

## SMALL PLATES

<b>Scottish Scallops</b>	<b>13</b>
Curried cauliflower puree, pancetta crisp.	
<b>Greenland Prawns</b>	<b>8</b>
Aioli	
<b>Smoked Mackerel pate</b>	<b>7</b>
Pickled shallots, beetroot, toast, baby leaves, horseradish	
<b>Fish Soup</b>	<b>7</b>
Rouille, French bread.	
<b>Chicken Liver Pate</b>	<b>7</b>
Chutney, toast, baby leaves	
<b>Honey gratin goats cheese</b>	<b>7</b>
Candied walnuts.	

## FISH AND CHIPS

Fresh Haddock from Peterhead, 15

Larkins Beer battered

### Your choice of chips

French fries  
Sweet potato  
Steak cut chips

### Extras

Curry sauce **1.5**  
Mushy peas **2**  
Garden Peas **2**

**Colchester Rock Oysters**  
**2 each**

Mignonette dressing  
fresh lemon.  
*Add bread & butter, £2*



**SEAFOOD  
KITCHEN  
& BAR  
MT EPHRAIM**

## SEAFOOD DISHES

**Sankey's Fishcakes** **15**

Smoked haddock & salmon, spinach & horseradish sauce.

**The Sankey's Smokie** **15**

Smoked haddock, prawns, fresh spinach, poached egg. Crusty bread.

**Seared Seabass Fillet** **15**

New potatoes, spinach, poached egg, smoked hollandaise.

**Smoked Mackerel Salad** **13**

Horseradish dressing, mixed leaves, chives.

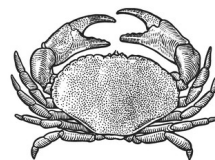
## NATIVE LOBSTERS

Lobsters come in direct every morning from Harvey's of Newlyn, A family company we've been using them since the 60's.

**½ Lobster & French Fries or salad** **24**  
**Chili & Garlic | Garlic & herbs | Chilled w. mayo | Thermidor +2**

**Lobster Mac & Cheese** **24**  
½ Cornish Lobster, bacon, macaroni cheese, French bread.

**New England Lobster Roll** **24**  
½ Cornish Lobster, New England dressing, butter toasted brioche bun



## CORNISH COCK CRABS

We only buy Cornish male "Cock" Crabs, these have bigger claws and plenty of succulent meat and arrive daily from Cornwall. Our chefs dress them each morning so all the hard work has been done for you. Choose from the dishes below.

**Traditional salad** **19** **'Nduja crab spaghetti** **16**

## SCOTTISH MUSSELS

The finest rope grown MSC certified mussels from Shetland

**Small bowl** **8.5**  
**Large bowl** **14**  
**Marinieres | A la Crème | Thai | Chorizo**

*French fries 3 | bread 2 | Steak cut chips 3 | Sweet potato fries 4*

## ROASTS

<b>Beef Sirloin</b>	<b>15</b>
<b>Lamb</b>	<b>15</b>
<b>Scottish Haddock</b>	<b>15</b>
<b>Vegan Nut</b>	<b>15</b>
<b>Vegetarian Mac &amp; Cheese</b>	<b>15</b>

All served with:

Your choice of small or large Yorkshire Pudding and seasonal trimmings.

**Side Of Cauliflower Cheese 4**

**Side of Mac & Cheese 4**

**Charity Donation:** We add a discretionary £2 to all Lobster sales which we match and send to The National Lobster Hatchery in Padstow.  
**Service Charge:** A 10% service charge is added to all "table service" tables. This is discretionary and divided between all members of staff.  
**Dietary Requirements:** Please make us aware of any food allergies.

## SURF AND TURF

There is nothing quite like a surf & turf, ours come with a choice of French fries or hand cut chips & salad.

**Half Cornish "blue" lobster & 8oz Ribeye** **43**  
**Garlic & chili king prawns & 8oz Ribeye** **29**

## VEGAN

**Vegan "Fish" & Chips** **15**  
Bananna blossom, seaweed, choice of chips.

## FRUITS DE MER

Crevettes, mussels, cockles, Greenland prawns.  
**19**

**Add:**  
**Crab 19 | ½ Lobster 24**  
**Oyster 2**

## SIDES

Fries   Chips	3
Sweet Potato fries	4
Parmesan & Pesto fries	4
Garlic Bread	2
Deli slaw	3
Dirty Rice	3
Tomato & shallot	3
Sauté new potatoes	2.5