

SMALL PLATES

Scottish Scallops	13
Curried cauliflower puree, pancetta crisp.	
Greenland Prawns	8
Smoked Mackerel pate	8
Fish Soup	7
Chicken liver pate	7
Honey gratin goats cheese salad	7
Chicken wings, BBQ or Buffalo	7
Salt & pepper Calamari	6.5
Whitebait	6.5

FISH AND CHIPS

Fresh Haddock from Peterhead, 15

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

Your choice of chips	Extras
French fries	Curry sauce 1.50
Sweet potato + 1	Mushy peas 2
Steak cut chips	Garden Peas 2

Colchester Rock Oysters
2.50 each

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



SEAFOOD
KITCHEN
& BAR
MT EPHRAIM

PAELLA

Seafood Paella 18
Chicken, chorizo, mussels,
squid & prawns.

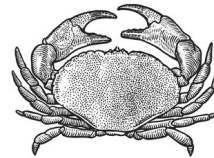
SEAFOOD DISHES

Sankey's Fishcakes	14
Smoked haddock & salmon, spinach & horseradish sauce.	
The Sankey's Smokie	16
Smoked haddock, prawns, fresh spinach, poached egg. Crusty bread.	
Market Fish	MKT
Please ask for today's market fresh fish.	
Smoked Mackerel Salad	15
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	26
Chili & Garlic Garlic & herbs Chilled w. mayo	
Lobster Mac & Cheese	28
½ Cornish Lobster, bacon, macaroni cheese, French bread.	
Lobster Thermidor	28
½ Cornish Lobster, thermidor sauce, French fries or salad.	



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	26	Thai style with rice	29
Baked gratin	29	'Nduja crab spaghetti	19

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.	17 21
Mixed leaf salad, choice of chips. Add peppercorn stilton sauce, £2	
Chili Concarne	13
Basmati rice, sour cream, tortillas	

Cajun Chicken Salad 13
Crispy Cajun chicken, mixed leaves, chipotle sauce, salsa.

Thai Beef Salad 17
Chili & lime dressing, mixed leaves, spring onions, sesame seeds.

SURF AND TURF

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

	Size of steak : 6oz 8oz
Half Cornish "blue" lobster & Ribeye	41 45
Garlic & chili king prawns & Ribeye	27 31

VEGAN

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

Spiced Vegan Burger 8
Chickpea & quinoa burger, spiced
tomato, onion chutney.

FRUITS DE MER

Crevettes, mussels, cockles,
Greenland prawns.
19

Add:
Crab +26 | ½ Lobster +26
Oyster +2.50

SIDES

Fries Chips	3
Sweet Potato fries	4
Parmesan & Pesto fries	4
Garlic Bread	2
Sauté new potatoes	2.5
Halloumi sticks	7.5
Cockles in brine	5
Nachos	5 9
Baked camembert	10.5

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.