

# LUNCH

## SHARING PLATES

### CHICKEN WINGS £16

with Frank's Original Hot Sauce **gfo**  
(add blue cheese sauce & celery £2)

## Chef's SPECIALS

### ROASTED PLAICE FILLET £16.75

with new potatoes, asparagus,  
cherry vine tomatoes & spinach  
herb butter

## MAINS

### 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**

### GREEK LAMB MEATBALLS £17

with lemon & dill rice, tomato,  
feta & onion salad, tzatziki &  
flat bread **gfo**

### MEDITERRANEAN

### SUN-DRIED TOMATO & CHICKPEA BURGER £15.50

with Montgomery cheese, baby gem  
lettuce, sliced tomato, red onions &  
garlic aioli, with house chips **v/vgo/gfo**

### CHICKEN, AVOCADO & CRISPY BACON SALAD £15

with boiled hen's egg, rocket, cos  
lettuce, cherry tomatoes, red onions,  
toasted pumpkin seeds, herb croutons  
& creamy tarragon dressing **gfo**

### SUMMER SUN DRIED TOMATO & GOATS CHEESE SALAD £12

with chickpeas, mixed lentils, fresh  
zucchini, mixed peppers, rocket &  
salsa verde dressing **v/vgo/gfo**

## SeasIDES

SIDE SALAD **v/vg/gfo** £4.50

MIXED OLIVES £4

GARLIC FLAT BREAD  
**v/vgo** £5

CHEESE GARLIC FLAT  
BREAD **v/vgo** £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

**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

### SEAFOOD NACHOS £16

cajun spiced shrimp & white  
crab meat, with jalapeño chillies,  
peppers & onions, drizzled with  
cheese sauce **gfo**

### MEZZE PLATTER £14

baba ghanoush, red pepper  
hummus, chilli, lemon and herb  
marinated mixed olives and toasted  
pitta breads **v/vg/gfo/mcn**

### HAM, EGG & CHIPS £15.75

jerked smoked gammon, fried hens  
egg, house chips & watercress  
salad with balsamic glaze **gfo**

### RHUBARB, APPLE & GINGER CRUMBLE £7.75

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

## BEACH DECK BOWL

Your choice of...

CHICKEN **gfo** £15.50

SALMON **gfo** £16 / TOFU **v/vg/gfo** £15

HALLOUMI **gfo** £15.50

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

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

### CRISPY CALAMARI £14.50

Salt & pepper squid rings,  
served with rocket salad, lemon  
wedge & garlic aioli

### MOULES MARINIÈRE **gfo**

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

Small £11.50

Large with fries £17

### CLASSIC CHOWDER £11.50

A hearty & warming smoked  
haddock, sweetcorn & bacon  
chowder, with a poached egg &  
heritage rustic roll **gfo**  
(add house chips £4)

### LEMONGRASS THAI CRAB CAKES £16

with mango, avocado,  
cucumber & chilli salsa, mixed  
leaf salad & Rémoûlade sauce

## 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

BATTERED CHICKEN  
BITES £8

SAUSAGE £8

4oz BEEF BURGER £9

lettuce, tomato **gfo**

## PANINIS *Served with rocket & crisps*

### POSH HAM & CHEESE PANINI £9

Farmhouse ham, gouda & mango  
chutney panini **gfo**

### SMOKED SALMON PANINI £10

Smoked salmon, dill, lemon &  
cream cheese panini **gfo**

### MEDITERRANEAN PANINI £10

Roasted aubergine, red pepper and  
harissa hummus panini **v/vg/gfo**

ALLERGIES & DIETARY REQUIREMENTS - PLEASE ASK FOR ALLERGEN INFORMATION, PRIOR TO ORDERING!

# DESSERTS & DRINKS

### ENGLISH STRAWBERRIES & GRANOLA FOOL £7.75

with honey, vanilla & yoghurt  
cream **v/mcn**

### WARM CHOCOLATE

BROWNIE £7.75 **v/vg**

with vegan chocolate **mcn**

or vegan vanilla ice cream **mcn**

### BISCOFF CHEESECAKE £7.75

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

### OREO WAFFLE £7.75

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

### BANOFFEE WAFFLE £7.75

Warm waffle topped with  
banana, toffee sauce,  
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)

SEA-SALTED CARAMEL **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/mcn**

## THE BEACH Bar

Spirits & Mixers also available

125ml glasses available

### SPARKLING WINE

Prosecco, 200ml Famiglia Botter ABV 11%

Prosecco, Famiglia Botter ABV 11%

Prosecco Rosé, Famiglia Botter ABV 11%

Rathfinny, Classic Cuvée ABV 12%

Bottle

£7.95

£28.95

£29.95

£58.50

### WHITE WINE

Pinot Grigio, Primi Soli ABV 12%

Sauvignon Blanc, Cloud Rock ABV 13%

Chardonnay, Louis Eschenauer ABV 12%

Chablis, J Moreau Et Fils ABV 12%

175ml

£6.50

£7

£7

250ml

£9

£9.80

£9.80

Bottle

£25.50

£27.50

£27.50

£45

### RED WINE

Merlot, La Colombe ABV 13%

Malbec, Trivento Tribu ABV 12%

Pinot Noir Reserva, Alma de Chile ABV 13.5%

£6.80

£7

£9.50

£9.80

£26.50

£27.50

£28

### ROSÉ WINE

Pinot Grigio Blush, Primi Soli ABV 12%

Zinfandel Rosé, White Rose ABV 10.5%

£6.50

£6.80

£9

£9.50

£25.50

£26.50

### BOTTLED BEER & CIDER

Corona ABV 4.5% / Peroni ABV 5.1% 330ml

Long Man Best Bitter ABV 4% 500ml

Bulmers Original ABV 4.5%

Old Mout Fruit Cider ABV 4% 500ml

Heineken (alcohol free) ABV 0% 275ml

£4.50

£5.60

£5.50

£5.50

£3.60

### DRAUGHT BEER

Cruzcampo ABV 4.4%

Long Man Twelve Pale Ale ABV 4.2%

1/2 Pint

£3.10

£3

Pint

£6.20

£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

50p

SYRUP SHOT 30p

SOYA 30p

OAT MILK 30p

COCONUT MILK 30p

(Decaf available)

## 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 1/2 Pint

SOFT DRINKS £2.50

Coke Zero, Diet Coke, Pint

Lemonade, £3.90

Cranberry Juice

SOUTH DOWNS 330ml

MINERAL WATER £2.65

Still or Sparkling 750ml

£3.95