



Thursday July 9, 2026

P&O Cruises unveils new Keel & Cow menu on Arvia and Iona

P&O Cruises has introduced new menus at its popular gastropub, Keel & Cow, on board Arvia and Iona, offering guests an elevated modern steakhouse experience.

The refreshed menus launched on board Iona on Saturday July 4 and on Arvia on Sunday July 5, with new dishes and greater choice whilst retaining the venue's much-loved pub classics.

The new menus include a variety of fresh starters, mains and desserts, alongside expanded vegan and lighter options for summer.

New starters include king prawn cocktail, chicken liver and brandy parfait, salmon Scotch egg with masala mayo and lime, pork and chorizo sausage roll with pickled red onions, Southern fried chicken with truffle aioli and parmesan, and vegan jackfruit and nori 'no fish cake' with tartare sauce.

At the heart of the menu remains the restaurant's signature steak offering, with rump, fillet, sirloin and ribeye steaks served with a choice of sauces and sides as well as new triple-cooked chips for the ultimate steakhouse experience. New main courses include a pork chop served with chimichurri hasselback potatoes, garlic butter roasted half chicken, grilled Cajun-style salmon fillet and the Keel & Cow Best of Both Beef Crumpet – featuring five-hour slow-cooked brisket, Black Angus sirloin, mushrooms, crispy onions and red wine sauce.

Popular pub favourites remain on the menu, including steak and ale pie, chicken and ham hock pie, mushroom and tarragon pie, classic fish and chips and the Prime Minister Burger, which returns with a choice of cheddar or blue cheese and a vegan alternative.

New dessert additions including a triple chocolate brownie made with milk, dark and white chocolate and a Keel & Cow Strawberry Eton Mess with strawberry gelato.

Carnival UK and P&O Cruises president Paul Ludlow said: "Food is an integral part of the holiday experience and our guests consistently tell us how much they enjoy the variety and quality of dining available across our fleet. The new Keel & Cow menu builds on everything guests already love about the venue, while introducing exciting new dishes, more choice and elevated presentation. Whether it's a perfectly cooked steak, a comforting pub classic or one of our new lighter options, there is something for everyone to enjoy."

P&O Cruises has established a reputation as one of the most exciting cruise lines for foodies at sea, with more than 30 places to eat and drink available on board both Arvia and Iona.

The cruise line's Food Heroes programme also brings together some of Britain's most celebrated culinary talent, including the Godfather of British cooking Marco Pierre White, award-winning drinks expert Olly Smith and renowned Spanish chef Jose Pizarro, helping to create memorable dining experiences for guests throughout their holiday.

Keel & Cow reservations are available to be pre-booked ahead of travel for both Arvia and Iona guests.

For more information, call P&O Cruises on 0344 338 8003, visit www.pocruises.com or visit a travel agent.



A selection of images can be downloaded, [here](#).

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Media Assets (for media only)

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About P&O Cruises

P&O Cruises is part of Carnival Corporation, the world's largest cruise company with a portfolio of cruise lines operating in over 800 ports & destinations worldwide. (NYSE: CCL). P&O Cruises is Britain's favourite cruise line, welcoming guests onboard its seven ships to experience holidays with a blend of discovery, choice, relaxation and exceptional service catered towards British tastes. With a proud history spanning more than 187 years, each ship has its own appeal from family friendly or exclusively for adults with every sailing delivering each guest a *holiday like never before*.

With over 180 destinations worldwide, P&O Cruises itineraries are carefully curated to inspire discovery and are varied to suit newcomers and experienced guests alike. P&O Cruises prides itself on working with top culinary talent; Food Heroes include chefs Marco Pierre White and José Pizarro as well as award-winning drinks expert Olly Smith.

Recent awards for P&O Cruises include:

1. Wave Awards 2025 – Best Advertising & Marketing Campaign
2. British Travel Awards 2025 – Best Cruise Line for Family Holidays
3. The Travel Industry Awards 2025 by TTG – Industry Marketing Campaign of the Year
4. Sailawaze Excellence Awards 2025 – Best in Entertainment
5. Best in Cruise Awards by Cruise Critic Awards 2025 – No-Fly Cruise Line (Ocean Category)