



## LUNCH MENU

Opening Times Restaurant and Takeaway  
Everyday: 11am - 3.30pm

### LIGHT MEALS AND STARTERS

<b>MIXED OLIVES</b>	<b>£2.95</b>
Served with balsamic oil dip and focaccia bread (v)	
<b>SOUP OF THE DAY (V)</b>	<b>£4.50</b>
Served with homemade crusty bread and butter	
<b>TIGER PRAWN PIL PIL</b>	<b>£7.50</b>
Tiger prawns cooked in olive oil, garlic, tomato concasse, chilli, basil, and crusty bread	
<b>CHICKEN LIVER PARFAIT</b>	<b>£6.95</b>
Chicken liver pâté serve with toasted brioche pear and fig chutney	
<b>SALMON SEAWEED</b>	<b>£6.50</b>
Seared salmon, seaweed, tobiko, micro herbs, wasabi mayonnaise, herb oil and crostini	
<b>CRISPY WHITEBAIT</b>	<b>£5.50</b>
Breaded whitebait on lemon dressed leaves and tartar sauce	
<b>MOULES MARINIÈRE</b>	<b>£7.50 / £11.85</b>
Steamed mussels in white wine, cream, garlic, shallots & parsley served with chunky bread	
<b>CHARGRILLED ASPARAGUS (V)</b>	<b>£6.95</b>
British asparagus grilled, cream, goats cheese, balsamic reduction, herb oil, Parmesan tuile	

### SALAD & SANDWICHES

<b>CHARGRILLED CHICKEN CAESAR SALAD</b>	<b>£9.95</b>
Classic caesar salad, crisp cos & baby gem leaves tossed in a creamy caesar dressing finished with Parmesan & croutons	
<b>DEMI BAGUETTE &amp; MULTIGRAIN RUSTIC</b>	<b>£6.95</b>
<ul style="list-style-type: none"><li>• Cheese and Chutney (V)</li><li>• Smoked Salmon</li><li>• Cream Cheese</li><li>• Coronation Chicken</li><li>• Roast Beef, Horseradish</li><li>• Tuna, Mayonnaise</li></ul>	
<i>All of our sandwiches are served with chips, coleslaw and garden salad</i>	

### SHARING BOARDS

<b>BLUEFIN SMOKED FISH BOARD</b>	<b>£11.25</b>
With salmon, mackerel and trout mousse served with aioli sauce, salad, lemon & warm bread	
<b>CHARCUTERIE BOARD</b>	<b>£11.25</b>
A selection of local cured meats, salad, piccalilli and homemade bread	

## MAINS

<b>RIB EYE STEAK 8oz</b>	£19.95
28 days aged beef rib eye served with chips, tomato, béarnaise sauce, fried onion, and mixed leaf salad	
<b>BEEFBURGER 8OZ</b>	£11.95
Chargrilled burger, smoked cheddar, bacon crisps, gherkins, fried duck egg, iceberg salad, brioche bun and straw potatoes	
<b>GRILLED CHICKEN BREAST</b>	£12.95
Corn fed chicken breast with char-grilled Mediterranean vegetables finished with basil pesto	
<b>GILT HEAD BREAM</b>	£14.95
Pan fried bream, new potatoes, sun-blushed tomatoes, olives, samphire and rocket	
<b>LINGUINE WITH FRUIT OF THE SEA</b>	£12.95
A melody of seafood served in linguine with a delicious marinara sauce	
<b>CRAB CAKES</b>	£11.25
Served with Hollandaise sauce, lemon and water cress	
<b>BLUEFIN FISH &amp; CHIPS</b>	£12.50
Battered fish of the day with chips, lemon, mushy peas & tartar sauce	
<b>CUMBERLAND SAUSAGE AND MASH</b>	£11.50
Local pork sausages with creamy mash potato in a rich onion gravy and served with greens	
<b>HOMEMADE FISH PIE</b>	£13.50
Salmon, smoked haddock & king prawns in a cream & white wine sauce topped with buttered mashed potato & Parmesan served with seasonal vegetables	
<b>PEA RISOTTO</b>	£12.95
Smoked haddock, spring onion & garden pea risotto with poached egg & Parmesan crisps	

## SIDE ORDERS

<b>CHIPS</b>	£3.00
<b>TOMATO &amp; RED ONION SALAD</b>	£3.00
<b>HONEY &amp; THYME ROASTED CARROTS</b>	£3.00
<b>ROCKET &amp; PARMESAN SALAD</b>	£3.00
<b>DRESSED MIXED LEAVES</b>	£3.00
<b>NEW POTATOES</b>	£3.00
<b>SEASONAL VEGETABLES</b>	£3.00

## PUDDINGS

<b>CHERRY AND FRANGIPANE TART</b>	£5.50
Black cherry sorbet	
<b>RHUBARB AND COCONUT CRUMBLE</b>	£5.50
Coconut ice cream	
<b>WHITE CHOCOLATE AND RASPBERRY CRÈME BRÛLÉE</b>	£5.50
Short cake and raspberry sorbet	
<b>WARM RICH STICKY TOFFEE PUDDING</b>	£5.50
Served with toffee sauce and milk ice cream	
<b>RASPBERRY RIPPLE SUNDAE</b>	£5.50
Raspberry and rich vanilla ice cream laced with a raspberry sauce finished off with whipped cream and crumble mix	
<b>DARK CHOCOLATE BROWNIE</b>	£5.50
Served with vanilla bean ice cream	
<b>SELECTION OF HOMEMADE ICE CREAMS AND SORBETS</b>	£4.50
<b>SELECTION OF GREAT FINE BRITISH CHEESES WITH BISCUITS &amp; CHUTNEY</b>	£6.95