

SMALL PLATES

- Bang Bang Prawns** 8
Breaded prawns, sticky chili sauce, lime.
- Greenland Prawns** 8
Aioli
- Smoked Mackerel pate** 7
Pickled shallots, beetroot, toast, baby leaves, horseradish
- Colchester Rock Oysters (Each)** 2
Shallot vinegar, fresh lemon. *Add bread & butter, £2*
- Arancini** 7
Spicy tomato & chorizo soup w/ fried mozzarella risotto ball.
- Mini Shepherd's Pie** 7
Thick cut lamb, carrots, peas, lamb jus

SPECIAL OFFER

Fish & Chips £9.50

Monday & Tuesday
12 to 3pm
Wednesday & Thursday
12 to 5pm

FISH AND CHIPS

Fresh Haddock from Peterhead, 15

| Beer battered | Gluten free | Harissa & panko | Just grilled |

Your choice of chips

French fries
Sweet potato
Steak cut chips

Extras

Curry sauce 1.5
Mushy peas 2
Garden Peas 2



SEAFOOD
KITCHEN
& BAR
MT EPHRAIM

SEAFOOD DISHES

- South Coast Plaice** 15.5
Grilled whole with garlic butter, French fries, garden peas.
- Sankey's Fishcakes** 12
Smoked haddock & salmon fishcakes, spinach & horseradish sauce. Choice of chips.
- The Sankey's Smokie** 14
Smoked Haddock Mornay, prawns, fresh spinach, topped with a poached egg. Crusty bread.
- Seabass Fillet** 14
Tomato, chili, pearl barley, cannellini beans, paprika, salsa verde.
- Seafood Spaghetti** 16
King prawns, clams, mussels, cherry tomatoes, red peppers, fresh chili, garlic & white wine, fresh rocket.

NATIVE LOBSTERS AND CRABS

Lobsters & Crabs 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** 22
| Chili & Garlic | Garlic & herbs | Chilled w. mayo | Thermidor +2 |
- Lobster Mac & Cheese** 22
½ Cornish Lobster, bacon, macaroni cheese, French bread.
- Cornish Cock Crab** 19
Dressed daily by our chefs, choose your style;
| Traditional salad | Baked gratin | Steamed Thai style with rice |

SEAFOOD PAELLA

Chicken, Chorizo, mussels, squid & prawns. 15

**Please allow a little extra time for this dish to be prepared.*



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

MEAT

- Ribeye steak 6oz | 8oz.** 15 | 19
Mixed leaf salad, choice of chips.
Add peppercorn | stilton sauce, £2
- Chili Con Carne** 12
Tortilla chips, rice & sour cream.
- Cajun Chicken Salad** 12
Crispy Cajun chicken, mixed leaves, chipotle sauce, salsa.
- Slow Roast Pork Belly** 14
Gratin dauphinoise, red cabbage, cider jus



SURF AND TURF

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

Ribeye steak 6oz | 8oz 15 | 19
Half Cornish "blue" lobster 22
Garlic & chili king prawns 10

VEGAN

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

Vegan Burger 7
Chickpea & quinoa burger, spiced tomato, onion chutney.

Vegan Chili Con Beaney 10
Rice, tortilla chips.

FRUITS DE MER

Crevettes, Mussels, clams, Greenland prawns.
Add:
| Crab 19 | ½ Lobster 22 |
| Oyster 2 |

SIDES

French fries 3
Steak cut chips 3
Sweet Potato fries 4
Grilled pitta, olive oil 2.5
Garlic Bread 2
Sauté new potatoes 2.5

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.