



The Rowbarge Mikron BBQ Menu

~ Friday 17th July 2026 ~

Mikron BBQ Menu

Steak burger, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1380 kcal 18.95

Pork and chorizo spice burger, Monterey Jack, chipotle relish, fries 1376 kcal 17.95

Sweet and Smokey hot dog, beer onions, BBQ sauce, mustard, pickled slaw, fries 1293 kcal 15.95

Spiced lamb kofta, tabbouleh salad, chermoula, toasted flatbread 1130 kcal 13.95

Honey and chilli halloumi flatbread, tzatziki and pomegranate (v) 946 kcal 11.95

Roasted Mediterranean vegetable flatbread, coconut feta, rocket, pickled cucumber and courgette salad (vg) 526 kcal 9.95

Poached salmon Caesar salad, soft boiled egg, anchovy, baby gem, croutons, parmesan 980 kcal 18.95

Sides

Stuffed peppers, olives, sun blushed tomatoes (v) 251 kcal 6.45

Gordal olives (vg, gf) 139 kcal 4.95

Cumin hummus, flatbread (vg) 676 kcal 6.95

Heritage tomato, red onion and basil salad (vg, gf) 54 kcal 5.25

Pan con tomate (Spanish tomato bread) (vg) 363 kcal 5.95

Skinny fries (vg, gf) 377 kcal 4.95



Additional Menu Information

Please speak to a member of crew if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.

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