

LUNCH

SERVED FROM 12PM

v = Vegetarian vg = Vegan vgo = Vegan Option (GFO & VGO can be adapted to GF & VG).
 gf = Gluten Free gfo = Gluten Free Option
 nuts = Contains Nuts mcn = May Contain Nuts

STARTERS

SUPER GREENS & ROASTED BEAN SOUP £7.50

coconut & lemon drizzle, with heritage rustic roll **v/vg/gfo**

MUSSELS £8

steamed with white wine & spicy red pesto, with heritage rustic roll

SMOKED HAM & CHEDDAR CHEESE CROQUETTES £8

with honey & mustard mayo

SMOKED MACKEREL PATE £8

beetroot salad & crostini **gfo**

MAINS

Our fresh fish is locally caught on the South coast fishing boats, and delivered to us daily

FRESH BATTERED COD £16

house chips, peas, tartare sauce & lemon

FANTASTIC FISH PIE £16

cod, salmon & smoked haddock, topped with mashed potato & a cheddar crust, served with peas **gfo**

MOULES FRITES £17 gfo

Mussels cooked in their shells, white wine, cream, garlic & onion, skinny fries & heritage rustic roll

CLASSIC CHOWDER £11.50

A hearty & warming smoked haddock, sweetcorn & bacon chowder, with a poached egg & heritage rustic roll **gfo** (add house chips 3)

SMOKED HADDOCK & SPINACH FLORENTINE FISHCAKES £16

topped with poached egg & hollandaise sauce, with salad

BEACH DECK BOWL

Your choice of...

CHICKEN gfo £15.50

SALMON gfo £16

HALLOUMI gfo £15.50

TOFU v/vg/gfo £15

with teriyaki & ginger, white sushi rice, edamame, cherry tomatoes, red cabbage, teriyaki dressing, spicy mayo, spring onion, almonds, sesame seeds **nuts**

DECK'S DIRTY BURGER £16.75

8oz beef burgers, American mustard, cheese, gherkin, beef tomato, babygem lettuce & red onion in a brioche bun with house chips **gfo**

Add Cheese £1 Jalapeños 50p Bacon £1

THE FLAMING FRANGO BURGER £16.75

Buttermilk fried chicken burger, cabbage slaw, babygem lettuce & sriracha in a brioche bun with house chips **gfo**

THE GARDEN BURGER £15.50

Chickpeas, sweetcorn, lentils, peas & pumpkin seeds, baby gem lettuce, beef tomato, cheddar cheese & herby peri peri mayo in a vegan brioche bun with house chips **v/vgo/gfo**

SPICED CHICKEN KEBABS £16

marinated in yoghurt, paprika, cumin & lemon, with Lebanese rice & lentil salad, grilled vegetables & flat breads **gfo**

ROASTED GOLDEN BEETROOT & GOATS CHEESE SALAD £14

with orange, winter leaves & hazelnuts **v/nuts**

CHICKEN & SMOKED HAM HOCK PIE £16

puff pastry filled with chicken breast and smoked ham hock, in a white wine and tarragon sauce, roasted new potatoes, baby carrots, kale & gravy

ROASTED VEGETABLE PIE £15.50

Puff pastry filled with maple roasted carrots, parsnip, cauliflower & broccoli in a rich thyme sauce, with new potatoes kale, baby carrots & gravy **v/vg**

Seasides

MIXED OLIVES £4
v/vg/gfo/mcn

SIDE SALAD v/vg/gfo £4.50

GARLIC FLAT BREAD v £5

CHEESE GARLIC FLAT BREAD v £6.50

HOUSE CHIPS £4

v/vg/gfo

SKINNY FRIES £4

v/vg/gfo

LOAD YOUR FRIES

+ CHEESE SAUCE **v/gfo** £1

+ BACON BITS **gfo** £1

+ JALAPEÑOS **v/vg/gfo** 50p

SANDWICHES

VEGAN OPEN SANDWICH £14

Roasted courgette, aubergine, red pepper, hummus, pine nuts, rocket & salsa verdi on toasted sourdough **v/vg/gfo/nuts**

Add Halloumi £3

GRILLED CHICKEN CIABATTA £12

chilli, ginger lime marinated chicken with pickled vegetables, pepper mayonnaise **gfo**

FISH FINGER CIABATTA £12

with gem lettuce, tomato & tartare sauce

TOMATO, MOZZARELLA & PESTO PANINI £9

with rocket & crisps **v/vgo/gfo**

KIDS MEAL

Includes a fruit juice, main meal & 2 scoops of vanilla, strawberry or chocolate ice cream

7" MARGHERITA PIZZA £8
tomato, rocket & basil **v/vgo**

Served with fries & peas:

FRESH BATTERED COD £9

BUTTERMILK CHICKEN BREAST £8

SAUSAGE £8

4oz BEEF BURGER £9
lettuce, tomato **gfo**

DESSERTS & DRINKS

SPICED APPLE & BLACKBERRY CRUMBLE £7.75

topped with crunchy oats, served with custard **v/vgo**

LOTUS BISCOFF CHEESECAKE £7.75

topped with crushed biscuits & toffee sauce **mcn**

WARM CHOCOLATE BROWNIE £7.75 v/vg

with vegan chocolate **nuts** or vegan vanilla ice cream **mcn**

ROCKY ROAD WAFFLE £7.75

Warm waffle topped with rocky road pieces, drizzled in hot chocolate sauce, served with Kelly's vanilla bean ice cream **v/mcn**

BANOFFEE WAFFLE £7.75

Warm waffle topped with banana, toffee sauce, served with Kelly's vanilla bean ice cream **v/gfo/mcn**

ICE CREAM £2.50 PER SCOOP

with chocolate or strawberry sauce

(Gluten free? Ask for ice cream without the wafer)

STRAWBERRY v/mcn

HONEYCOMB & CARAMEL v/mcn

MINT CHOCOLATE CHIP v/mcn

TRIPLE CHOCOLATE v/mcn

VANILLA BEAN v/mcn

VEGAN VANILLA v/vg/mcn

VEGAN CHOCOLATE v/vg/nuts

THE BEACH Bar

Spirits & Mixers also available
125ml glasses available

SPARKLING WINE

Prosecco, 200ml Famiglia Botter ABV 11%	Bottle	£7.95
Prosecco, Famiglia Botter ABV 11%		£28.95
Prosecco Rosé, Famiglia Botter ABV 11%		£29.95
Rathfinny, Classic Cuvée ABV 12%		£58.50

WHITE WINE

Pinot Grigio, Primi Soli ABV 12%	175ml	250ml	Bottle
Sauvignon Blanc, Cloud Rock ABV 13%	£6.50	£9	£25.50
Chardonnay, Louis Eschenauer ABV 12%	£7	£9.80	£27.50
Chablis, J Moreau Et Fils ABV 12%	£7	£9.80	£27.50
			£45

RED WINE

Merlot, La Colombe ABV 13%	£6.80	£9.50	£26.50
Malbec, Trivento Tribu ABV 12%	£7	£9.80	£27.50
Pinot Noir Reserva, Alma de Chile ABV 13.5%			£28

ROSÉ WINE

Pinot Grigio Blush, Primi Soli ABV 12%	£6.50	£9	£25.50
Zinfandel Rosé, White Rose ABV 10.5%	£6.80	£9.50	£26.50

BOTTLED BEER & CIDER

Corona ABV 4.5% / Peroni ABV 5.1% 330ml	£4.50
Long Man Best Bitter ABV 4% 500ml	£5.60
Bulmers Original ABV 4.5%	£5.50
Bulmers Red Berry ABV 4-5% 500ml	£5.50
Heineken (alcohol free) ABV 0% 275ml	£3.60

DRAUGHT BEER

Cruzcampo ABV 4.4%	1/2 Pint	Pint
Long Man Twelve Pale Ale ABV 4.2%	£3.10	£6.20
	£3	£6

SERVED ALL DAY!

HOT DRINKS

CAFÉ AMERICANO	£3.30
CAFÉ LATTE	£3.60
CAPPUCCINO	£3.60
CAFÉ MOCHA	£3.60
ESPRESSO	£2.75
DOUBLE ESPRESSO	£3.10
FLAT WHITE	£3.60
CHAI LATTE	£3.40
ICED COFFEE	£4.25
HOT CHOCOLATE	£3.80
Add marshmallows or cream	£4.30
POT OF TWININGS TEA	£3
Various flavours available	
SYRUP SHOT	50p
SOYA	30p
OAT MILK	30p
COCONUT MILK	30p

SOFT DRINKS

COCA COLA 330ml	£3.25
DIET COKE 330ml	£3.25
COKE ZERO 330ml	£3.25
SPRITE 330ml	£3.25
FANTA 330ml	£3.25
APPLETISER	£3.30
J2O	£3.30
FENTIMANS 100%	£3.60
NATURAL BEVERAGES	
KIDS WILD JUICES	£2.45
Apple / Orange / Apple & Blackcurrant	
ORANGE JUICE	£3.25
APPLE JUICE (BOTTLE)	£2.95
DRAUGHT SOFT DRINKS	1/2 Pint
Coke Zero, Diet Coke, Lemonade, Cranberry Juice	Pint
	£3.90
SOUTH DOWNS MINERAL WATER	330ml
Still or Sparkling	£2.65
	750ml
	£3.95