



MENU

CRUSTACEA

FRUITS DE MER PLATTER

60.00

Poached baby lobster, Atlantic prawns, organic smoked salmon, dressed Cornish crab & Colchester oysters served on crushed ice with lemon, aioli, shallot & beetroot wine vinegar, Marie Rose sauce & rustic bread

COLD POACHED LOBSTER

19.50

with fresh salad & buttered new potatoes

HAND DRESSED DEVON CRAB

17.00

with sifted quails egg & chopped capers

1/2 PINT OF PRAWNS

9.00

with confit garlic mayonnaise

1/2 DOZEN COLCHESTER OYSTERS

14.00

with shallot & beetroot wine vinegar

DOZEN COLCHESTER OYSTERS

24.00

with shallot & beetroot wine vinegar

1/2 DOZEN TEMPURA OYSTERS

14.00

with sweet chilli jam



STARTERS

GLENARM ORGANIC SMOKED SALMON with smoked black pepper yoghurt & beetroot salt	10.00
HERB CRUMBED CAPRICORN GOATS' CHEESE (v) with quince jelly & marmalade chutney	7.50
PAN SEARED SCALLOPS with poached cucumber, chilli, honey & coriander cress	13.00
SEAFOOD BISQUE with spring onions & crème fraiche	8.00
GAME TERRINE with buckshot tea	9.00
ATLANTIC PRAWN & CRAB COCKTAIL	8.50
MOULES MARINIÈRE	7.50
CHILLED, UPSIDE DOWN, COLSTEN BASSETT STILTON CHEESECAKE	7.00



FISH

NORTH ATLANTIC COD & CHIPS with mashed peas		19.50
GRILLED DOVER SOLE		40.00
NATURAL SMOKED HADDOCK with creamed potatoes, leek puree & soft poached egg		18.50
GOW'S SALMON FISH CAKES with cucumber & mint yoghurt, rocket & skinny fries		17.50
PAN FRIED FILLET OF SEA BASS with spinach, pearl barley risotto & pesto		20.00
LOBSTER FRITES with garlic butter and skinny fries	1/2 20.00	Whole 40.00
GOW'S FISH PIE with French beans		18.00
MOULES FRITES		15.00
PAN SEARED LOIN OF TUNA with sesame glass noodles & soy reduction		20.00
PAN FRIED RAY WING with capers and nut brown butter		19.00
ROAST MONKFISH with smoked bacon, port gravy & steamed spring greens		21.50

MEAT

VEAL HOLSTEIN with fried egg, capers & anchovies		14.00
CUMBERLAND BANGERS 'N' BUBBLE with fried onions & gravy		13.00
DRY AGED HEREFORD STEAK AND CHIPS with Portobello mushroom and either béarnaise or peppercorn sauce	8oz Sirloin 29.00	8oz Fillet 36.00
HEREFORD 8OZ SIRLOIN STEAK & LOBSTER with leaves & skinny fries		43.50

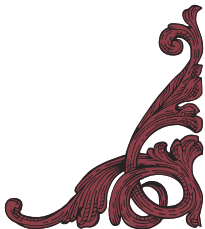
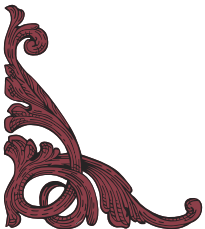
VEGETARIAN

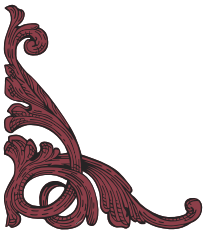
RED LENTIL DAHL (v) with coconut bhaji, mint & cucumber yoghurt		10.00
EGGS FLORENTINE (v)		11.00
VEGETABLE AND GRUYERE CHEESE FONDUE (v)		10.00
ROCKET, MANGO & PARMESAN SALAD (v)		9.00



SIDES

GIANT CHIPS (v)	4.00
LEAF SPINACH (v) Creamed or Sauté	4.00
NEW POTATOES (v) Steamed or Sauté	4.00
SKINNY FRIES (v)	4.00
MIXED TOMATO SALAD (v) with Basil	4.00
FRESHLY MUSHED PEAS (v)	4.00
STEAMED RICE (v)	4.00
SEASONAL MARKET SALAD (v)	4.00
ARTISAN BREADS (v)	5.00







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Some dishes may contain nuts or other allergens - please ask your server for more details.
All menus are subject to availability. Fish dishes may contain bones. All weights are uncooked weights.
(v) indicates meat free. All major credit cards are accepted. VAT is included at the standard rate.