



## Nibbles

<b>Crusty French Bread</b>	<b>£2.95</b>
Fresh bread delivered each morning from our local bakery. Served with butter or if you prefer ask for olive oil and balsamic vinegar.	
<b>Pitta and Dips</b>	<b>£3.50</b>
Three of our freshly made dips served with warmed pitta bread. Ask your waiter for the daily dip selection.	
<b>Olives</b>	<b>£2.50</b>
A moorish selection of green and black olives marinated in herbs and spices for extra flavour.	

## Oysters

<b>Rock Oysters</b>	<b>3: £3.60 6: £7.00 12: £13.00</b>
Channel oysters served with lemon and our own shallot vinegar, green and red Tabasco.	

## Mussels

<b>Mussel Provençal gratin</b>	<b>£11.50</b>
Half shell mussels grilled with a provençale sauce and gruyere cheese.	
<b>Organic Rope-grown Mussels</b>	<b>£7.50 / £13.00</b>
Served with our locally baked French bread and your choice of sauce:	
<b>Marinière</b>	
The Classic. Cooked with shallots, garlic, thyme, white wine, butter and parsley.	
<b>Thai Style</b>	
Cooked with ginger, garlic, chilli, lemongrass, shallots and finished with coconut milk and fresh coriander.	

## Starters

<b>Vegetable Soup (V)</b>	<b>£3.95</b>
Freshly made seasonal soup served with crusty French bread.	
<b>Fishy Fishy Fish Soup</b>	<b>£7.50 / £13.50</b>
Our take on the classic stew, with seasonal fish and seafood served with toasted bread, gruyère cheese and rouille.	
<b>Sustainable Channel Kebabs</b>	<b>£7.50 / £14.50</b>
Seasonal white fish, marinated in tomato, saffron, chilli and yogurt, chargrilled and served with fragrant vegetable couscous.	
<b>Channel Scallops and Chorizo</b>	<b>£7.95</b>
Seasonal scallops chorizo chargrilled on a skewer served with dressed leaf.	
<b>Scallops with Lime and Coriander Butter</b>	<b>£7.95</b>
Grilled Channel scallops with coriander, lime butter and some bread to soak it all up after.	
<b>1/2 Pint of Shell-on Sustainable Prawns</b>	<b>£6.95</b>
North Atlantic prawns served cold with a lip-smacking garlic mayonnaise and marie rose.	
<b>Smoked Mackerel Pâté</b>	<b>£6.50</b>
Our frankly marvellous pâté made in-house from locally smoked mackerel, served with toasted bread.	
<b>Local Fresh Calamari</b>	<b>£6.50</b>
Channel-caught squid rings with a crispy coating served with a lemon crème fresh.	
<b>Chargrilled Squid with Chilli Dip</b>	<b>£6.95</b>
Local squid chargrilled and served with our own tomato and chilli Jam.	
<b>Goat's Cheese with local honey and black pepper (V)</b>	<b>£5.50</b>
A toasted crumpet topped with grilled goats cheese, honey and black pepper.	

## Sustainable Fish of the Week

We work closely with our Fishy Fishy suppliers to bring you the most seasonal, sustainable fish around. Our fish are delivered fresh each morning and are locally netted using day boats. This means they only catch the larger fish, letting the little ones swim free! Ask your waiter for today's catch and tell them how you'd like it served.

## Channel Crab

<b>Boiled Channel Crab</b>	<b>£14.50</b>
Served cold with salad, skinny chips, marie rose sauce and garlic mayonnaise. Cleaned, cracked and ready for you to get stuck in!	
<b>Spicy Channel Crab</b>	<b>£15.50</b>
A whole crab, cracked and cooked with ginger, chilli and garlic, which leaves a fantastic crab sauce at the end. Served with skinny chips.	
<b>Gratinated Channel Crab</b>	<b>£13.50</b>
A crab shell grilled with a mixture of local crabmeat, cheese, breadcrumbs and mustard. With skinny chips.	

## Mains

<b>Fishy Fishy Fish &amp; Chips</b>	<b>£9.95</b>
Two chunky fillets of seasonal Channel-caught fish deep-fried in our own recipe beer batter, served with minted, mushy peas, homemade tartare sauce & skinny chips.	
<b>Crab Chilli Basil Linguini</b>	<b>£13.50</b>
Hand-picked Dorset Channel crabmeat tossed in a chilli, basil and garlic sauce. A nice winter warmer.	
<b>Fillet of Catherine Anne Cod</b>	<b>£16.50</b>
Fillet of local, sustainably caught Channel cod served with mash and creamed savoy cabbage.	
<b>Fishy Fishy Fish Pie with Cheesy Mash</b>	<b>£12.95</b>
Classic béchamel-based fish pie filled with a selection of sustainable white fish, prawns & local scallops, topped with cheesy mashed potato & roasted seasonal veg.	
<b>Stuffed Channel Squid</b>	<b>£13.50</b>
Local squid stuffed with a seafood risotto, oven baked with a provençal sauce.	
<b>Whole baked Lemon Sole with Herb Crust</b>	<b>£18.50</b>
Whole local Lemon Sole baked with a herb & finely grated parmesan cheese crust. Served with buttered winter greens.	
<b>Channel Fish &amp; Prawn Curry</b>	<b>£16.50</b>
A selection of seasonal, locally caught fish and prawns cooked in a light and fragrant green curry sauce. Served with cardamom-infused rice and a poppadom.	
<b>Wild Sea Bass with Oriental-style Broth</b>	<b>£17.50</b>
Pan-fried fillet of Channel Bass served on a bed of pak choi, mushrooms, chilli, coriander and egg noodles, in an oriental broth.	
<b>Oven-roasted Spicy Monkfish</b>	<b>£19.50</b>
Locally caught Monkfish rolled in our Fishy Fishy spicy paste served with fondant potatoes and wilted winter greens.	
<b>Sticky Chicken with Spinach &amp; Sautéed Potatoes</b>	<b>£16.50</b>
Free-range chicken breast butterflied and brushed with our Fishy Fishy sticky sauce served with roasted winter vegetables.	
<b>Rib-eye Steak &amp; Chips</b>	<b>£19.50</b>
A chargrilled 10oz rib-eye steak served with green beans, skinny chips and a béarnaise sauce. Because sometimes you just want a nice steak.	
<b>Roasted Pumpkin Risotto (v)</b>	<b>£12.50</b>
Oven roasted pumpkin risotto topped with spiced pumpkin seeds and local vegetarian parmesan.	

## Salads

<b>Smoked Trout Niçoise</b>	<b>£7.50/£12.50</b>
Local, smoked trout served with a classic niçoise salad (eggs, potatoes, the works) and a selection of baby salad leaves with our own house dressing.	

## Sides

<b>Skinny Chips</b>	<b>£2.00</b>	<b>Minted Mushy Peas</b>	<b>£2.50</b>
<b>Tomato &amp; Red Onion Salad</b>	<b>£2.00</b>	<b>New Potatoes</b>	<b>£2.50</b>
<b>Winter Roasted Root Vegetables</b>	<b>£2.50</b>	<b>Buttered Green Beans</b>	<b>£2.00</b>