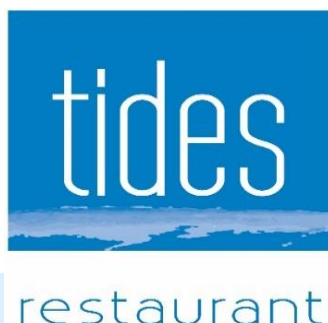


July Restaurant Menu



Starters

Soup of the day (gfo) £6.95

Served with farmhouse bread and butter

Vegetable Spring Rolls (vg) £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

Breaded Whitebait (df) £7.95

Breaded whitebait with salad garnish and lemon & dill mayonnaise

Lamb Koftas (gf/dfo) £8.50

Lamb koftas (on skewers) with salad garnish and raita dip

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

Seabass Fillet (gfo/dfo) £18.95

Seabass fillet topped with a parmesan crust, served on lemon crushed potatoes with sauce vierge and green beans

Tides Pie £17.95

Homemade shortcrust pastry pie with chicken, smoked bacon and sweetcorn, served with vegetables and your choice of potato

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

Scampi and Chips (df) £16.95

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

Goats Cheese Salad (v/vgo) £15.95

Warmed goats cheese (or vegan feta) served on mixed salad with roasted Mediterranean vegetables

Tides Burger (gfo/dfo/vgo) £16.95(B) £14.95(v)

6oz Angus beef burger with cheese and bacon **or** 4oz veggie burger with vegan cheese, served in a brioche bun with relish, chips and salad

Seafood Salad (gf/df) £18.95

Smoked salmon, prawns and tuna served on mixed salad with citrus dressing and seafood sauce dip

Please see our specials board
for todays 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
Fish Finger, Lettuce, Tomato and Tartare Sauce £8.95

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

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