



RICK STEIN  
**FISH & CHIPS**  
 TAKEAWAY

**STARTERS**

- Halloumi saganaki** drizzled with honey, black sesame seeds and oregano.. 500 Kca 5.95
- Salt and pepper prawns** served with a beansprout, cucumber and spinach salad with a soy and sesame dressing. 158 7.95
- Scallops** three scallops battered or grilled. 67 Kcal 8.95
- Thai fish cakes** sweet and sour cucumber dipping sauce. 230 Kcal 7.50
- Pau bhaji** a finely chopped vegetable curry cooked to a mash and rich with butter. Served with soft rolls.. 622 Kcal 6.95

**#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 9.50
- Samosa** hand-filled pastry parcels with potato, peas and spices. Served with tamarind chutney 4.50

**FISH** 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** 185 Kcal (grilled) | 737 Kcal (battered) 8.95
- Cod** 182 Kcal (grilled) | 734 Kcal (battered) 9.95
- Cod bites** 626 Kcal (battered) 8.95
- Haddock** 175 Kcal (grilled) | 727 Kcal (battered) 9.95
- Lemon sole** 202 Kcal (grilled) | 754 Kcal (battered) 9.95
- Sea bass** 275 Kcal (grilled) | 827 Kcal (battered) 9.95
- Scampi** 49 Kcal (battered) 9.95

**ADD CHIPS FOR 2.95**

**GLUTEN FREE BATTER AVAILABLE**

**SALADS**

- Spinach and watercress salad** soy and sesame dressing. 3.50
- Mixed leaf** with fines herbes. 3.50

**SIDES**

- Chips** Reg 3.50 | Large 4.00 1139 Kcal (Reg) | 1437 (large)
- Chips with cheese** 1547 Kcal 4.50
- Chip butty** 878 Kcal 4.25
- Bread roll** 102 Kcal 1.00
- Onion rings** 119 Kcal 3.50
- Gravy** 37 Kcal 1.75
- Tartare sauce** 326 Kcal 1.75
- Mayo** 365 Kcal 1.75
- Garlic mayo** 357 Kcal 1.75
- Chipotle mayo** 271 Kcal 1.75
- Mushy peas** 31 Kcal 1.75
- Goan curry sauce** 35 Kcal 1.75
- Scraps** Free
- Chapatis** 131 Kcal 2.00
- Mango chutney** 62 Kcal 1.75

**KIDS**

- Scampi with chips.** 588 Kcal 5.95
- Cod bites with chips.** 1186 Kcal 5.95
- Sausage and chips** available battered or unbattered. 1453 Kcal 5.95

**DESSERTS**

- Salted caramel cheesecake** 488 Kcal 3.95
- Mango & passionfruit cheesecake** 721 Kcal 3.95
- White chocolate and raspberry fool** 1237 Kcal 3.95
- Treleavens ice cream** 3.95
- Chocolate / Vanilla / Salted Caramel / Strawberry
- Mango sorbet / Raspberry sorbet

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.