sausage & Fig

£ 11.95

Traditionally made and locally sourced Isle of
Wight sausage and fig chutney

Gluten free option available

IoW Gallybagger & Chutney

£ 11.95

Isle of Wight Gallybagger cheese and caramelised
onion chutney

Vegan or gluten free option available

Roast Beetroot & Hummus VEGAN

£ 9.95

Roast beetroot and harrissa hummus



GF Gluten free

 Vegetarian

Soup of the day

Freshly prepared and absolutely delicious.

Soup with cheese scone	£ 10.95
Soup with sourdough	£ 9.95
Soup	£ 8.95

Main plates

Mushroom Gnocchi

£ 12.95

Creamy mushroom and spinach gnocchi, served with crusty sourdough

Fritata

£ 11.95

Roasted vegetable frittata, served with a side salad

Hearty Autumn Dahl

£ 11.95

Creamy green lentil and spinach dahl,
served with a toasted naan

Gluten free option available

VBG made Quiche

£ 12.95

Broccoli and stilton quiche served with garlicky greens

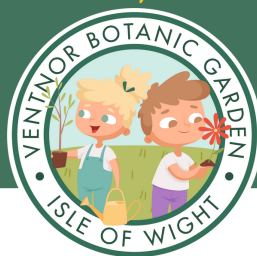
Specials

Please check our chalkboard near
the kitchen area for today's specials.



GF Gluten free

 Vegetarian



Little Adventurer's Menu

Dino Pasta

£7.95

Cheesy pasta topped with a lizard shaped crouton

Adventurer's Salad

£7.95

Salad leaves with IoW tomatoes, cucumber and apple with a cheese

Vegan option available

Soup of the Day

£7.95

With crusty sourdough

Half Baguettes

IoW Sausage

£7.95

Isle of Wight sausage, served with a salad garnish and sea salt crisps.

Gluten free option available

Crunchy Cheddar

£7.95

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

Vegan and gluten free option available

For children aged 12 and under

Drinks

Folkington's Juices

£ 3 . 1 5

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

Hot Drinks

Americano £3.40

Cappuccino £3.60

Latte £3.60

Mocha £3.90

Flat White £3.60

Double Espresso £2.85

Macchiato £3.20

Babyccino £0.95

Extra Shot £0.95

Chai Latte £3.45

Tea £2.90

Earl Grey Tea £2.95

Peppermint Tea £2.95

Green Tea £2.95

Dairy Free Milk £0.45

Oat or Soya

Syrup Shot £0.95

Vanilla, Caramel
or Hazelnut

Hot Chocolate £3.60

Deluxe Chocolate £3.95

Loose Leaf Tea

£ 3 . 7 5

Tropical Green

Blueberry Rooibos

English Breakfast

Jasmine Organic

Turmeric & Cocoa

Chamomile & Citrus

Peppermint

Berry Hibiscus

Rooibos Organic

Fresh Juice of the Day

A burst of energy and flavour in every sip

£ 3 . 9 5