



# GLUTEN FREE MENU

## BREAD & OLIVES

### MIXED OLIVES v

£3.00

Green and black olives from the finest olive growing regions of Greece.

### FISH & FIZZ

£17.50

Our finest cod fillet, lightly battered, served with chips or sweet potato fries, a side salad and a glass of Chapel Down English sparkling wine.

## SEA

*Served with fresh homemade chips, sweet potato fries or salad*

### COD REGULAR/LARGE

£8.90/£10.90

Our ocean wild and fully sustainable Atlantic cod fillet is mild in flavour, firm in texture and bursting with antioxidants, nutrients, Omega 3, vitamins B6 and B12.

### HADDOCK REGULAR/LARGE

£9.50/£11.50

Ocean wild Greenland haddock is sweeter in flavour than cod, with smaller flakes. It's a great source of iodine and vitamins, low in calories and saturated fat. Served with fresh lemon.

### PLAICE REGULAR/LARGE

£9.20/£11.20

Plaice is a flat fish, ours originating from the North Sea. Sweet in flavour with small white flakes, it's full of protein, phosphorus, vitamins B1 and B12, low in fat and high in protein. Served with fresh lemon.

### HUSS REGULAR/LARGE

£8.70/£10.70

Our Northwest Atlantic huss is a member of the shark family, strong in flavour and particularly tasty with fresh lemon. A good source of protein, calcium, sodium and vitamins.

### SKATE (WHEN AVAILABLE)

£14.00

Mild in flavour and soft in texture, skate is a good source of protein and sodium as well as being low in saturated fat. Served with fresh lemon.

### CALAMARI REGULAR/LARGE

£7.20/£9.20

Low in saturated fat and a good source of protein and Vitamin B11, our calamari rings are cut in-house from whole tubes, lightly battered, sprinkled with sea salt and served with fresh lemon.

*Although every care is taken to ensure that your fish is boneless, please be aware that some fish may still contain bones.*

## LAND

*Served with fresh homemade chips, sweet potato fries or salad*

### KENTISH SAUSAGES

£5.90/£6.90

Fine pork sausages from Kent.

### EGG, KENTISH SAUSAGE & CHIPS

£5.90/£6.90

Free range egg and fine pork sausage from Kent.

# SALADS

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<b>CRAYFISH</b>	£8.50
Succulent crayfish tails with salad leaves, tomatoes, cucumber and onions with an olive oil, lemon and herb dressing.	
<b>MEDITERRANEAN</b> ✓	£6.00
Crisp salad, tomatoes, cucumber, onions, feta cheese and olives with olive oil and balsamic vinegar dressing.	
<b>MEDITERRANEAN CHICKEN</b>	£8.50
Grilled Norfolk chicken, crisp salad, tomatoes, cucumber, onions, feta cheese and olives with olive oil and balsamic vinegar dressing.	

# SIDES

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<b>HOMEMADE CHIPS</b> ✓	£2.00/£3.00
The finest potatoes freshly peeled, prepared and cooked right here and sourced from local farms.	
<b>SWEET POTATO FRIES</b> ✓	£2.50
A rich source of Vitamin A packed with antioxidants and a great alternative to potato chips.	
<b>HALLOUMI</b> ✓	£4.50
Grilled or battered halloumi cheese.	
<b>CALAMARI</b>	£4.50
Lightly battered with sea salt and served with a lemon wedge.	
<b>MUSHROOMS</b> ✓	£2.50
Lightly battered with sea salt or grilled with lemon and sea salt.	
<b>ONION RINGS</b> ✓	£2.50
Freshly cut and cooked in our light and crispy batter.	
<b>SIDE SALAD</b> ✓	£3.00
Salad leaves with tomatoes, cucumber and onions drizzled with olive oil & balsamic vinegar.	
<b>PICKLES</b> ✓	£0.60
Choose from our selection of pickled eggs, onions and gherkins.	
<b>CURRY SAUCE/ MUSHY PEAS</b> ✓/ <b>BAKED BEANS</b> ✓	£1.00

# DESSERTS

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<b>BANANA OR PINEAPPLE FRITTERS</b> ✓	£4.00
Served with ice cream or nutella.	
<b>FRUIT COCKTAIL</b> ✓	£4.95
Selection of fruit served with vanilla ice cream, strawberry sauce and cream.	
<b>ICE CREAM OR SORBET</b> ✓	£3.00
Traditional Cornish dairy vanilla strawberry or honeycomb ice cream, or zesty lemon sorbet.	
<b>PEACH MELBA</b> ✓	£4.95
Sliced peaches served with ice cream and sauce.	

Please be aware that all food is produced in an environment where nuts & gluten products are used ✓ Vegetarian

Allergen information is available on request

An optional service charge of 12.5% will be added to your bill. If you are in anyway dissatisfied with the service, please ask for it to be removed.