

## March Restaurant Menu



### Starters

**Soup of the day (gfo) £6.95**

Served with farmhouse bread and butter

**Vegetable Spring Rolls (v) £7.95**

Crispy vegetable spring rolls, with salad garnish and sweet chilli dip

**Classic Prawn Cocktail (gfo/dfo) £8.50**

Prawns in seafood sauce, served on salad garnish and with bread and butter

**Salt `n` Pepper Squid (df) £7.95**

Battered squid chunks with salad garnish and lemon & garlic mayonnaise

**Chicken Satay (gf/dfo) £7.95**

Warm chicken satay (on skewers), served with peanut sauce and salad garnish

**Arancini (v) £6.95**

Breaded risotto rice balls stuffed with mozzarella and basil, served with tomato and herb sauce

### Main Courses

**Fish & Chips (df/gfo) £17.95**

Fresh haddock fillet, hand battered in light & crispy gluten free batter\*, served with chips and garden peas

**Liver and Bacon (gfo/dfo) £17.95**

Pan fried lambs liver and smoked bacon, served on grain mustard mashed potato with onion gravy and fresh vegetables

**Mediterranean Vegetable Tart (vgo/dfo) £15.95**

Maize pastry tart filled with Mediterranean vegetables, topped with a pumpkin seed crumb, served with new potatoes and salad. Add Goats cheese or vegan feta for £2

**Ham, Egg & Chips (gf/df) £15.95**

Slices of honey roasted ham, with two fried free range eggs, chips and salad garnish

**Spring Salmon (gf/dfo) £18.95**

Salmon fillet with a light lemon and dill sauce, hassleback potatoes and spring greens

**Tides Pie £17.95**

Homemade shortcrust pastry pie with chicken, mushrooms and tarragon, served with vegetables and your choice of potato

**Scampi and Chips (df) £16.95**

Wholetail pieces of breaded scampi, served with chips and salad garnish or peas

**Goats Cheese Wellington (v) £15.95**

Puff pastry parcel filled with goats cheese, beetroot and caramelised onion, served with new potatoes, salad and tomato chutney dip

**Tides Sweet & Sour (df/vgo) £17.95(p) £16.95(v)**

Pork or Vegetable sweet and sour, served with egg fried rice or plain rice and prawn crackers

**Tides Fishcakes £18.95**

Breaded smoked haddock, salmon, leek and cheddar fishcakes, served with parsley sauce, new potatoes and vegetables

Please see our specials board  
for today's selection

### Rarebits (Daytime Only)

**Welsh Rarebit £8.95 Buck Rarebit £9.95**

Mature cheddar cheese, mustard and Worcester sauce, melted onto toasted Farmhouse bread, served with salad garnish. Add a poached egg for Buck Rarebit

### Ciabattas (Daytime Only)

Baked Italian bread, served with salad garnish

**Bacon, Brie & Cranberry £8.95**

**Sausages (Pork or Vegan), Fried Onions & Tomato Relish £9.50 (Pork) £8.50 (Vegan)**

**Goats Cheese & Roasted Mediterranean Vegetables £8.50**

### Sandwiches (Daytime Only)

White, granary or g/f bread, served with salad garnish

**Cheese & Pickle £6.95**

**Ham, Salad & Mayonnaise £7.95**

**Prawns in Seafood Sauce £8.50**

**Smoked Salmon & Cream Cheese £8.50**

We pride ourselves on preparing fresh food on the premises and are happy to accommodate your requests where possible.

For allergen and ingredient information, please ask for details.  
\*Some items are cooked using the same equipment (grill/fryer) as other products with different allergens. Please ask for advice

Gluten Free (g/f) Gluten Free Option (gfo) Dairy Free (df)

D/F Option(dfo) Vegetarian(v) Vegan(vg) Vegan Option(vgo)