

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

SHARING PLATES

CHICKEN WINGS £16

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

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**

Chef's SPECIALS

GRILLED MACKEREL £16.75

with samphire, mixed cherry tomato salad, with wilted baby gem, new potatoes & basil dressing **gfo**

CHIPOTLE BBQ PULLED PORK

BURGER £16.75 in a brioche bun with gherkins, onions & homemade coleslaw, with house chips **gfo**

SUMMER PUDDING £7.75

with strawberries, redcurrants, blackcurrants, blackberries & creme fraiche **v/vgo/mcn**

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**

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 & skinny fries

MOULES MARINIÈRE **gfo/mcn**

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/mcn**
(add house chips £4)

LEMONGRASS THAI CRAB CAKES £16

with mango, avocado, cucumber & chilli salsa, mixed leaf salad & Rémooulade 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**

SeasIDES

SIDE SALAD **v/vg/gfo** £4.50

MIXED OLIVES **v/vg/gf/mcn** £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