



RICK STEIN FISH & CHIPS

STARTERS

Halloumi saganaki drizzled with honey, black sesame seeds and oregano. 500 Kcal	6.95
Salt and pepper prawns served with a beansprout, cucumber and spinach salad with a soy and sesame dressing. 158 Kcal	8.95
Scallops three scallops battered or grilled. 67 Kcal	9.95
Thai fish cakes sweet and sour cucumber dipping sauce. 230 Kcal	8.50
Pau bhaji a finely chopped vegetable curry cooked to a mash and rich with butter. Served with soft rolls. 622 Kcal	7.95

#MOMMABAINS

We're proud to be working with #MommaBains to bring you authentic vegan Punjabi dishes by chef Sat Bains and his family. Food was a huge part of his life growing up and these are his mum's special recipes.

Chickpea curry served with rice. 776 Kcal	11.00
Samosa hand-filled pastry parcels with potato, peas and spices. Served with tamarind chutney.	4.80

SALADS

Spinach and watercress salad soy and sesame dressing.	4.00
Mixed leaf with fines herbes.	4.00

FISH & CHIPS battered or grilled

'The heart of a British seafood restaurant should be great fish and chips. When done properly with excellent fish cooked in a crisp batter in beef dripping plus thick chips which have never been near a freezer, it is one of the greatest dishes of the world.' - Rick

Hake 1324 Kcal (grilled) 1876 Kcal (battered)	14.95
Cod 1321 Kcal (grilled) 1873 Kcal (battered)	15.95
Cod bites 1428 Kcal (battered)	14.95
Haddock 1314 Kcal (grilled) 1866 Kcal (battered)	15.95
Lemon sole 1341 Kcal (grilled) 1893 Kcal (battered)	15.95
Sea bass 1414 Kcal (grilled) 1966 Kcal (battered)	15.95
Scampi 1248 Kcal (battered)	15.95

GLUTEN FREE BATTER AVAILABLE

SIDES

Chips Reg 3.50 Large 4.50 1139 Kcal (Reg) 1437 (large)	Mayo 365 Kcal	2.00
Chips with cheese 1547 Kcal	Garlic mayo 357 Kcal	2.00
Chip butty 878 Kcal	Chipotle mayo 271 Kcal	2.00
Bread roll 102 Kcal	Mushy peas 31 Kcal	2.00
Onion rings 119 Kcal	Goan curry sauce 35 Kcal	2.00
Gravy 37 Kcal	Scraps	Free
Tartare sauce 326 Kcal	Chapatis 131 Kcal	2.50
	Mango chutney 62 Kcal	2.00

KIDS

Scampi with chips. 588 Kcal	6.95
Cod bites with chips. 1186 Kcal	6.95
Sausage and chips available battered or unbattered. 1453 Kcal	6.95

DESSERTS

Salted caramel cheesecake 488 Kcal	4.50
Mango & passionfruit cheesecake 721 Kcal	4.50
White chocolate and raspberry fool 1237 Kcal	4.50
Treleavens ice cream Chocolate / Vanilla / Salted Caramel / Strawberry Mango sorbet / Raspberry sorbet	4.50

All our fried food is cooked in beef dripping, please ask for our vegetarian & gluten free options. Please ask if you need any information on allergens. Adults need around 2000 kcal a day.