

STARTERS

Soup of the Day £3.95

Smoked Mackerel on Rye Bread £5.25

Hot Garlic Shell-on Prawns
'w' Crusty Bread £5.95

Crab & Prawn Cocktail
'w' Crusty Bread £5.95

Pan Fried Garlic Wild Mushrooms
'w' Crusty Bread £5.50

Goats Cheese Tartlet
'w' Tomato & Cranberry £5.50

Deep Fried Whitebait
'w' Smoked Paprika £4.95

Warm Black Pudding
'w' Bacon & Smoked Cheese £5.25

Tempura Red Mullet 'w' Homemade
Sweet Chilli & Cucumber Dip £5.95

MAIN FISH COURSES

Butterflied Rainbow Trout
'w' Prawn & IW Fennel Butter £12.95

Fillet of Salmon 'w' Puy Lentils
& Minted Yoghurt Dressing £11.95

Thai Marinated Fillets of Sole
'w' Sautéed Pak Choi £11.95

Escobar Steak 'w' Haricot Beans
& Pink Peppercorn Dressing £12.95

Grilled Fillets of Hake 'w' Smoked
Paprika & IW Crabmeat Sauce £12.95

Whole Grilled Plaice £12.95

Fillets of Pollack 'w' Rocket,
Pesto, Tomato & Chorizo £12.95

Whole Grilled Mackerel £11.95

All Main Courses are Served with
Potatoes and Vegetables of the Day

LOCAL PRODUCE

Locally Made Sausages 'w' Wholegrain
Mustard Mash & Red Wine Sauce £8.95

Whole or 1/2 Local Lobster Salad
£ see market price board

Seafood Platter-1/2 Lobster,
Garlic Tiger Prawns & Crabmeat £23.95

Whole IW Cracked Crab Salad
£ see market price board

Demi Moules £5.95
Grande Moules £9.95

MEAT MAIN COURSES

Pan Fried Chicken Breast 'w' Black
Pudding Mash & Red Wine sauce £11.95

Surf & Turf - 8oz Sirloin Steak
'w' Garlic Shell-on Tiger Prawns £15.95

Gammon Steak 'w' Brambley
Apples & Mature Cheddar Crust £10.95

Slow Roasted Pork Belly
'w' Cider & Bacon Sauce £12.95