MENU

SERVED 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).

LIGHT PLATES

SOUP OF THE DAY £8
with a heritage rustic roll
v/vg/gfo

THAI CRAB CAKE £9
with mango, avocado, cucumber, chilli salsa & lemon aioli

GARLIC PARMESAN CHICKEN SKEWERS £9
with black pepper mayo & parmesan crisp gf

BREADED WHITEBAIT £8
with tartare sauce

MAINS

SUSSEX BEEF BURGER £16.75
with bacon & onion jam, crisp lettuce, tomato & harissa mayo in a brioche bun with house chips gfo

Add Jalapeños 50p Bacon £1 Cheese 75p

THE FLAMING FRANGO BURGER £16.75
Buttermilk fried chicken burger, cabbage slaw, babygem lettuce & sriracha in a brioche bun with house chips

CHICKEN, LEEK & HAM HOCK PASTRY PIE £17
served with creamy mash potatoes, seasonal greens & gravy

SPICY MUSHROOM & CHICKPEA BURGER £15.75
with babygem lettuce, tomato, cheese, herby hummus & cumin yoghurt, with house chips
v/vgo/gfo

ROASTED AUTUMN HARVEST SALAD £16.50
with roasted squash, pears, kale, pomegranate, feta, toasted pecans, pumpkin seeds, rocket, lemon & balsamic vinaigrette v/vgo/gfo **nuts**

SLOW ROASTED BEEF BRISKET MAC 'N' CHEESE £17
with garlic bread

SeaFOOD

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

FRESH BATTERED COD £17
with house chips, peas, tartare sauce & lemon

CLASSIC FISH PIE £18
salmon, cod & smoked haddock, topped with cheesy mash & a herb crust, with peas gfo

BREADED SCAMPI £16
with house chips, peas, tartare sauce & lemon

MOULES MARINIÈRE
Mussels cooked in their shells, white wine, cream, garlic & onion & heritage rustic roll gfo/**mcn**
Small £11.50
Large with fries £17

CLASSIC CHOWDER £12.50
A hearty & warming smoked haddock, sweetcorn & bacon chowder, with a poached egg & heritage rustic roll gfo/**mcn**
(add house chips £4)

PANINIS

Served with rocket & crisps

TOMATO & MOZZARELLA PANINI £9.50
Mozzarella, sliced tomato & Basil v/vgo/gfo

SAUSAGE & ONION £9.50
Cumberland sausage with caramelised onion & cheddar

TUNA MAYO PANINI £9.50
with spring onion, cheddar & Dijon mustard gfo

SeaSIDES

SIDE SALAD £4.50 v/vg/gfo
MIXED OLIVES £4 v/vg/gf/**mcn**
GARLIC FLAT BREAD £5 v/vgo
CHEESY GARLIC FLAT BREAD £6.50 v/vgo
HOUSE CHIPS £4 v/vg/gfo
CHEESY CHIPS £5.50 v/vg/gfo
SKINNY FRIES £4 v/vg/gfo

BEACH DECK BOWL

Your choice of...
CHICKEN £16.75
SALMON gfo £17
TOFU v/vg/gfo/mcn £15
HALLOUMI v/gfo £15.50

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

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

SAUSAGE & CHIPS £8
Served with peas

FRESH BATTERED COD £9
Served with fries & peas

BATTERED CHICKEN BITES £8
Served with fries & peas

4oz BEEF BURGER £9
with lettuce & tomato served with fries gfo

