

# SUNDAY

SERVED EVERY SUNDAY FROM 12PM

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

## 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

**FRESH BATTERED COD £16**  
 house chips, peas, tartare sauce & lemon

**MOULES FRITES £17 gfo**  
 Mussels cooked in their shells, white wine, cream, garlic & onion, skinny fries & heritage rustic roll

**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**

**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**

Add Cheese £1  
 Jalapeños 50p  
 Bacon £1

### BEACH DECK BOWL

Your choice of...  
**SALMON gfo £16**  
**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**

## SUNDAY ROASTS by the sea

**ROAST BEEF TOPSIDE £18**  
 with roast potatoes, cauliflower cheese, seasonal vegetables, sage & onion stuffing, Yorkshire pudding, gravy & horseradish **gfo**

**LEG OF LAMB £18**  
 with roast potatoes, cauliflower cheese, seasonal vegetables, sage & onion stuffing, Yorkshire pudding, gravy & mint sauce **gfo**

**PORK BELLY £17**  
 with roast potatoes, cauliflower cheese, seasonal vegetables, sage & onion stuffing, Yorkshire pudding, gravy & apple sauce **gfo**

**VEGGIE WELLINGTON £17**  
 roasted sweet potato, peppers, feta & spinach, wrapped in puff pastry. With roast potatoes, cauliflower cheese, seasonal vegetables, sage & onion stuffing, Yorkshire pudding & gravy **v/vgo**

**KIDS ROAST** Exactly as above, just for little tummies! £10

Under 12's

## Seasides

**MIXED OLIVES £4 v/vg/gfo/mcn**

**SIDE SALAD £4.50 v/vg/gfo**

**GARLIC FLAT BREAD £5 v**

**CHEESE GARLIC FLAT BREAD £6.50 v**

**HOUSE CHIPS £4 v/vg/gfo**

**SKINNY FRIES £4 v/vg/gfo**

### LOAD YOUR FRIES

+ CHEESE SAUCE £1 **v/gfo**

+ BACON BITS £1 **gfo**

+ JALAPEÑOS 50p **v/vg/gfo**

Under 12's

## KIDS MEAL

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

All served with roast potatoes, cauliflower cheese, seasonal vegetables, sage & onion stuffing, gravy & Yorkshire pudding

**ROAST BEEF TOPSIDE £12**

**gfo**

**PORK BELLY £12 gfo**

**LEG OF LAMB £12 gfo**

**VEGGIE WELLINGTON £12**

roasted sweet potato, peppers, feta & spinach, wrapped in puff pastry **v/vgo**

**FRESH BATTERED COD £9**

served with fries & peas

**4oz BEEF BURGER £9**

with lettuce & tomato, served with fries & peas **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%		<u>Bottle</u>
		£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

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

	<u>1/2 Pint</u>	<u>Pint</u>
Cruzcampo ABV 4.4%	£3.10	£6.20
Long Man Twelve Pale Ale ABV 4.2%	£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 £2.50
Coke Zero, Diet Coke, Lemonade, Cranberry Juice	Pint £3.90
SOUTH DOWNS MINERAL WATER	330ml £2.65
Still or Sparkling	750ml £3.95