November Restaurant Menu

tides restaurant

Starters

Soup of the Day (vgo/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

Chicken Satay (gf/dfo) **£8.50**
Chicken satay on skewers with peanut sauce and salad garnish

Ham and Cheese Croquettes £7.95
Breaded ham hock and cheddar croquettes with salad garnish and piccalilli dip

Main Courses

Fish & Chips (df/gfo) **£18.95**
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

Squash and Feta Wellington (vg/df) **£15.95**
*Roasted butternut squash, sweet potato, spinach and **vegan** feta cheese wellington served with roasted new potatoes and vegetables*

Ham, Egg & Chips (gf/df) **£15.95**
Slices of honey roasted ham, with two fried free range eggs, chips and salad garnish

Salmon Fillet (gfo/dfo) **£18.95**
Salmon fillet with a lemon and parmesan crust served on saute potatoes, wine and Mediterranean vegetables

Tides Pie £18.95
Homemade shortcrust pastry pie with a beef bourguignon filling, 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 Parcel (v) **£15.95**
Puff pastry parcel filled with goats cheese, beetroot and caramelised onion, served with new potatoes, salad and tomato chutney dip

Tides Curry (gfo/dfo/vgo) **£17.95(C) 15.95(v)**
*Mild Chicken **or** vegetable curry served with pilau rice and naan bread*

Fishermans Pie £18.95
Seasonal fish in creamy herb sauce, topped with cheddar mash and served with vegetables

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

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. All dishes are prepared in our small kitchen which contains different allergens so we cannot guarantee the absence of all allergens. *Some items are cooked using the same equipment (grill/fryer/toaster) as other products with different allergens.

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

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